



# Self-Sustainability Journal



*"Strength is in the struggle".*



Community  
Mental Health  
Action Plan

## Contributions and Acknowledgements

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United Way of the Alberta Capital Region  
The Community Mental Health Action Plan  
[www.mentalhealthactionplan.ca](http://www.mentalhealthactionplan.ca)



This resource was developed by the Imagineers and Innovators  
at  
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## The Power of Full Engagement

To understand the interplay between being fully-engaged and self-sustained, it may be useful to become more acquainted with Loehr and Schwartz's (2005) perspective. Both are vital in our relationship-based practices. The following section is composed of selections taken verbatim, with permission, from Loehr and Schwartz's (2005) *Summary of the Full Engagement Training System* (pp. 197-199).

**Objective:** Perform in the storm.

- Build the necessary capacity to sustain high performance in the face of increasing demand.

**Central conclusion:** Energy is the fundamental currency of high performance.

- Capacity is a function of one's ability to expend and recover energy.
- Every thought, feeling and action has an energy consequence.
- Energy is the most important individual and organizational resource.

**Full engagement:** Optimal energy in the context of high performance.

- Physically energized
- Emotionally connected
- Mentally focused
- Spiritually aligned

**Full engagement principles:**

- Managing energy, not time, is the key to high performance.
- Full energy requires drawing on four separate but related dimensions of energy: physical, emotional, mental and spiritual.
- Because energy capacity diminishes with both overuse and underuse, we must learn to balance energy expenditure with intermittent energy renewal.
- To build capacity, we must push beyond our normal limits, training in the same systematic way that elite athletes do.
- Positive energy rituals—highly specific routines for managing energy—are the key to full engagement and sustained high performance.

**Full engagement requires drawing on four separate but related sources of energy:**

- *Physical* capacity is reflected in one's ability to expend and recover energy at the physical level.
- *Emotional* capacity is reflected in one's ability to expend and recover energy at the emotional level.
- *Mental* capacity is reflected in one's ability to expend and recover energy at the mental level.
- *Spiritual* capacity is reflected in one's ability to expend and recover energy at the spiritual level.
- The most fundamental source of energy is physical. The most significant is spiritual.

**Four sources of energy:**

- Physical capacity is defined by *quantity* of energy.
- Emotional capacity is defined by *quality* of energy.
- Mental capacity is defined by *focus* of energy.
- Spiritual capacity is defined by *force* of energy.

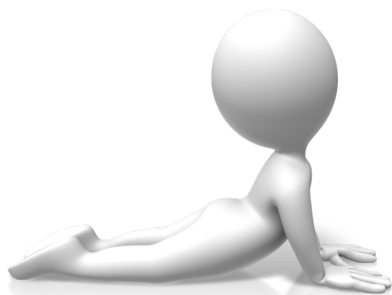
**Full engagement required periodic strategic recovery.**

- The energy that serves full engagement is renewed and stored during periods of strategic recovery (disengagement).

## Emotions – What’s Happening?!

This week, your challenge is to be mindful of the array of emotions you might be experiencing and what might be triggering them. Pay attention to your body. What is it telling you?

**Challenge:** When you find yourself experiencing strong emotions, take a couple of minutes to identify how and where they are showing up. Using your emotion wheel, write down the various emotions you are experiencing. What brought them on? (not enough sleep, too much to do, etc.)



*not to spoil the  
ending for you but...  
everything's  
going to be okay.*

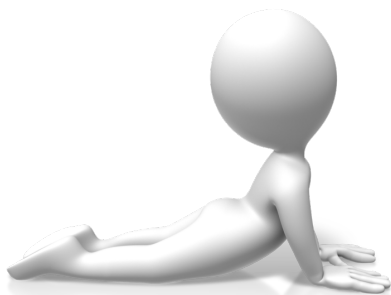




## Emotional Regulation – You Got This!

This week, the challenge is to try to regulate some of the emotions that you experience by engaging in deep breathing. This is a great strategy to calm the nervous system and engage the thinking part of the brain. Below, write down the event or situation that made you feel this way in the first place.

Whenever you find yourself getting upset, frustrated, angry or hurt, close your eyes and take three to four deep belly breaths. With your child, you can get them to hold their finger in front of them and tell them to "smell the flowers" as they inhale, and "blow out the candles" as they exhale.



*"Feelings are just visitors.  
Let them come and go."*





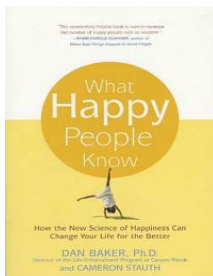
## Science of Emotions

Magic at the Movies: Positive Psychology for Children, Adolescents and Families

[https://repository.upenn.edu/cgi/viewcontent.cgi?article=1070&context=mapp\\_capstone](https://repository.upenn.edu/cgi/viewcontent.cgi?article=1070&context=mapp_capstone)

Beautiful Friendship: Social sharing of emotions improves subjective feelings and activates the neural reward circuitry

<https://academic.oup.com/soc/article/10/6/801/1732379>



*What Happy People Know*  
Dr. Dan Baker

## You Got This! Emotional Regulation



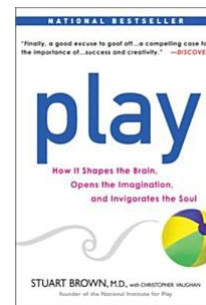
## Emotional Help & Support

Online/Phone Therapists in Alberta

<https://www.psychologytoday.com/ca/therapists/online-counselling/alberta>

Why Talking About Our Problems Helps and How To Do It

<https://www.nytimes.com/2020/04/03/smarter-living/talking-out-problems.html>



*Play: How it Shapes the Brain and Open Imagination and Invigorates the Soul*  
Dr. Stuart Brown

## Movies about Emotions

6 Movies for your Children's Emotional Development

<https://www.kaleido.ca/en/blog/6-movies-for-your-childrens-emotional-development/>

Movies that Inspire Empathy

<https://www.commonsemedia.org/lists/movies-that-inspire-empathy>

## Activities & Games

5 Social-Emotional Learning Games to Play with Your Child

<https://www.understood.org/en/school-learning/learning-at-home/games-skillbuilders/social-emotional-activities-for-children>

Touch & Learn Emotions

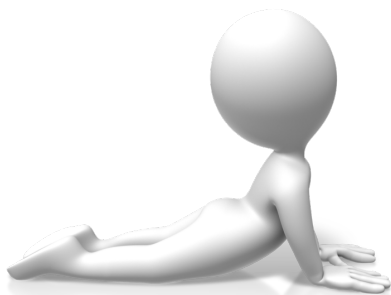
<https://www.commonsense.org/education/app/touch-and-learn-emotions>



## I Want to Move it Move it!!

Taking care of yourself through the challenging times means you need to do the hard stuff too. Getting the heart rate up helps to increase blood flow which allows for increased clarity in thinking. Just 20 minutes a day can make a difference.

The challenge this week will be to "step it up" and engage your body for 20 minutes a day in some form of activity that gets the blood flowing. In the space below, write down what you did and how it made you feel afterwards.



*"I can be changed by what happens to me.  
But I refuse to be reduced by it".  
Maya Angelou*



## Being Physical During Covid-19

Be Active during COVID-19  
World Health Organization  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/be-active-during-covid-19>

Being Active During COVID-19  
Ottawa Public Health  
<https://www.ottawapublichealth.ca/en/public-health-topics/being-active-during-covid-19.aspx>



**I Want to  
Move it  
Move it!!**

## Family Activities

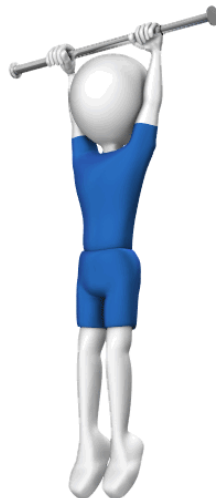
Simon Says  
<https://cdn.730sagestreet.com/wp-content/uploads/2014/09/simon-says.pdf>

Active ABC's  
<https://www.730sagestreet.com/spell-your-name-workout/>

10 Different Ways to Play Tag  
<https://www.verywellfamily.com/ways-to-play-tag-1256794>

Old-Fashioned Jump Rope Songs  
and Rhymes  
<https://www.verywellfamily.com/old-fashioned-jump-rope-rhymes-1696145>

9 Classic Yard Games for Kids  
<https://redtri.com/old-school-yard-games/>



## Tips and Tricks to Get Moving

How to Turn House Cleaning  
into a Workout  
<https://muscletransform.com/how-to-turn-house-cleaning-into-a-workout/>

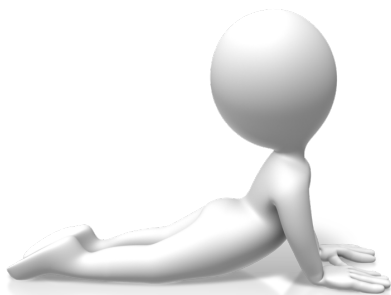
UNO Card Workout  
<https://www.delish.com/food/a57546/uno-card-workout/>

Easy Ways to get the bare  
minimum exercise cooped  
up  
<https://www.cnbc.com/2020/05/01/how-to-eat-well-get-exercise-and-feel-less-stressed-covid-19-pandemic.html>

## The Power of “No”

When you say “yes” to something, you invariably say “no” to something else. This week, practice saying “no” to things that go against your values or what you need and saying “yes” to the things that support you. Say “yes” to taking care of your needs. Say “no” to the things that rob you of what I want.

What do you want to say “yes” to? What do you need to say “no” to?  
Write down the things you consciously said yes and no to this week. How did it feel?



*Inner peace*  
begins the moment you choose not to  
allow another person or event to control  
your emotions.

- PEMA CHODRON.



## Just Say "No"

The Power of No

<https://www.psychologytoday.com/ca/articles/201311/the-power-no>

"No." is a complete sentence

<https://www.youtube.com/watch?v=DVvMMY8DfuE>

Saying "No" to Others is

Saying "Yes" to Yourself

<https://www.psychologytoday.com/ca/blog/the-other-side-relationships/202003/saying-no-others-is-saying-yes-yourself>

## The Power of No"



## "No" at Work

Steps for Saying "No" at Work:

<https://www.youtube.com/watch?v=fy7ouLx3yMA>

Saying "No" to More Work!

<https://hbr.org/2015/12/how-to-say-no-to-taking-on-more-work>

## "No" at Home

Saying "No" to Friends and Family

<https://www.wisebread.com/5-ways-to-say-no-to-friends-and-family>

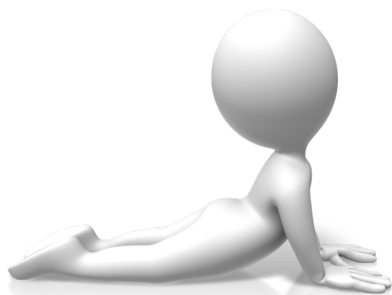
Saying "No" to People You Care About

<https://www.productiveflourishing.com/saying-no/>

## Sleepless in .....ZZZZZZ

The self-care challenge this week will be to look at sleep hygiene. When we do not get enough sleep, we tend to be more emotional, tired, and less able to handle day to day stressors.

What does your sleep hygiene look like? In the space below, describe your sleep and the habits around sleeping. (e.g., Do you have trouble falling asleep or staying asleep? Do you sleep with your phone by your bed? Describe your sleep environment, your sleep habits, your sleep challenges....) What changes are you willing to make?



*Prioritizing  
good sleep is  
good self-love...*

*ZZZZ....*



## Sleep Health

The Science of Sleep

<http://healthysleep.med.harvard.edu/healthy/science>

Brain Basics: Understanding Sleep

<https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Understanding-Sleep>

Sleep Health: Can we define it?  
Does it matter?

<https://academic.oup.com/sleep/article/37/1/9/2454038?searchresult=1>

**Sleepless in .....**

**ZZZZZ**

## Good Sleep Habits

Getting a Good Night's Sleep

<http://www.anxietycanada.com/sites/default/files/SleepHygiene.pdf>

6 Tips for Maximizing Your Sleep Environment

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379>

Technology and Sleep

<https://www.sleephealthfoundation.org.au/technology-sleep.html>

## Food Matters

Food and Drink that Promote a Good Night's Sleep

<https://www.sleepfoundation.org/articles/food-and-drink-promote-good-nights-sleep>

Foods that Help You Sleep

<https://sleepcouncil.org.uk/advice-support/sleep-hub/sleep-matters/foods-that-help-you-sleep/>



## When Sleep Won't Come

Sleep Tips During Isolation:  
Preventing Insomnia

<http://sleepeducation.org/news/2020/04/06/sleep-tips-during-isolation-preventing-insomnia>

What Do You Do When You Can't Sleep

<http://sleepeducation.org/news/2014/01/03/what-to-do-when-you-cant-sleep>

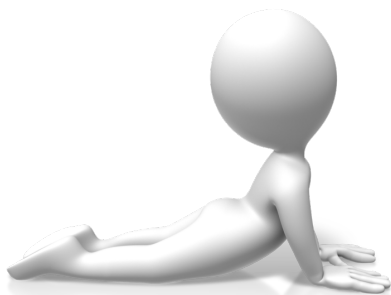
Insomnia: Relaxation and Sleeping Habits

<https://www.ncbi.nlm.nih.gov/books/NBK279320/>

## You Are What You Eat! Uh Oh!

As the rhythms and rituals of our lives change, we are often challenged with additional responsibilities and changing routines. This can activate our stress response and drive us straight to that tub of Ben and Jerry's or bag of chips. This can make good nutrition especially challenging which impacts us physically and mentally.

This week, what strategies can you incorporate to increase your nutritional intake and give your body what it needs. (e.g., Do meal planning and meal prep for the week, etc.)



*The food you eat can either be the safest and most powerful form of medicine or the slowest form of poison.*

*Ann Wigmore*





## The Science

Nutritional Psychiatry: Your Brain on Food

<https://www.health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626>

Nutrition and Mental Health (video)

<https://cdhf.ca/health-lifestyle/mental-health-and-nutrition/>



## During Covid 19

Pandemic: Which Foods Should We Eat to Boost Our Immune System?

<https://www.youtube.com/watch?v=IOJ3rWsg-Zg>

Healthy Eating at Home

<https://food-guide.canada.ca/en/tips-for-healthy-eating/home/>

Eating During Covid 19: Improve Your Mood and Lower Your Stress

<https://www.health.harvard.edu/blog/eating-during-covid-19-improve-your-mood-and-lower-stress-2020040719409>

## Energy Boosts

Eating to Boost Your Energy

<https://www.health.harvard.edu/healthbeat/eating-to-boost-energy>

Eating for Energy

<https://www.todaysdietitian.com/newarchives/040609p20.shtml>

**You Are What You Eat! Oh Oh!**

## Your Mood and Food

Gut Feelings: How Food Affects Your Mood

<https://www.health.harvard.edu/blog/gut-feelings-how-food-affects-your-mood-2018120715548>

Linking What We Eat to Our Mood: A Review of Diet, Dietary Antioxidants and Depression

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6769512/>

Brain Food: How Nutrition Alters Our Mood and Behaviour

[https://www.researchgate.net/publication/263620765\\_BRAIN\\_FOOD\\_HOW\\_NUTRITION\\_ALTERS\\_OUR\\_MOOD\\_AND\\_BEHAVIOUR](https://www.researchgate.net/publication/263620765_BRAIN_FOOD_HOW_NUTRITION_ALTERS_OUR_MOOD_AND_BEHAVIOUR)

## My Little Soft Addictions, Be Gone!

This week is about decluttering your life. Emotional clutter can prevent you from having the relationships you want (and need). Clutter at home can make day-to-day planning difficult. What area of your life feels cluttered? Home? Heart? Work?

In the space below write down some of the things that prevent you from getting the most out of your day. What do you need to declutter? What are you hanging on to that does not serve a purpose anymore? Are you ready to let go?



*Clutter isn't just in your home, garage or office. Clutter is also present in our hearts and mind, distracting you from the amazing things you are meant to do.*



## Decluttering

Physically Decluttering

<https://www.becomingminimalist.com/creative-ways-to-declutter/>

Emotional Decluttering

<https://medium.com/tell-me-your-story-and-experience/new-year-new-beginnings-98388c26ad8a>

Sentimental Objects (Physical and Emotional Decluttering!)

[https://www.youtube.com/watch?v=0Clv059H\\_zo](https://www.youtube.com/watch?v=0Clv059H_zo)

Decluttering in Seven Steps

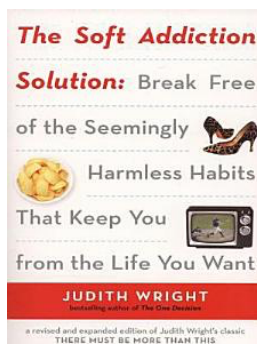
<https://simplelionheartlife.com/7-steps-declutter-home-embrace-minimalism/>



## Soft Addictions

Template for processing a soft addiction:

<http://judithwright.com/template/>



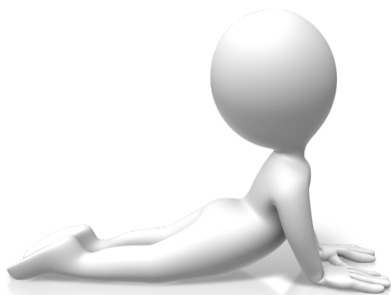
*The Soft Addiction Solution* by Judith Wright

<http://judithwright.com/soft-addictions/>

## I Am Not Alone!

This week, I will recognize that I don't need to do this alone. I have tools in my toolbox, I have friends and family who care for me, and it is alright to ask for help when I need it.

This week, I will allow myself to feel and be vulnerable. I don't need to always be the strong one. I will reach out to someone in my life who can be there for me when I am struggling. I will open myself up and share my challenges and know that there is "strength in the struggle".

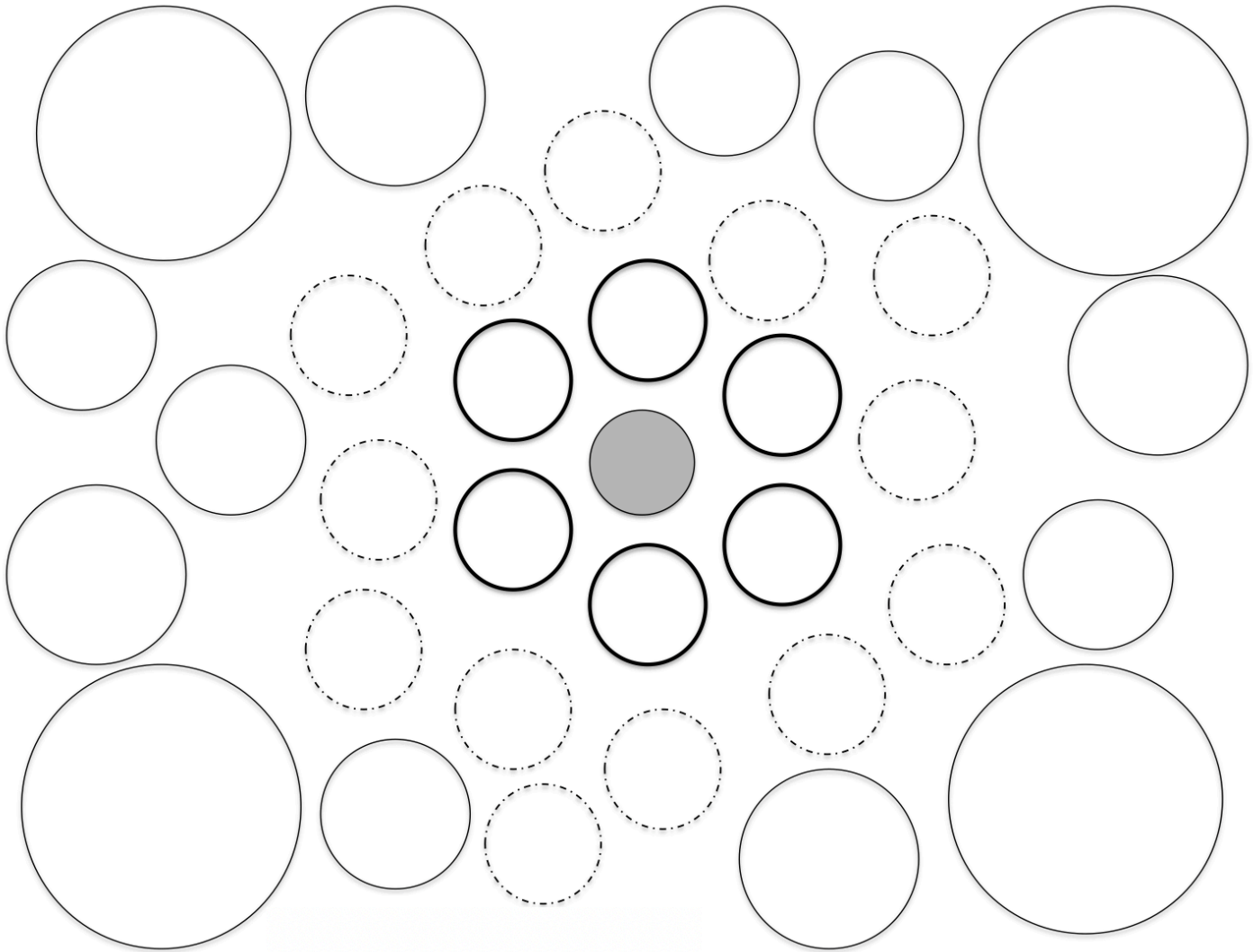


*In order to love who you are,  
you cannot hate the experiences  
that shaped you.*



# I'M NOT ALONE

## Activity



- 1) Write your name in the middle grey circle.
- 2) The surrounding bold-outlined circles are your pod. Write the names of the people who are in your pod. We encourage people to write the names of actual individuals, instead of things such as “my church group” or “my neighbors.”
- 3) The dotted lines surrounding your pod are people who are “movable.” They are people that *could be moved* into your pod, but need a little more work. For example, you might need to build more relationship or trust with them.
- 4) The larger circles at the edge of the page are for networks, communities or groups that could be resources for you. Your pod(s) may shift over time, as your needs or relationships shift or as people’s geographic locations shift. We encourage people to have conversations with their pod, as well as to actively grow the number of people in their pod and support each other in doing so. Growing one’s pod is not easy and may take time. In pod work, we measure our successes by the quality of our relationships with one another and we invest in the time it takes to build things like trust, respect, vulnerability, accountability, care and love. We see building our pods as a concrete way to prepare and build our communities.

## YOU ARE NOT ALONE

Are you or someone you know struggling with your Mental Health? Here are a few resource to help you access supports:

**211** has gone province wide. They have a new website to support navigation <https://www.ab.211.ca/> as well as 24/7 text, call and live chat.

This service is integrated to provide connections to the appropriate help lines once determined <https://www.ab.211.ca/help/helplines/>

### **Alberta Health Services Covid-19**

<https://www.albertahealthservices.ca/topics/Page16944.aspx>

### **Canadian Psychological Association COVID-19 Fact Sheets and Resources**

<https://cpa.ca/corona-virus/cpa-covid-19-resources/>

### **Family Violence Information Line**

A 24- hour, toll-free helpline in Alberta for anyone experiencing family violence or abuse, or who knows someone that has questions about family violence. Provides information about family violence programs and services, as well as advice and support through telephone and chat. Toll free: 310-1818 Online Chat: [Alberta.ca](https://alberta.ca)

### **First Nations and Inuit Hope for Wellness Help Line**

Providing telephone and chat crisis intervention counselling support for First Nations and Inuit persons  
Toll Free: 1-855-242-3310  
Online Chat: <https://www.hopeforwellness.ca>  
[Inuit Hope For Wellness Help Line](https://www.hopeforwellness.ca)

If you believe that the person considering suicide is at high risk, call the **Distress Line**

Edmonton 780-428-4357

Calgary 403-266-4357

Or 911

### **Need Help for Mental Health Tool**

This tool is a basic overview of the mental health services that are available. It can be used by anyone to help themselves or others connect to mental health and social services in their community by reading through the questions and seeing which services meet their needs. Available in a number of languages

<https://mentalhealthactionplan.ca/tools-resources/navigation/need-help-for-mental-health-tool/>

# NEED HELP FOR MENTAL HEALTH?



Community  
Mental Health  
Action Plan

[mentalhealthactionplan.ca](http://mentalhealthactionplan.ca)

## EDMONTON

**Are you in a crisis that is life threatening?**

**CALL 911**

For emergencies (ambulance, fire and police)

**Do you need immediate or supportive access to adult addiction and mental health community based programs?**

**CALL 780.424.2424**

For Alberta Health Services adult addiction and mental health access 24/7  
OR go to Anderson Hall, 10959 102 Street

**Do you need to talk to someone right now?**

**CALL 211**

OR the Distress Line at 780.482 HELP (4357)  
OR Alberta Health Services Mental Health Helpline 1.877.303.2642

**Do you need help today and are ready to go to walk-in counselling?**

**CALL 211**

OR visit [www.dropinyeg.ca](http://www.dropinyeg.ca)  
OR visit [www.momentumcounselling.org](http://www.momentumcounselling.org)

**Do you want information about community support services available in your area?**

**CALL 211**

To speak with someone about where and how to find support near you. OR visit [ab.211.ca](http://ab.211.ca) to chat with someone and search for resources.

**Do you have questions about your mental health?**

**CALL 811**

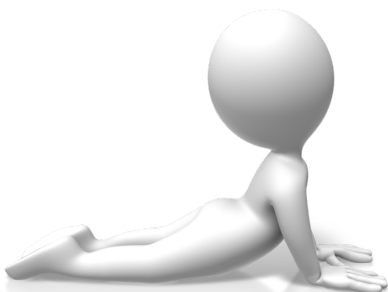
For Alberta Health Services Health Link to speak with a registered nurse about your health  
OR call your family doctor



## Time to Grow With the Flow!

Today is about moving forward with intention and conviction. It's time to make a commitment to yourself to be authentic and aligned within your boundaries. How will you continue to prioritize your self-care and self-sustainability? Because you matter!

**“From now on, I will ...”**



Sometimes when  
you're in a dark place,  
You think you've been buried,  
but you've actually been planted.



## Grow with the Flow

### Work

6 Tips for better Work-Life Balance  
<https://www.forbes.com/sites/deborahlee/2014/10/20/6-tips-for-better-work-life-balance/#6352ff5729ff>

How to make work life balance work  
[https://www.ted.com/talks/nigel\\_marshall\\_how\\_to\\_make\\_work\\_life\\_balance\\_work?language=en#t-23427](https://www.ted.com/talks/nigel_marshall_how_to_make_work_life_balance_work?language=en#t-23427)

The Little Things That Affect Our Work Relationships  
<https://hbr.org/2019/05/the-little-things-that-affect-our-work-relationships>

**STRENGTH RESOURCE:**  
The Power of Full Engagement  
J. Loehr & T. Schwartz



### Finances

Personal Finances Toolkit  
<https://www.canada.ca/en/financial-consumer-agency/services/financial-toolkit.html>

Creating A Budget  
<https://www.canada.ca/en/financial-consumer-agency/services/make-budget.html>

Credit/Debt Counselling  
<https://www.canada.ca/en/financial-consumer-agency/services/debt/debt-help.html>

**SCIENCE RESOURCE:**  
Habits of a Happy Brain  
Dr. Loretta Graziano Breuning

### Health

Mental Health  
Mental Health Training Framework  
<https://mentalhealthactionplan.ca/>

What's Your Stress Index  
<https://cmha.ca/whats-your-stress-index>  
20 Days of Live Meditation with Jay Shetty:  
<https://www.youtube.com/watch?v=gxURcDSeRns>

Physical Health  
Canada Food Guide  
<https://food-guide.canada.ca/en/>

Participation  
<https://www.participation.com/en-ca>

### Relationships

Nurturing Our Relationships during the Coronavirus Pandemic  
<https://www.mentalhealth.org.uk/coronavirus/nurturing-our-relationships-during-coronavirus-pandemic>

Building Healthy & Positive Relationships  
[https://www.centennialmhc.org/wp-content/uploads/2017/12/BT\\_Healthy\\_Relationships.pdf](https://www.centennialmhc.org/wp-content/uploads/2017/12/BT_Healthy_Relationships.pdf)

Are Online Relationships Healthy for Young People?  
<https://www.psychologytoday.com/intl/blog/the-power-prime/201302/are-online-relationships-healthy-young-people>

