



Canadian Mental
Health Association
Peel Dufferin
Mental health for all

STRATEGIES TO WORK BETTER & LIVE HAPPIER

Workshop Learning Objectives

- Defining stress
- Understanding the personal effects of stress
- Learning AAABC's of stress management
- Understanding your role in stress management
- Learning how to apply self-care to your daily life



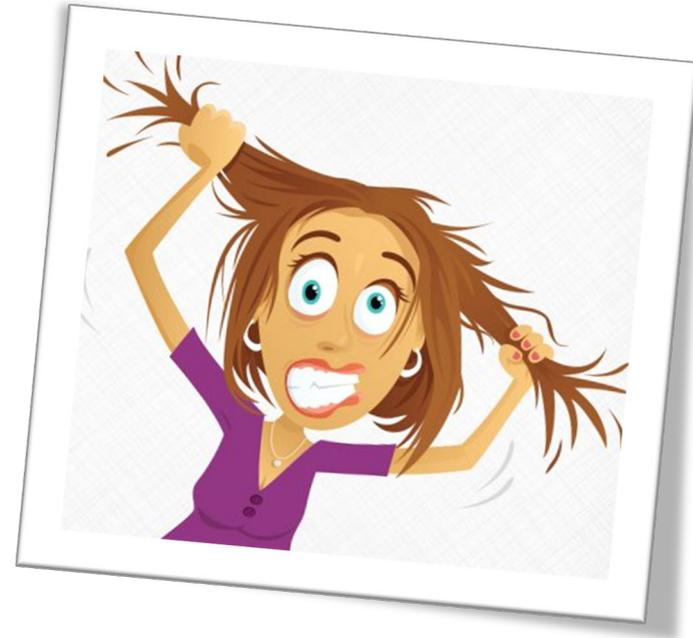
On-line Session Agreement



- Take ownership of your own learning
- Ask questions –
Please use the Chat function
- Request an example
- Take care of yourself

What Is Stress?

- Your body and mind's response to a real or perceived threat
- The response is meant to get you ready for some kind of action or move you away from danger (Fight, Flight or Freeze)
- In today's world these threats are mostly problems that need to be worked through
- Good stress can stimulate & motivate you
- When stress is unhelpful you may feel overwhelmed or trapped
- Prolonged stress can over-stimulate you psychologically & physically



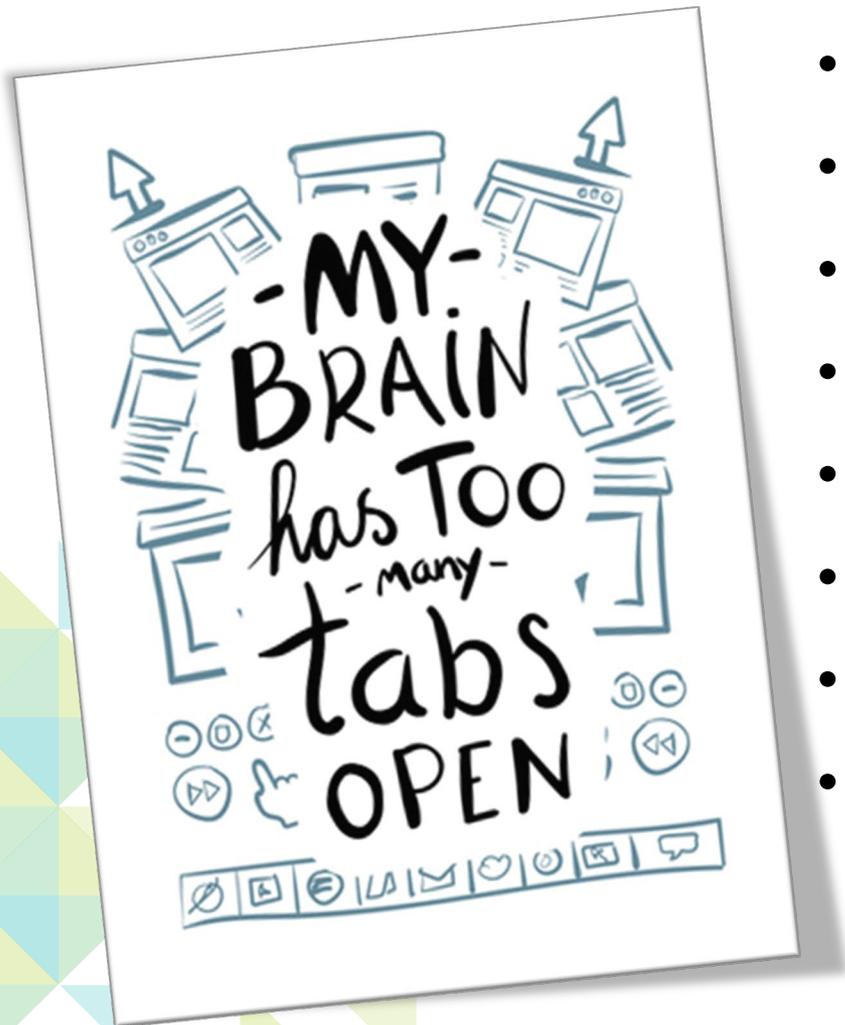
Stress is
a
reaction
to a
situation

—
It is not
about the
actual
situation

We usually feel stressed when we think that the demands of the situation are greater than our resources to deal with that situation



What STRESSES You Out?



WORK LIFE

- Change
- Distractions
- Feeling overwhelmed
- Too many things on the go
- Deadlines
- Family issues
- Work Relationships, Morale
- Gossip

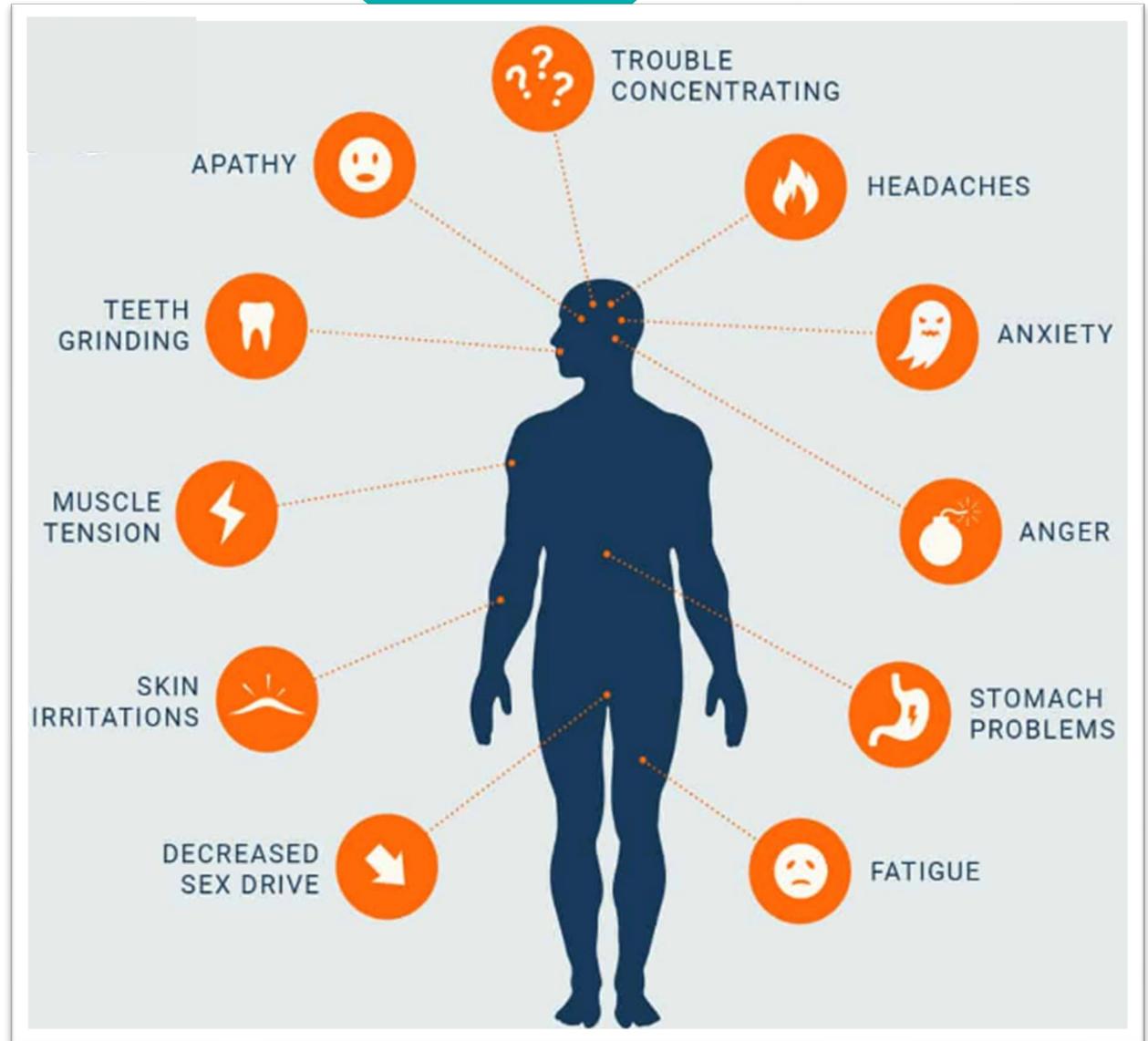
What STRESSES You Out?



HOME & SOCIAL LIFE

- Relationships
- Chores
- Finances
- Children
- Schedules
- Extra-curricular
- Time
- What else?

How can stress make you feel?



The AAABC's of Stress Management

Alter

Accept

Avoid

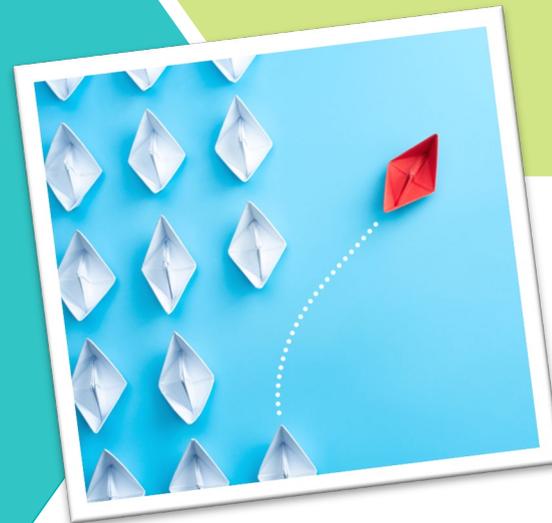
Build

Change



Alter the Stressor

- Identify the stressor
- Talk it out
- Communicate
- Manage your time
- Reschedule
- Get organized
- Ask for help/opinion
- Simplify



Avoid the Stressor

- Say no
- Remove yourself
- Focus on your priorities
- Know your limits
- Talk about it later
- Emotions are contagious





- Eat well
- Exercise
- Breathe
- Laugh
- Make time for yourself
- Find hobbies you enjoy
- Learn to relax
- Set reasonable goals
- Take baby steps
- Use your support systems
- Make time for spirituality

Accept
the
Stressor
and
Build
Internal
Resources



Do you ...

- Catastrophize situations
- Overgeneralize
- Jump to conclusions
- Personalize things
- Blame others

Change
the way
You
Think

Changing the way you think can
change the way you feel which
can change the way you act!



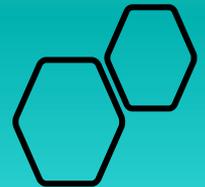
Sometimes
the choice
is yours

We don't always have
to deal with stressors
the minute they arrive



You Have Choices

- Walk away
- Do something about it
- Leave it for later
- Think before you speak
- Ask yourself what is your return on this investment?
- Change your behaviour and/or attitude
- Ask for help
- What is the expected outcome?
- Accept what you cannot control
- Practice self-care



OPTIMAL MENTAL HEALTH - *Some tips ...*

- Do one thing at a time
- Collect positive moments
- Turn things around
- Take a step back
- Set goals
- Enjoy the little things
- Practice positive self-talk
- Love/Forgive yourself
- Believe
- Day Dream

*Be your
own kind
of beautiful
♡*

What's on Your Plate?



- Write down everything you do on a daily basis.
- Think about chores, work, sports, extra-curricular, etc.
- What can come off my plate?
- Where can I shift responsibilities?
- What can I add? (self-care)

FOOD FOR

THOUGHT - *Before you go ...*



- Listen to your body
- Notice your feelings
- Give something up
- Say no
- Prioritize
- Eat well
- Compromise
- Look at the big picture



Wellness Together Canada

<https://ca.portal.gs>

Wellness Together Canada: Mental Health and Substance Use Support

Introduction

We recognize the significant strain that COVID-19 has placed on individuals and families across the country. Many people are concerned about their physical and mental well being. Canadians are being challenged in a number of ways because of isolation, financial and employment uncertainty and disruptions to daily life. *Wellness Together Canada* provides tools and resources to help Canadians get back on track. These include modules for addressing low mood, worry, substance use, social isolation and relationship issues.

What is Included

Wellness Together Canada offers the following at **no cost** to Canadians:

1. **Wellness self-assessment and tracking.**
2. **Self guided courses, apps, and other resources.**
3. **Group coaching and community of support.**
4. **Counselling by text or phone.**



Where to Start

Click the 'Get Started' button below to create an account. You have the option of completing a wellness self-assessment, and then choosing from the full range of no cost options for support. Without an account you can access immediate support by text and other helpful resources below.

For COVID information and a physical self-assessment of COVID symptoms [click here](#).



Free Ontario Resources That Can Help



If you're experiencing low mood, depression, and anxiety, BounceBack can help. Through BounceBack, adults and youth 15+ learn skills to help manage worry and anxiety, combat unhelpful thinking, and become more active and assertive.

We offer Two Forms of Help

Online Videos

Learn practical tips on managing mood, sleeping better, building confidence, increasing activity, problem solving, and healthy living

Available in multiple languages

Telephone Coaching and Workbooks

Three to Six coaching session via phone
Your coach will monitor how you are doing, keep you motivated, and help you develop new skills

In order to utilize BounceBack, we **require referral from a family doctor or nurse practitioner**

www.bouncebackontario.ca
TOLL-FREE 1-866-345-0224

Big White Wall[®]

Big White Wall is an online mental health and wellbeing service offering self-help programs, creative outlets and a community that cares. When you're dealing with everyday stressors or major life events, we'll help you get through it.

Wellbeing that is available Anywhere, Anytime

Anonymous Peer Support
Self-guided courses
Self-improvement tools and resources
Safe space to express yourself without judgement
Assesments
Self-improvement tools
Focused Courses
Personalized Suggestion
24/7 Moderation by clinically trained "Wall Guides"

Big White Wall is **free to use!**
Just enter your postal code

www.bigwhitewall.ca





Find a CMHA near you
www.CMHA.ca



Need help for yourself,
a family member or friend?
Contact us

CMHA Peel Dufferin

Central Intake Line

905-451-2123

For help in a mental health crisis

Call Crisis 24.7 Crisis Support Peel Dufferin

905-278-9036 or 1-888-811-2222



For Mental Health Education and Awareness Workshops and Webinars Contact

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Take Good Care

