



# HOME EDITION

*Have Fun, Stress Less, & Feel Better*

## Participant Workbook





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## INTRODUCTION

Welcome to the *No Stress Fest Home Edition*. This Participant Workbook includes activities that you can use to stress-Less @ home.

The *No Stress Fest Home Edition* is a 4-week program to engage individuals, families, and households in learning ways to promote healthy lifestyle and positive mental health while learning about available mental health resources. The *No Stress Fest Home Edition* focuses on self-care, relaxation, and strategies for a healthy lifestyle including healthy eating and physical activity:

[SESSION 1: Stress Less at Home](#) (23 mins 46 sec)

[SESSION 2: Mindfulness](#) (24 mins 15 sec)

[SESSION 3: Self-Care & Self-Kindness](#) (26 mins 7 sec)

[SESSION 4: Planning for Success](#) (34 mins 20 secs)

The No Stress Fest Home Edition was adapted from the No Stress Fest community event that was initiated in 2012 by the Mental Health Partners Working Group, a network of key mental health and addictions organizations in the Western Region consisting of representatives from the following organizations:

- Community Mental Health Initiative Inc.
- Canadian Mental Health Association - NL Division (Western Office)
- Schizophrenia Society of Newfoundland and Labrador (Western Office)
- Western Health, Mental Health & Addiction Services



Watch the VIDEO:

[No Stress Fest: Let's Get Started](#)





## SESSION 1: STRESS LESS AT HOME

### Learn

Everyone experiences stress. Stress is a fact of life. No one can eliminate all stress from their life or prevent stress from happening in the future. The goal is to manage stress so you can bounce back from problems and challenges and maintain balance.

Stress is what we feel when we must respond to a demand. It can be positive or negative. It is positive when it motivates us to make effort, or to act and do what is needed. Positive stress can help us focus and perform. Many people do their best work under pressure when they feel challenged and motivated. Positive stress is manageable and often helpful in achieving balance in all our responsibilities.

Stress is negative when it is unhelpful, it overwhelms us and interferes with our ability to respond. Negative stress can be damaging to your health and relationships with friends and family when it becomes a constant, ongoing cycle, and can impact our quality of life. Negative stress can make us feel emotionally and physically exhausted, out of control, and overwhelmed. It can make it difficult for us to concentrate and make decisions or find solutions to problems.

The things that cause you stress are called stressors. Stressors can be big life events (a new job, grief and loss, a new baby, marriage moving, or retirement), as well as things in our daily routine (school and work pressures, family responsibilities, and relationships).

People usually feel less overwhelmed when they can talk about their problems and identify effective ways to cope. This program is intended to help you learn practical ways to cope and get helpful tips for dealing with life's challenges.

#### Remember to:

- Share the load.
- Focus on the most important.
- Stay connected.
- Choose joy.



Watch the VIDEO:  
[Stress-Less at Home](#)

*Stress is not what happens to us. It's our response to what happens.  
Our response is something we can choose.  
-Maureen Killoran*



## Mindful Moment

Let's take a moment to get focused with [Deep/Balloon Breathing](#) before we begin our practice.

## Practice

Let us take some time to practice what we just learned with these activities:

1. A lot on my Plate/Circles of Support
2. Make your own Stress Ball
3. Create a Joy List/My Joy List
4. My Stress Less Action Plan



Listen to the AUDIO:  
[Deep/Balloon Breathing](#)



*It is not stress that kills us, it is our reaction to it.*  
-Hans Selye



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## A LOT ON MY PLATE

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This activity is meant to be a fun way to help you identify and manage your stressors. Have you ever heard the expression “I have a lot on my plate” or “I have a very full plate”? These expressions are often used when people have too many things to do or too many responsibilities.

Let’s use this expression to help us see what fills our plate and find ways to lighten the load so we don’t feel overwhelmed.

Materials:

- Paper Plate (1 per person)
- Markers (1 per person)

Directions:

- What’s on your plate?
  - ✓ Write your priorities, responsibilities, and worries.
  - ✓ Use large print for the big stuff and small print for the little things.
  - ✓ Younger children may need help spelling words or they can choose to draw pictures of important things, worries, and/or fears.
- Take the time to share some of the things that you each have on your plate.
- Think positive:
  - ✓ Brainstorm ways that could help you manage and talk about if there are ways to work together as a family to share the load.
  - ✓ Focus on the things that are most important to you and focus on the things you can change. Remember that small changes can have big results.
  - ✓ Don’t be afraid to talk about it and ask for help. You are not alone.



The next activity will help you think about who you could go to with your concerns and explore other supports.



Watch the VIDEO:  
[A Lot on My Plate Stress Management Activity](#)

*Even when you have too many things on your plate, your ‘appetite’ must not change.  
-Vaidehi Khandelwal*



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## CIRCLES OF SUPPORT

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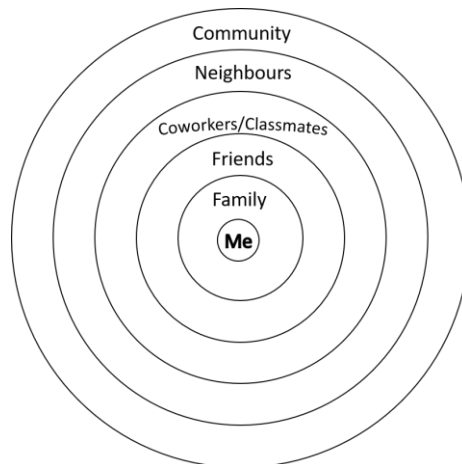
Now let's flip your plate and use the other side for the *Circles of Support* activity. This activity reminds us that "we are not alone". There are many supports and services all around us.

Materials:

- Paper Plate from *A Lot on my Plate* Activity
- Marker

Directions:

- Use the *Circle of Support* diagram below as a guide to draw the circle diagram on the back of your paper plate.
- We all have many people around us who can help us out and make us feel good about ourselves. Write a list of all your supports:
  - ✓ Name the people in your life that you can turn to for support.
  - ✓ List yourself and all the people that may be a support.
  - ✓ Include the people that mean the most to you and other people who can support. Think about family, friends, neighbours, coworkers, classmates, teachers, clergy, local community agencies and service providers, and online supports.
- Ask yourself, who is most supportive? Who would you go to for certain types of help?
  - ✓ It is important to help young children identify who they could go to for help and the different types of help. Be specific, listing the names of people they know such as family members or neighbours that could help. Also, help them identify other trusted adults such as police officers, that they could seek help in an emergency.
- Take the time to share your responses and discuss with family members.





## HOMEMADE STRESS RELIEVER - MAKE YOUR OWN STRESS BALL

Stress balls are a great do-it-yourself at-home stress reliever for the whole family. By simply squeezing stress balls regularly you can tone your muscles and relieve tension. Stress balls also make great fidget toys. Grab your materials and get ready to make your own stress ball.

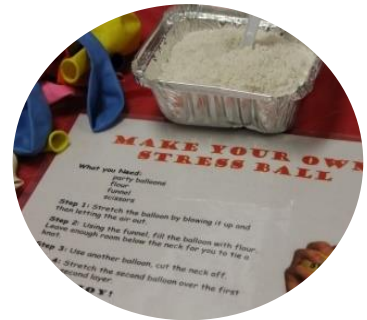
For other homemade stress relivers, try making [Flubber](#), [Play Doh](#) or [Glitter Slime](#).

Materials:

- Balloons (2 per person)
- Funnel
- Flour, Corn Starch, Popcorn Kernels or Rice
- Scissors
- Marker (optional)

Directions:

- Stretch the balloon by blowing it up and then letting the air out.
- Use the funnel to fill the balloon with flour, corn starch, popcorn kernels or rice. Leave enough room below the neck to tie a knot.
- Cut the neck off another balloon & stretch it over the filled balloon as a second layer.
- Use a marker to add a face to your stress ball (optional).
- ENJOY!



Watch the VIDEO:  
[Make Your Own Stress Ball](#)



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## CREATE A JOY LIST

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How joyful do you feel on a daily basis? How often do you do things that bring you joy? Is your joy tank on the low side? On empty? Below empty? Whatever the level, let's start filling it up!

Materials:

- Workbook Page 9 (or use a sheet of paper, your journal, smartphone, or laptop)

Directions:

- Make a list of everything that brings you joy. Nothing is too big or too small. Some ideas:

- Berries in your morning cereal
- Slowly drinking a cup of coffee or tea
- Taking a hot bath
- Laughing with your kids
- Wrapping yourself up in a heated blanket
- Talking to a friend or family member
- Singing along to your favorite song
- Shopping
- Trying a new healthy recipe
- Spending time outdoors
- Playing with a pet
- Watching a funny movie
- Drawing, sketching, painting, crafting, or coloring
- Reading a good book or an inspirational quote
- Going for a walk
- Doing something nice for someone else
- Starting a small garden or growing a beautiful indoor plant
- Going on a trip (or visiting your favorite vacation spot in your mind)



- Go through your list and cross off everything that is a “should.” Include only things that bring you joy on this list. Add more joy items when you're focused on joy and happiness.
- Start doing the things on your joy list and incorporate them into your daily life.
  - ✓ Do at least one thing on your list per week (or each day if you can).
  - ✓ Keep it up. If you commit to this as a lifestyle change, you will lead a much more happiness and joy in your life.



Watch the VIDEO:

[Create a Joy List](#)



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## MY JOY LIST

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*Joy is what happens when we allow ourselves to recognize how good things really are.  
-Marianne Williamson*

## MY STRESS LESS ACTION PLAN

This week, my plan is to make **1** change to help me stress less. *What do YOU want to do?*

**What specific action will you do**  
(e.g., Go for a Walk)?

**How much will you do?**  
How much time, distance, or amount  
(e.g., To the Post Office & back home)?



**When will you do it?**  
What time of day or which days of  
the week (e.g., After lunch)?

**How often will you do it?**  
(e.g., 2 days this week)

**How will you  
overcome barriers  
to complete your  
plan?**

**How will this  
change improve  
your health?**

*There is always room for change, but you have to be open to that change.*  
-Kathryn Budig



## SESSION 2: MINDFULNESS

### Learn

Are you mind FULL or mindful? What's the difference? Mind FULL can be overwhelming, unproductive, and not good adding 2 items to your to-do list for every one you check off. Mindful on the other hand is calm and nice and lets you enjoy one moment, task, or event at a time. Mind FULL is future focused whereas being mindful is 'now' focused.

It's important for us to make mindfulness a healthy practice and a part of everyday. When we stop and smell the roses, we delight our sense of smell. We reach out to touch the smooth petals and our gaze increases to look past these few flowers to a whole world of beautiful things. We think, "Huh, has the sun been shining like this all day?" and we notice the people around us and say, "Hello." The vast array of senses leads to increased happiness and sets us in a state of gratitude. This all coming from the present moment, which is actual and real.

Mindfulness is about slowing down, seeing things clearly, and paying attention to what is happening in the moment. Being aware of your body, your emotions and your thoughts right now allows you to be in the present moment. When you are not aware, you are missing out.

#### Being mindful helps you:

- Focus on what's important.
- Pay attention.
- Engage in the present moment.
- Be grateful.



Watch the VIDEO:  
[Mindfulness](#)





## Mindful Moment

Let's take a moment to get focused with [Take 5](#) before we begin our practice.

## Practice

Practicing mindfulness is important if you want to stress-less because stress is a function of worrying about the future or fretting about the past – stress does not happen in the moment! Now that we know the difference between mind FULL and mindful, let's practice being mindful with these activities:

1. Getting the Full Experience
2. Mindful Mocktails
3. 5 Senses Mindfulness Exercise
4. Soothing Senses Kit
5. My Mindful Action Plan



Listen to the AUDIO:  
[Take 5](#)



*Mindfulness isn't difficult. We just need to remember to do it.*  
-Sharon Salzberg

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## GETTING THE FULL EXPERIENCE

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Mindfulness is getting the full experience or being fully aware of a task at hand. Practicing simple mindfulness can help you live in the moment. We all think about past and present events, but do we take the time to notice what is happening in this moment?



Click [HERE](#) to listen to a 2-minute demonstration on how to use mindfulness to get the full experience.

Materials:

- Chocolate Bar or Piece of Fruit

Directions:

- Reach for a piece of chocolate or a piece of fruit.
- Place it on your hand:
  - ✓ Notice the color and texture.
- Breathe in it's aroma:
  - ✓ Try to describe the aroma in your mind.
  - ✓ Does it remind you of something or someone?
  - ✓ Does a memory come to you as you take in the aroma?
- Think about where this piece of chocolate or fruit came from:
  - ✓ How did it get to you?
- Slowly place the piece of chocolate or fruit in your mouth.
- As you bite into it, slowly, think about how it affects your senses:
  - ✓ How does the bite sound? Feel? Taste?
- Think about how you normally eat:
  - ✓ Was this different or the same?
  - ✓ Was that the best chocolate or fruit you ever had?



*Being mindful of the foods you eat encourages you to pay attention to the aromas, textures, flavours, and tastes of food. Check out this [Mindful Eating video](#).*

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## MINDFUL MOCKTAILS

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Now let's practice mindfulness again with *Mindful Mocktails*. Mocktails are refreshing drinks that don't contain alcohol. They are perfect for people of all ages and adults who choose to be alcohol-free. Mocktails blend great ingredients that will excite the taste buds. The Cardinal Punch recipe was chosen for this activity for its good tasting flavor, attractive appearance, fizzy texture, chilled temperature, and sweet, fruity aroma. Click [here](#) for more tasty non-alcoholic drink recipes.



Watch the VIDEO:  
[Mindful Mocktails](#)

Materials:

- Cardinal Punch Mocktail [Recipe](#)
- Cranberry Juice
- Orange Juice
- Lemon Juice
- Ginger Ale
- Lemon/Orange Slice (Optional)



Directions:

- Get the ingredients from your kit and follow the [recipe](#) included to make your own Mocktail. Remember to [Wash Your Hands Mindfully](#) before you begin.
  - ✓ Chill the Mocktail in the refrigerator if the ingredients were not already cold.
  - ✓ When your Mocktail has been created (and chilled), pour the mocktail into glass.
- Hold the mocktail glass close to your mouth, but DO NOT DRINK.
  - ✓ What does it smell like (is it fruity)? What does it look like (what color is it)?
- After a minute, take a small, tiny sip and hold the mocktail in your mouth for a few seconds before swallowing.
  - ✓ Notice how it tastes (does it taste good? Is it sweet?)
- After another minute, take another sip.
  - ✓ What does it taste like this time (does it taste good, is it sweet? any other taste that stands out)? What does it feel like (is it fizzy? Is it cold)? What is happening for you?
- Continue to sip slowly, savouring the taste & continue to enjoy your mocktail!
  - ✓ How do you normally drink? Different or the same as this mindful mocktail?



*Being mindful of the foods you eat encourages you to pay attention to the aromas, textures, flavours, and tastes of food.* Check out this Mindful Eating [video](#).



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## CARDINAL PUNCH RECIPE

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Filled with fruits, the sparkling cardinal punch is a favorite nonalcoholic mixed drink. The recipe has been around for decades and it's easy to mix up by the glass, pitcher, or punch bowl. The combination of cranberry, lemon, and orange juices topped with ginger ale creates a punch that will please adults and kids alike. It comes together in just a few minutes and offers a fresh taste that's hard to find in bottled juice blends, especially when made with fresh squeezed citrus. You can also keep a pitcher of the juice mix in the fridge then simply top it off with soda when it's time for a drink. [Printable recipe](#).

### Ingredients

- 1/4 cup cranberry juice
- 1 tablespoon lemon juice
- 2 tablespoons orange juice
- 1/4 cup ginger ale
- Lemon slice, for garnish
- Orange slice, for garnish



### Instructions

To make 1 quart for a pitcher:

- Combine 12 ounces (1 1/2 cups) of cranberry juice, 3 ounces (about 1/3 cup) of lemon juice, 6 ounces (3/4 cup) of orange juice, and 12 ounces of ginger ale.

To make 1 gallon for a punch bowl:

- Measure out 6 cups of cranberry juice, 1 1/2 cups lemon juice, 3 cups of orange juice, and 6 cups of ginger ale.



Gather the ingredients.



In a tall glass with ice cubes, pour the 3 juices.



Top with ginger ale.



Garnish with citrus slices (Optional).  
**Serve and enjoy.**

Source: The Spruce Eats Cardinal Punch Non-Alcoholic Drink Recipe (thespruceeats.com)  
Written by: Colleen Graham, Tested by: Diana Rattray (Updated 04/09/21)

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## 5 SENSES MINDFULNESS EXERCISE

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Stay in a Mindful Zone. Use cues in your environment to remind you to be mindful. Look for cues when you are doing routine things like brushing your teeth or drying your hair. You can do this anywhere, at anytime. No need to stop what you are doing. Nobody needs to notice. **Try using your 5 senses as cues to be more mindful throughout your day.**



Watch the VIDEO:

[5 Senses Mindfulness Exercise](#)



Look around and bring your attention to things you might not normally notice like a shadow or crack. Focus your attention on what you see.

**What I SEE?**



Bring your awareness to things you can touch, like the texture of your pants, feeling a breeze on your skin, or the smooth surface of a table.

**What I TOUCH?**



Tune in to the sounds of your surroundings. What can you hear in the background? This might be a bird singing, the low hum of the refrigerator, or the faint sounds of traffic from a nearby road.

**What I HEAR?**



Notice smells whether pleasant or unpleasant. Perhaps the smell of coffee brewing or the scent of pine trees in the air outside.

**What I SMELL?**



Focus on something you can taste or imagine tasting right now. A sip of coffee, taste of mint as you brush your teeth, or savour a bite of something you enjoy.

**What I TASTE?**

What was something that stood out for you in this exercise?

How will you bring mindfulness into your everyday life?

What can you use to cue mindfulness?

## SOOTHING SENSES KIT

Mindfulness is an important component of self-soothing. Try to incorporate soothing things (or thoughts and experiences) into your routine or home. Focus your mind on the activity and the sensory experience.



Watch the VIDEO:  
[Soothing Senses Kit](#)



Materials:

- Bag, Box, or Tote & Items to Engage the 5 Senses

Directions:

- Decorate the kit to make it your own! Be creative!
- Include items that will help you engage your senses to bring you comfort, help you relax, or cheer you up. Self-soothing can also include other sensory experiences that are not things you can fit in a box and will require you to use your mind.
- Consider how you will use the soothing senses kit to help determine what items to include.
- Try different ideas to see what works for you. Use the list below for ideas and get started!

SEE	TOUCH	SOUND	SMELL	TASTE
<input type="checkbox"/> Positive words or quotes	<input type="checkbox"/> Stress ball	<input type="checkbox"/> Calming music	<input type="checkbox"/> Scented Lotion or soap	<input type="checkbox"/> Mints or gum
<input type="checkbox"/> Souvenir with happy memories	<input type="checkbox"/> Fidgets (pop it, spinner, or rubix cube)	<input type="checkbox"/> Soothing nature sounds (rain, river)	<input type="checkbox"/> Jar of spices, cinnamon, dried lavender	<input type="checkbox"/> Coffee, tea, or hot chocolate
<input type="checkbox"/> Photos of family/friends	<input type="checkbox"/> Smooth rock or stones	<input type="checkbox"/> Play list of favourite songs	<input type="checkbox"/> Scented stickers or eraser	<input type="checkbox"/> Candy or lollipop
<input type="checkbox"/> <a href="#">Glitter jar</a>	<input type="checkbox"/> Stuffed animal	<input type="checkbox"/> Laughter	<input type="checkbox"/> Scented candle	<input type="checkbox"/> Crunchy snack
<input type="checkbox"/> Note to yourself	<input type="checkbox"/> Putty, play doh, or slime	<input type="checkbox"/> Crackling fire	<input type="checkbox"/> Aromatherapy oil or spray	<input type="checkbox"/> Fresh bread or cookies
<input type="checkbox"/> Pen & <a href="#">Journal</a>	<input type="checkbox"/> Silky or soft fabric	<input type="checkbox"/> Cat purring	<input type="checkbox"/> Fresh air (open window/door)	<input type="checkbox"/> Water
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MY MINDFUL ACTION PLAN

This week, my plan is to make **1** change to help me be mindful. *What do YOU want to do?*

**What specific action will you do** (e.g., Go for a Walk)?

**How much will you do?**  
How much time, distance, or amount (e.g., To the Post Office & back home)?



**When will you do it?**  
What time of day or which days of the week (e.g., After lunch)?

**How often will you do it?**  
(e.g., 2 days this week)

**How will you overcome barriers to complete your plan?**

**How will this change improve your health?**

*We sometimes underestimate the influence of little things.*  
-Charles W. Chestnut



## SESSION 3: SELF-CARE & SELF-KINDNESS

### Learn

In this session, we will learn about the importance of Self-care and Self-kindness in managing stress. This may seem individually focused, but self-care can have HUGE positive impact for you and others in your life.

- People have so many responsibilities that they sometimes forget to take care of their own needs. There are many demands on our time, juggling family, work, school, and friends just to name a few. It can be difficult to give ourselves the attention that we need and deserve.
- Self-care and Self-kindness are about giving yourself permission to meet your own needs, recognizing that this will help your quality of life and those people that rely on you. For instance, you may listen to relaxing music, do yoga, hang out with a friend for an evening, get a massage or just pat yourself on the back for how you handled a stressor.
- If you are a caregiver (paid or unpaid family/household member), you will need to recharge your batteries, so you have enough energy to give to others. The best way to teach self-care to children is to model it yourself.
- You have managed many challenges in your life successfully. What are some of the strategies and supports that help you to do this? Are you able to ask for help? What help are you able to get from your family/household? Reaching out to others for support is an important part of self-care. You can't do it all alone!

### Remember:

- You can't pour from an empty cup.
- Be understanding not critical of ourselves.
- Treat ourselves as you would treat a good friend.



Watch the VIDEO:  
[Self-Care & Self-Kindness](#)





## Mindful Moment

Let's take a moment to get focused with [The Tub](#) before we begin our practice.

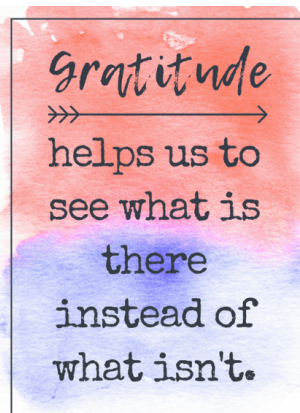
## Practice

What sorts of things re-energize you, bring you joy & help you to be playful with your family/household? Do you have a few favorite "go-tos" for stress relief? Let's practice self-care and self-kindness with these activities:

1. At-Home Spa
2. Gratitude Jar
3. At-Home Self-Care/Self-Care Checklist
4. Moving for Mental Health
5. My Self-Care Action Plan



Listen to the AUDIO:  
[The Tub](#)



*Stop focusing on how stressed you are and remember how blessed you are.  
- Anonymous*

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## AT-HOME SPA – SUGAR SCRUB RECIPE

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### Sugar Scrub

#### Materials:

- Medium Bowl
- 1/2 Cup of Sugar
- 3 - 4 Tbsp. of Olive Oil
- Spoon
- Skin Safe Fragrance Oil (Optional)
- Hand Lotion (Optional)

#### Directions:

- Pour ½ cup sugar in a bowl
- Add 3-4 Tbsp Olive Oil
- Let the oil completely saturate the sugar.
  - ✓ Mix until the oil is absorbed by the sugar.
- It's ready to use!
  - ✓ Rub small amount on your hand (or body), then rinse and pat dry for soft, supple skin!
  - ✓ Rub a small amount of your favorite hand lotion to finish the at-home spa.
- Store with a lid at room temperature. Use within 1-2 weeks.



Watch the VIDEO:

[At Home Spa – Sugar Scrub](#)

*Sometimes the most productive thing you can do is relax.*

*-Mark Black*

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## GRATITUDE JAR

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The gratitude jar is a simple exercise that can have profound effects on your wellbeing. It only requires a few materials: a jar, a ribbon, stickers, or whatever else you like to decorate the jar; paper and a pen or pencil for writing your gratitude notes; and gratitude!

### Materials:

- Jar
- Ribbon
- Stickers
- Pen or Pencil
- Paper



### Directions:

- Decorate the jar however you wish.
  - ✓ You can use the supplies in your kit or feel free to use some things that you already have at home. You can tie a ribbon around the jar's neck, put stickers on the sides, use clear glue and glitter to make it sparkle...
- After you have decorated the jar, the next and most important step, is to think of at least three things throughout your day that you are grateful for. It can be something as small as a coffee, or as big as the love of a child or dear friend.
  - ✓ Write down what you are grateful for on little slips of paper everyday and fill the jar.
  - ✓ You will find that you have a jar full of reasons to be thankful for what you have and enjoy the life you are living. It will also help you practice of expressing thanks.
  - ✓ If you are ever feeling especially down and need a quick pick-me-up, take a few notes out of the jar to remind yourself of who, and what, is good in your life.



Watch the VIDEO:  
[Gratitude Jar](#)



*Being mindful of the things that you feel grateful for helps you notice how much you have to be grateful for.*





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## AT-HOME SELF-CARE

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We are so busy in our daily activities that self-care can be the first thing out the window. It's not easy to schedule self-care time. Without proper self-care and self-kindness, we are putting our mental health and physical wellbeing at risk. Even if you can't go out for a massage or pedicure, what can you do at home to take care of yourself? Use the at-home self-care checklist to hold yourself accountable for self-care. These self-care ideas are easy to do, low cost, and are great for staying home.

Materials:

- Self-Care Checklist

Directions:

- Challenge yourself to complete self-care activities every day for a healthier and happier you (checklist on the next page). Ask members of your household to try it with you. Activities are included for all types of self-care including:
  - How are you taking care of your **physical** needs?
    - Eating foods that fuel your body well? Drinking plenty of water?
    - Exercising? Stretching? Sleeping?
  - How are you taking care of your **social** needs?
    - Staying connected with the people you are close with?
    - Making time for play (Board games, sports, crafts)?
  - How are you taking care of your **mental & emotional** needs?
    - Showing yourself kindness & patience?
    - Expressing feelings? Reaching out to someone to talk & share your feelings? [Journaling](#)?
    - Being fully present in the moment? Being grateful for the good?
    - Doing things to keep your mind sharp (learning new things, reading, or watching movies that inspire you)?
  - How are you taking care of your **spiritual** needs?
    - Doing things that help you develop a sense of meaning and purpose, or connection to the earth/universe (e.g., making time to spend outdoors in nature, meditate, pray, think about the things that make you grateful, etc.)?

SELF  
care  
IS NOT SELFISH



Watch the VIDEO:  
[At-Home Self-Care](#)

## SELF-CARE CHECKLIST



Self-Care Checklist	S	M	T	W	T	F	S
<b>Sleep</b> Get a good night's rest							
<b>Take it Outside</b> Get fresh air & spend time in nature							
<b>Breathe</b> Practice deep breathing & be still							
<b>Laugh</b> Take a comedy break or laugh with someone							
<b>Stay Hydrated</b> Make water your drink of choice							
<b>Move More</b> Energize your mind & body with physical activity							
<b>Give Thanks</b> Say <i>Thanks</i> & be grateful for what you have							
<b>Eat Healthy</b> Eat a variety of healthy foods							
<b>Be Kind</b> to yourself & others							
<b>Forgive</b> yourself & others when things go wrong							
<b>Have Fun</b> Make time for something from your <i>Joy List</i>							
<b>Be Mindful</b> Tune in & be present in the moment							
<b>Stay Connected</b> Call, text, video chat, or visit with others							
<b>Make a List</b> Set an action plan of things you want to do							
<b>Talk about it</b> Share your thoughts & feelings with others							
<b>Ask for Help</b> Share the load							
<b>Practice Positive Self Talk</b> Change the negative to positive							
<b>Get Pampered</b> Take a bath, listen to music, light a candle...							
<b>De-clutter</b> Spend 10 minutes clearing clutter							

## MOVING FOR MENTAL HEALTH

Active Bodies, Active Minds! Be physically active to take care of your physical & mental health. Feel the results...physical activity reduces stress & anger, reduces the symptoms of anxiety & depression. It improves mood, sleep, focus, motivation & self-esteem, boosts energy, promotes relaxation and is fun!



Watch the VIDEO:  
[My Body...Physical Activity Break](#)

### My Body...

Break up long periods of sitting as often as possible. Let's try this activity. Sing to the tune of **My Bonnie Lies Over the Ocean**. Stand/sit when you sing each word beginning with the letter "B". Don't be shy! It's fun!

What moves you? "Activities do; they keep us healthy and happy" according to Recreation NL.

### What moves you?

- |   |  |
|---|--|
| <input type="checkbox"/> Aerobic Activities | <input type="checkbox"/> Running       |
| <input type="checkbox"/> Bowling            | <input type="checkbox"/> Skating       |
| <input type="checkbox"/> Cycling            | <input type="checkbox"/> Skiing        |
| <input type="checkbox"/> Dancing            | <input type="checkbox"/> Snowshoeing   |
| <input type="checkbox"/> Fishing/Hunting    | <input type="checkbox"/> Sports        |
| <input type="checkbox"/> Gardening          | <input type="checkbox"/> Swimming      |
| <input type="checkbox"/> Hiking             | <input type="checkbox"/> Weightlifting |
| <input type="checkbox"/> Housework          | <input type="checkbox"/> Yoga          |
| <input type="checkbox"/> Kayaking/Canoeing  | <input type="checkbox"/> _____         |
| <input type="checkbox"/> Walking            | <input type="checkbox"/> _____         |



My **B**ody lies over the sofa  
 My **B**ody sees too much TV  
 My **B**ody it needs to be healthy  
 Please **B**ring **B**ack my **B**ody to me!

**B**ring **B**ack, **B**ring **B**ack  
 Oh **B**ring **B**ack my **B**ody to me, to me!  
**B**ring **B**ack, **B**ring **B**ack  
 Oh **B**ring **B**ack my **B**ody to me, to me!

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Choose activities you enjoy, make time for **you**, & make activity part of every day, starting now:

Activity	Schedule	Duration
Example: Walk with Julie	Thursday at 5 PM	1 Hour

Check out more physical activity resources to help you *move for your mood*:

- [ParticipACTION](#), [ParticipACTION Happy Better](#) & the [ParticipACTION App](#)
- 24-Hour Movements Guidelines: [Adults](#) & [Children & Youth](#)
- [Active for Life - Raising Physically Literate Kids](#)
- [Recreation NL](#) & Walking Resources: [Walk your way to better health](#), [Count your steps](#), [Beginner Walking Program](#), [10 KM Walking Program](#), [5 KM Beginner Running Program](#)

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## MY SELF CARE ACTION PLAN

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This week, my plan is to make **1** change to help me take care of me. *What do YOU want to do?*

**What specific action will you do**  
(e.g., Go for a Walk)?

**How much will you do?**  
How much time, distance, or amount  
(e.g., To the Post Office & back home)?



**When will you do it?**  
What time of day or which days  
of the week (e.g., After lunch)?

**How often will you do it?**  
(e.g., 2 days this week)

**How will you  
overcome barriers  
to complete your  
plan?**

**How will this  
change improve  
your health?**

*The most effective way to do it is to do it.  
-Amelia Earhart*



## SESSION 4: PLANNING FOR SUCCESS

### Learn

**Positive mental health is the ability to enjoy life and cope with life's challenges.** Throughout this program, you have learned many ways to positively manage stress so that you can enjoy life and be the best that you can be. You have learned that practicing mindfulness, self-care, gratitude, and healthy lifestyles, as well as using stress relievers such as stress balls, and doing things that you enjoy all help you to stress less. In this final session, you will focus on positive thinking to encourage you to stress less during difficult times and to build your confidence to ask for help if you need it. You will also learn about other resources and services that are available to support you (and your loved ones) in maintaining positive mental health.

Think back to the Circles of Support/Plate Activity that you completed in the first session. This activity reminded us that we are not alone. Remember the connections and supports that you have at home and in your community. Support from others can help us cope with challenges, solve problems, improve self-esteem, and manage stress. It is important to work together as a family/household to share the load. If everyone pitches in, no one person will feel burdened by the load and young children will learn practical skills.

Reaching out for support is a strategy in managing stress and helps us feel not so alone. Look for people that you can trust and count on, to avoid disappointing negative interactions that can make you feel worse. Almost all of us can benefit from social and emotional support and it is important to stay connected, especially when we are feeling stressed.

There are many options available to help you manage stress when you need them. Support is available from the comfort of your home with online tools. Take a mental health screening at [CheckItOutNL.ca](http://CheckItOutNL.ca) or discover wellness tools at [Bridgethegapp.ca](http://Bridgethegapp.ca). Find Webinars, quick tip videos, self-care, & relaxation resources at [WesternHealth.nl.ca/MHA](http://WesternHealth.nl.ca/MHA).

Mental Health & Addictions Services are available if you are struggling to manage on your own. Quick access to counselling services is available Monday to Friday through Doorways.

Watch the VIDEOS:



- [Planning for Success](#)
- 1-min Mental Health & Addiction Services [video](#)
- 1-min Doorways [video](#)

**Remember:**



What you tell yourself everyday can build you up or tear you down.



It's okay to ask for help.



There are online tools and Mental Health & Addictions Services available to help you.



## Mindful Moment

Let's take a moment to get focused with [Cloud Push](#) before we begin our practice.



Listen to the AUDIO:  
[Cloud Push](#)

## Practice

In this program, you have learned about many ways to positively manage stress and deal with challenges. Let's practice using some online self-help tools, building ourselves up with positivity, and celebrating what you've learned with these activities:

1. Get Inspired
2. How are you Feeling?...Really?
3. I Use Positive Self Talk
4. Affirmation Stones
5. Sharing Accomplishments & Setting Goals
6. Share a Mindful Meal/Lentil Spaghetti Recipe



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## GET INSPIRED

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### Get Inspired

Visit the Get Inspired tab at [Bridgethegapp.ca](http://Bridgethegapp.ca). This interactive section allows you to view what others have shared and share your own photos, coping tips or stories of hope. This activity encourages you to get inspired to **Get Hope. Give Hope.**

[Bridgethegapp.ca](http://Bridgethegapp.ca) is an online resource designed to support mental wellness.

#### Materials:

- Smart Phone, Tablet, Laptop/Computer
- Internet Connection

#### Directions:

- Visit the Get Inspired tab at [Bridgethegapp.ca](http://Bridgethegapp.ca) and explore what others have shared.
- Read inspiring quotes, tips, and stories of hope.
- Post your own for others to read!



Watch the VIDEO:

[Let's Get Inspired at BTG](#)

Bridge **the** gapp.ca



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## HOW ARE YOU FEELING?...REALLY?

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If you're concerned about your or a loved one's mental health or substance use, try online self-screening tools at [CheckItOutNL.ca](https://www.checkitoutnl.ca) or [Bridgethegapp.ca](https://www.bridgethegapp.ca). The Mental Health & Substance Use Self-Screening Program provides online self-assessment tools for adults 18+ for a variety of mental health and substance use issues for early identification and connection to supports and services.



Watch the VIDEO:  
[How Are You Feeling? CheckItOutNL.ca](https://www.checkitoutnl.ca)

Brief screenings are the quickest way to determine if you or someone you care about should connect with a health professional. Think of these as a checkup from your neck up.

This program is completely anonymous and confidential, and immediately following the brief questionnaire you will see your results, recommendations, and key resources.

Materials:

- Smart Phone, Tablet, Laptop/Computer
- Internet Connection

Directions:

- Visit [CheckItOutNL.ca](https://www.checkitoutnl.ca) or [Bridgethegapp.ca](https://www.bridgethegapp.ca) and complete the [Well-Being Screen](#).
- Feel free to complete any other screening you choose.



CheckItOutNL.ca



## I USE POSITIVE SELF-TALK



Our thoughts and beliefs can make a harmless situation very stressful. Thoughts are just thoughts; they are not necessarily facts and remember that you FEEL the way you THINK. Positive thinking is a powerful tool that can help you manage stress and improve your health. Positive thinking begins with positive self-talk. Self-talk is the voice in our head. You must train the voice in your head to concentrate on the positive, rather than focusing on the negative.

Negative self-talk is the stuff that makes you feel bad about yourself and things that are going on. It can put a downer on anything. Examples: “I look terrible in the se jeans” and “I’m too tired to do anything today” and “I should be doing better”. Positive self-talk is the stuff that makes you feel good about yourself and the things that are going on in your life. Examples: “These jeans look pretty awesome on me” and “I don’t feel great today, but things could be worse” and “I am doing the best I can”.





Watch the VIDEO:  
[Positive Self-Talk](#)

**Change your self-talk** by countering your negative thoughts with positive ones. Instead of saying “I’ll never be able to do this”, ask yourself “is there anything I can do that will help me be able to do this?” Try these Positive Self-Talk examples:

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Today will be a good day | <input type="checkbox"/> I am enough               | <input type="checkbox"/> I have an opportunity to try something new |
| <input type="checkbox"/> I am grateful            | <input type="checkbox"/> I am capable & strong     | <input type="checkbox"/> I’m proud of myself for trying             |
| <input type="checkbox"/> I feel great             | <input type="checkbox"/> I can do it with practice |   |

Re-write one of your negative thoughts into a positive thought. Use a short positive, statement. Say the positive statement out loud. Practice postive self-talk everyday.

	Something you say to yourself that is <b>negative</b> or not helpful?		Something you will say to yourself that is <b>positive</b> or helpful?

*All stress begins with one negative thought - Rhonda Byrne*

## AFFIRMATION STONES

An **Affirmation** is a phrase that reflects a positive thought. This is a simple and effective tool that anyone can use. Affirmation stones are so much fun to make, and they are the perfect visual reminder to keep our thoughts positive. Have fun creating a beautiful affirming stone for practicing mindfulness and calming yourself when you are feeling tense or stressed.



Watch the VIDEOS:  
[Affirmation Stones Activity](#)

### Materials:

- Rocks or Stones
- Small Bag or Box
- Non-Toxic Acrylic Paint
- Permanent Markers or Paint Pens
- Paint Brush or Sponge Brush
- Gloss Varnish (Optional: use if placing rocks outside)



### Directions:

- Clean the rock(s) and allow time to dry if using rocks gathered from outside.
- Choose paint colour(s) to paint the rock(s) a solid colour first and let dry. Skip this step if you want to leave the rock a natural colour.
- Use a permanent marker or paint pen to print a positive message on each rock. Think of a positive word or words that inspire you or give you strength. **Positive Messages Ideas:**

<input type="checkbox"/> Smile	<input type="checkbox"/> Laugh	<input type="checkbox"/> Be You
<input type="checkbox"/> Choose Joy	<input type="checkbox"/> Inspire	<input type="checkbox"/> You Shine Bright
<input type="checkbox"/> Make Today Great	<input type="checkbox"/> Be Kind	<input type="checkbox"/> You CAN
<input type="checkbox"/> You've Got This	<input type="checkbox"/> I am Thankful	<input type="checkbox"/> Dream Big
<input type="checkbox"/> Loved	<input type="checkbox"/> I am Strong	<input type="checkbox"/> Just Breathe
- Use the bag or box to keep your rock(s) near or place them around your home, garden, or community where you and others can enjoy.





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## SHARING ACCOMPLISHMENTS & SETTING GOALS

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### *Congratulations!*

Celebrate your accomplishments in the *No Stress Fest Home Edition* Program. You have accomplished so much. For the final session, we want to share the *Rock, Pebble, Sand Story* to get you thinking about setting priorities in your life. The story will help you recognize what's important & what represents the *Rocks, Peddles, & Sand* in your *Jar of Life*. Create your own [Jar of Life](#) as a visual reminder of your priorities. Now, let's do a short exercise to help reinforce our positive feelings about the progress you have made during this program.

Watch the VIDEOS:



- [Sharing Accomplishments](#)
- [Rock, Pebble, Sand Story – Jar of Life](#)

Write some of your accomplishments below. Share with others what you have accomplished.

### *Accomplishments:*



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What is your goal for the next 3-6 months? What are some steps you will take to reach this goal? Think about the *Rocks, Peddles, & Sand*. What are your priorities?

### *Goal:*



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### *Steps:*



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## SHARE A MINDFUL MEAL

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Practice your new skills in something you do everyday, eating! [Canada's Food Guide](#) advises us to be mindful of our eating habits, take time to eat, and notice when you are hungry and when you are full. Be inspired to cook with other recipes from [Cookspiration](#), created by Dietitians of Canada. Now on iPhone, iPad and Android.



Watch the VIDEO:  
[Mindful Eating Activity](#)

Materials:

- [Lentil Spaghetti Recipe](#)
- Red lentils
- Water
- Salt
- Pasta sauce
- Red or green pepper
- Vegetable oil



Directions:

- Invite members of your household to help cook and share a mindful meal with you.
- Engage all your senses while you try this new recipe together:
- Breathe in it's aroma and describe the aroma in your mind. Does a memory come to you?
  - ✓ Think about where this meal came from. How did it get to you?
  - ✓ Eat slowly. Think about how it affects your senses. How does the bite sound? Feel? Taste?
- Think about how you normally eat. Was this different or the same?
- Mindful eating is:
  - ✓ Eating with the intention of caring for yourself.
  - ✓ Eating with the attention necessary for noticing and enjoying your food and its effects on your body.
  - ✓ Allowing yourself to become aware of the positive and nurturing opportunities that are available through food selection and preparation by respecting your own inner wisdom.
  - ✓ Using all your senses in choosing to eat food that is both satisfying to you and nourishing to your body.
  - ✓ Acknowledging responses to food (likes, dislikes or neutral) without judgment.
  - ✓ Becoming aware of physical hunger and satiety cues to guide your decisions to begin and end eating.



*Being mindful of the foods you eat encourages you to pay attention to the aromas, textures, flavours, and tastes of food.* Check out this Mindful Eating [Video](#).

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## LENTIL SPAGHETTI RECIPE

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### *Bottled Pasta Sauce with Red Lentils and Peppers*

[Printable Recipe](#)

#### Ingredients

- ½ cup dried red lentils
- 2 cups water
- ½ tsp salt
- 1 bottle of pasta sauce (640ml)
- 1 finely chopped red or green pepper
- 1 tsp vegetable oil



#### Instructions

1. Add lentils and water to a small saucepan and bring to a low boil over medium heat, then reduce heat slightly to achieve a mild simmer (not boil).
2. Cook lentils to preferred doneness - 15 minutes for a slight bite, 20-22 minutes for more tender lentils.
3. When lentils are finished cooking, drain off any excess cooking liquid and set aside.
4. Cook chopped peppers and oil in a pan for 5-8 minutes.
5. Heat pasta sauce, add cooked lentils and peppers.
6. Serve over cooked pasta.



## MORE RESOURCES

[WesternHealth.NL.ca/MHA](https://WesternHealth.NL.ca/MHA) is your source for best-practice information & resources.

- Explore print materials, interactive tools, toolkits, webinars, quick tip videos, self-care activities, and a series of relaxation audio recordings online in the [RESOURCES](#) section.
- Explore topics such as stress and suicide prevention in the [Mental Health Information](#) section.
- Explore topics such as alcohol, cannabis, & opioids in the [Substance Use Information](#) section.
- Explore the [Services and Supports](#) section to find local supports and print a copy of the [Resource Directory](#).
- Request facilitated sessions, workshops, presentations, programs, interactive resources & print materials at [mha@westernhealth.nl.ca](mailto:mha@westernhealth.nl.ca).



Watch the VIDEO:  
[Resources and Supports](#)





## MENTAL HEALTH & ADDICTIONS SERVICES

More options when you need them.

[Printable Resource Directory](#)

### Burgeo

886-2185

### Deer Lake

635-7830

### Port aux Basques

695-6250

### Norris Point

458-2381

### Stephenville

643-8740

### Port Saunders

861-9125

### Corner Brook

Adult

634-4506

### Corner Brook

Children & Youth

634-4171



## Youth Outreach Services

Port aux Basques & Area: 695-6901

Stephenville & Area: 643-4595

Corner Brook & Area: 634-4171

Bonne Bay & Area: 458-2381 ext. 271



Rapid access to counselling services 'one session at a time'. Call the office in your area to discuss available options.

## Opioid Dependence Treatment & Naloxone

Corner Brook Hub: (709) 634-4506

Stephenville Hub: (709) 643-8740

Telehealth available throughout the region.

FREE Naloxone Kits at your local MHA office.

**A full listing of specialized Mental Health & Addiction Services can be found [here](#).**

## Hospitals & Health Facilities

A full listing of Western Health facilities can be found [here](#).

## You are not alone. We're here to help.

For immediate help, call 911 or go to your local Emergency Department.

## Prevention & Promotion Services

Addictions Prevention: 634-4921

Mental Health Promotion: 634-4927

[WesternHealth.nl.ca/MHA](http://WesternHealth.nl.ca/MHA)

*Best-practice information, resources, & programs. Request presentations, resources & print material*



*Mental health information, interactive resources, and connection to local supports & services.*



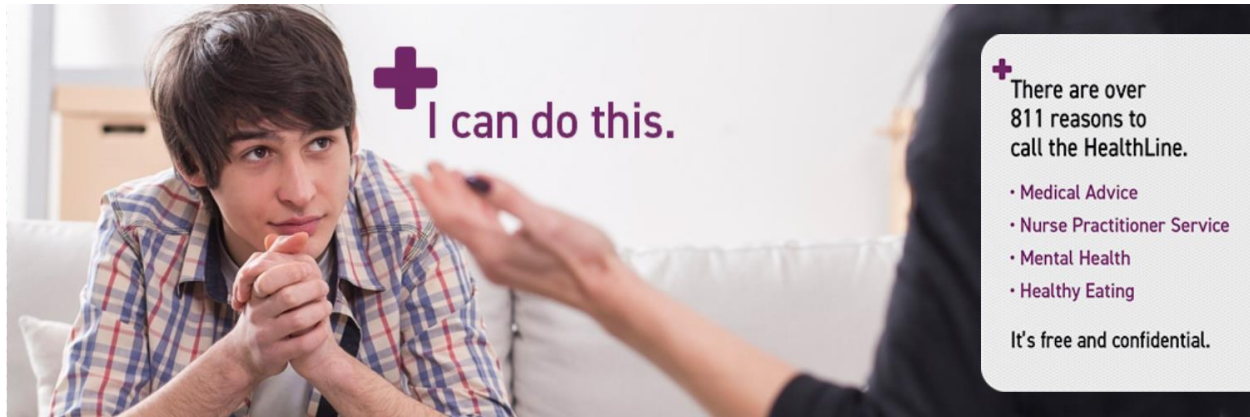
*Online Self-Screening Tools – Anytime, anywhere.*





## HELPLINES

NL Healthline 811 [www.811healthline.ca](http://www.811healthline.ca)



**+** There are over 811 reasons to call the HealthLine.

- Medical Advice
- Nurse Practitioner Service
- Mental Health
- Healthy Eating

It's free and confidential.

**811** HEALTHLINE Dial-a-Dietitian. Call 811 to speak to a local dietitian today about healthy eating for your family, food safety, budget-friendly meal ideas, food allergies and more.

### Crisis Text Line

Text 'talk' to 686868

### Mental Health Crisis Line

1-888-737-4668

### CHANNAL Warm Line

1-855-753-2560

### Kids Help Phone

1-800-668-6868

### Gambling Help Line

1-888-899-4357

### Provincial Opioid Line

1-844-752-3588

Not sure who to call? **Call 211**

### 2SLGBTQIA+ Warm Line

1-866-230-8041 Call or Text

### Willow House Crisis Line

1-866-634-4198

### Domestic Violence Helpline

1-888-709-7090 Call or Text

### NL Sexual Assault Crisis Support & Information Line

1-800-726-2743

### First Nations & Inuit Hope for Wellness Help Line

1-855-242-3310

### MH&A Systems Navigator

1-877-999-758