

Choosing healthy strategies

Below is a list of strategies that might be helpful during times of stress. Not all these strategies will work for you – and that's okay! In fact, some might not appeal to you at all. Check off any strategies you think might work for you, and add any additional ones that might be missing in the space provided.

- ☐ Take frequent short breaks to support your focus
- ☐ Ask for help/support when you need it
- ☐ Use time management strategies (i.e., an agenda)
- ☐ Use school guidance counsellors and services
- ☐ Join clubs where you feel supported
- ☐ Write down your experiences and feelings
- ☐ Talk to a trusted friend, family member, or mentor
- ☐ Practice meditation or mindfulness
- ☐ Connect to your spirituality
- ☐ Do deep breathing and relaxation exercises
- ☐ Reflect on your strengths and values
- ☐ Seek help to consider solutions and explore your options
- ☐ Review what you're grateful for
- ☐ Make healthy choices (food, activity, staying hydrated)
- ☐ Avoid gossip and refocus the conversation
- ☐ Ask someone to provide the opposite perspective for you
- ☐ Spend time outdoors and in nature
- ☐ Sing, dance, or listen to music
- ☐ Read for fun
- ☐ Laugh
- ☐ Exercise or play sports
- ☐ Do something creative (drawing, painting)
- ☐ Listen to enjoyable podcasts or videos
- ☐ Create a positive vision board
- ☐ Seek medical advice/ treatment when necessary
- ☐ Interact with pets/animals
- ☐ Play board games or card games
- ☐ Enjoy relaxing quiet time
- ☐ Wear clothes/accessories you like the way you look in
- ☐ Make sure you get enough sleep
- ☐ Participate in talk/group therapy
- ☐ Engage in hobbies you enjoy
- ☐ _____
- ☐ _____
- ☐ _____

Workplace Strategies for Mental Health

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