

What To Do When You Feel Overwhelmed

IMPORTANT! If you or someone you know is experiencing thoughts or ideas about suicide, this tip sheet is **NOT FOR YOU**. Please call 9-1-1, your local crisis line or attend your nearest emergency department for assistance.

Create a Wellness Plan NOW So You Can Use It Later

- ⇒ Having a plan can help alleviate uncertainty and anxiety. It helps us feel like we have control.
- ⇒ Write down different things you can do or places you can go when you start feeling overwhelmed. Practice doing these, so when you start to feel stressed you already know what you can do. Look at the list when you need it.
- ⇒ Include your local crisis line phone number in your plan, in case you need to use it



Ask For Help

Remember that asking for help is not a sign of weakness, it is actually a sign of strength!

Identify your key contacts who can help you

I need your help please

Hint: Family Doctor, Counsellor, Social Worker, Support Group, Family, Friends and Neighbors

Be Mindful of Your Health

Try to make sure you are getting enough sleep

Engage in regular physical exercise, ask a friend for help to motivate you, if need be

Skip the 'easier' fast food option and try to add healthy meals to your routine



Prioritize Your Commitments

Make a list of all your commitments - work, family, etc.

Look at each item and determine which ones are **MUSTS** and which ones can be set aside until you are feeling calmer

Do not be afraid to say 'No'



Honour Your Strengths

Avoid the trap of 'always' and 'never' thought patterns. These keep us stuck.

Make a list of all the things you do well. Remind yourself of these!

Celebrate your successes, no matter how small they may seem

THINK
← ● →
I'm Good Enough

For more information and resources about child, youth and family mental health, please visit:

