Beyond the Surface
BounceBack®
reclaim your health

A free and confidential program that helps individuals (15+)
with mental wellness.

- trained coaches
- self-paced
- workbooks and videos

bouncebackontario.ca
Scenario
Your friends plan a hangout and didn’t include you.

Did they forget me again?

I saw your insta story... Why didn’t anyone tell me?

Sorry, last minute plans maybe next time?

oh... ok.

*Click*

They’re probably busy!
I’m sure it’s not about me. Imma just spend time with Bebo!

What did I do wrong...?

They hate me..

You get to choose how to respond. Learn how your thoughts affect you through BounceBack’s balanced thinking strategies.
Choose a situation and fill in this chart. Notice how your thoughts, feelings and behaviours are connected.

<table>
<thead>
<tr>
<th>My Thoughts:</th>
<th>My Feelings:</th>
</tr>
</thead>
<tbody>
<tr>
<td>My Behaviours:</td>
<td>My Physical Symptoms:</td>
</tr>
</tbody>
</table>
Colour Your Feelings!

Dare: Create a grateful jar!
When I chat with my BounceBack coach, I’ll mention...

TIP: BounceBack has trained mental health coaches to help you!
Know Your Buttons

Find things that affect your mood and how to deal with them.

Buttons:
- Stress
- Tired
- Hungry
- Noise
- School
- Exams
- Social Media
- Conflict

Coping Strategies:
- Talk
- Breathe
- Share
- Exercise
- Friend
- Draw
- Mind Your Mind
- Bounce Back

Word Search: Lerahsuicemeeetb

Oldrtalkkebescro

Onraybstdicphu

Hderitrpidlcm

Csidyergofyrnwc

Smrcaoonnpaerye

Vafthocolunxmr

WXHEMRCDFYHEOEA

Kesocialmediay

Dnimruoydnimipk
Journal it out and wreck it!

Write about your biggest fears and rip it up!

Think about a mistake you made and colour all over it!

What are you holding on to? Practice letting it go by throwing it out!
Coping Strategies

Write down things that help you cope when you feel anxious, overwhelmed, low or stressed:

Make a Playlist
Write a letter to your younger Self

TIP
Say out loud:
I am strong,
I am resilient,
I am practicing patience with myself.

Whenever you’re having a tough time, come back to this list
Reflect on your last few days. Write down:

1. 2 Thorns (things that didn't go as planned)
2. 2 Roses (good things that happened)
3. 2 Buds (things you're looking forward to)

I am grateful for...
Creative activities can give rest to our nervous system.
This Zine was co-created by BounceBack, mindyourmind and 6 talented youth: Luisanna, Madison, Marina, Rachel, Sarah and Sid.

bouncebackontario.ca

mood.
by mindyourmind
Track your mood and sleep patterns to support your overall wellbeing.

BeSafe
by mindyourmind
• Create a safety plan
• Connect with mental health and addiction resources
• Be prepared in a crisis

Canadian Mental Health Association
Mental health for all

Find your nearest CMHA branch and access free mental health and addiction support, visit cmha.ca

Need help now? Call the Suicide Crisis Helpline at 9-8-8