

PLAYLIST

Beyond the Surface

PRE-YOU?K?
FEELING MIXTAP
STRONG MIXTAP



BounceBack[®]

reclaim your health

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

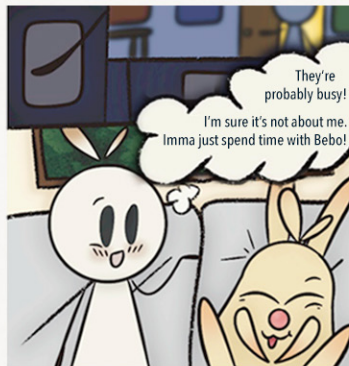
- trained coaches
- self-paced
- workbooks and videos

bouncebackontario.ca



Scenario

Your friends plan a hangout and didn't include you.



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.

My Thoughts:

My Feelings:

My Behaviours:

My Physical Symptoms:

Colour Your Feelings!



Dare: Create a grateful jar!

WHAT'S BOTHERING YOU?

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 SCHOOL
TIRED EXAMS
HUNGRY SOCIAL MEDIA
NOISE CONFLICT

COPING STRATEGIES:

TALK FRIEND
BREATHE DRAW
SHARE MINDYOURMIND
EXERCISE BOUNCEBACK


L	E	R	A	H	S	U	I	C	E	M	E	E	T	B
O	L	D	R	T	A	L	K	E	B	E	S	C	R	O
O	C	N	R	A	Y	Y	B	S	T	C	I	P	H	U
H	D	E	R	I	T	R	P	I	D	L	C	M	O	N
C	S	I	D	Y	E	R	G	O	F	Y	R	N	W	C
S	M	R	C	A	O	O	N	N	P	A	E	R	Y	E
V	A	F	T	O	H	C	O	L	U	N	X	M	R	B
W	X	H	E	M	R	C	D	F	Y	H	E	O	E	A
K	E	S	O	C	I	A	L	M	E	D	I	A	Y	C
D	N	I	M	R	U	O	Y	D	N	I	M	I	P	K

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!

A detailed illustration of a red rose, showing the intricate layers of its petals. The rose is rendered in various shades of red, from deep crimson to bright scarlet, with some highlights that give it a three-dimensional appearance. It is positioned in the bottom left corner of the page, partially overlapping the torn paper effect.

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:

✂ 2 Thorns (things that didn't go as planned)

🌹 2 Roses (good things that happened)

🌱 2 Buds (things you're looking forward to)

I am grateful for...




DARE
Connect with
someone you love

Creative activities can give
rest to our nervous system.



Doodle Page!

 **mindyourmind.ca**

 **BounceBack**[®]
reclaim your health

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.



Be Safe

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**