

My Wellness Workbook

A Harm Reduction Lens for Your Wellness

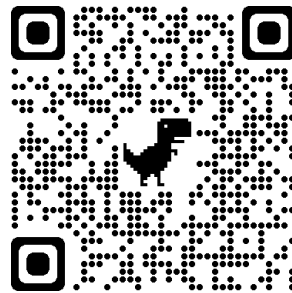


CHARM

COALITION FOR HARM REDUCTION AT
MACEWAN

What is CHARM?

The Coalition for Harm Reduction at MacEwan, or CHARM for short, is a group of campus and community members passionate about creating thriving communities and supporting our communities through harm reduction actions.



We acknowledge that the land on which we gather in Treaty Six Territory is the traditional gathering place for many Indigenous people. We honour and respect the history, languages, ceremonies and culture of the First Nations, Métis and Inuit who call this territory home. The First People's connection to the land teaches us about our inherent responsibility to protect and respect Mother Earth. With this acknowledgement, we honour the ancestors and children who have been buried here, missing and murdered Indigenous women and men, and the process of ongoing collective healing for all human beings. We are reminded that we are all treaty people and of the responsibility we have to one another.

How do I use this book?

Who is the target audience?

This book is for anyone and everyone who would like to learn how to reflect on their current behaviours, feelings and emotions and gain strategies and techniques to support their well-being.

In this book, you will find a variety of activities and information related to navigating wellness including mindfulness strategies, emotion tracking, decompression exercises, information on the substance use spectrum, harm reduction tips, and more!

Take some time to review the activities and information presented in this book. Complete the worksheets at your own pace and use the activities to support your well-being.

Please note: the information in this book should not be used as a substitute for seeking professional health and wellness advice from a trusted health care professional. It should only be used as a guide. Please call 811 to speak to a Registered Nurse 24 hours a day, 7 days a week.

What is Harm Reduction?

Harm reduction is a set of practical strategies and ideas to reduce the negative outcomes associated with riskier environments and riskier activities like driving a car, riding a bicycle, using substances or having sex.

Every day we take precautions to reduce our risk. Harm reduction may look like wearing a seat belt in a car, wearing a helmet while riding a scooter, having conversations about consent before engaging in intimate acts, or having naloxone available in the event of an opioid overdose situation.

Harm reduction involves individuals and their communities.



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Intro to Wellness

A look at well-being

As you go through this activity book, it is essential to reflect on your well-being and self-care strategies.

In this section, we cover:

- Reflections on Wellness
- The Dimensions of Wellness
- The Mental Health Continuum
- Levels of Stress
- Coping: Emotion & Problem Focused
- The Substance Use Spectrum
- Stigma and Harm Reduction

Reflection

What does "wellness" mean to you?

How do you know if you are "well"?

What are some signs and indicators you recognize in yourself when you are taking care of your well-being?

Dimensions of Wellness

Wellness is more than just staying active and eating well. Reflecting on wellness through dimensions can help you know how you are doing and where you can spend more time caring for yourself.

Each dimension is equally important, and each dimension affects the others. It is helpful to be intentional when you practice self-care to ensure you are addressing each dimension.

Imagine yourself in the middle of this wheel; take some time to reflect on how you are doing and what you could do to make your wheel complete or balanced.

Academic & Career: Encourages active participation in expanding your knowledge and skills and keeping an open mind when encountering new ideas.

Spiritual: While individuals may have different definitions of spiritualism, it's generally considered to be the search for meaning and purpose, leading one to strive for a state of harmony.

Emotional & Mental: Is reflected in how we think, feel, and act. This area includes self-care, stress management and the development of inner strength.

Social & Cultural: Relates to having meaningful connections with your communities and the people in your life.

Environmental: Inspires us to live a lifestyle that is respectful of our surroundings and encourages us to live in harmony within the areas we live, work, learn and play.

Physical: Relates to actions and behaviours that support a healthy body and building healthy habits.

Financial: Understanding your financial situation and taking care of it so that you are prepared for economic changes.

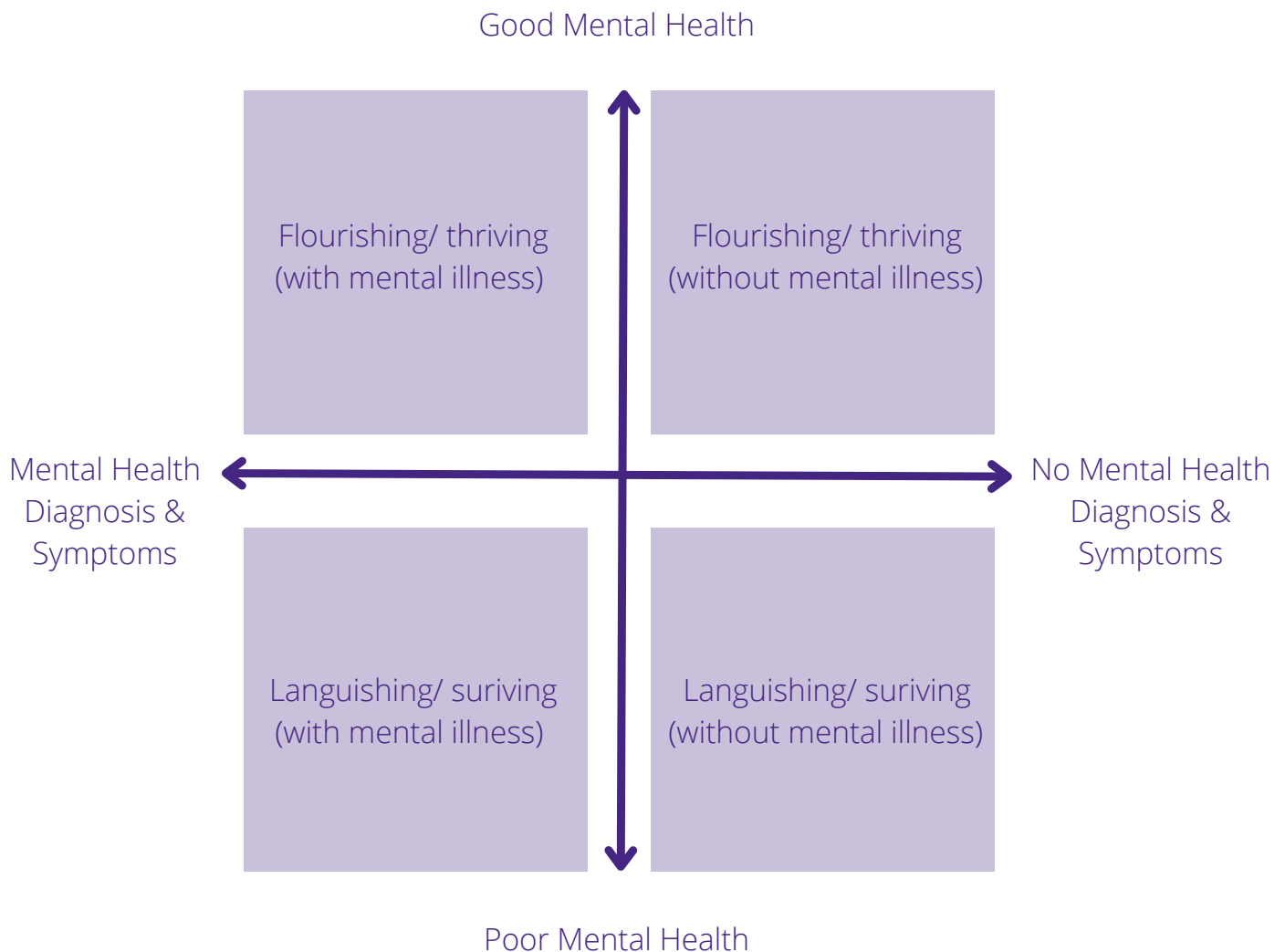


Mental Health on a Continuum

Mental health affects how we think, how we feel, and how we act. When we take care of our mental health, we generally have a positive approach to life and we feel that we can overcome the obstacles that we face.

We can reflect on our mental health and consider how we are doing by using the dual continuum model. Looking at this model, we can see four different quadrants that represent our mental health based on our actions and behaviours.

You can be diagnosed with a mental illness and still be thriving, and you can not have a diagnosis and still experience mental health challenges. We move to different areas on the mental health continuum depending on our behaviours and actions. Think about where you might plot yourself on this continuum.



Levels of Stress

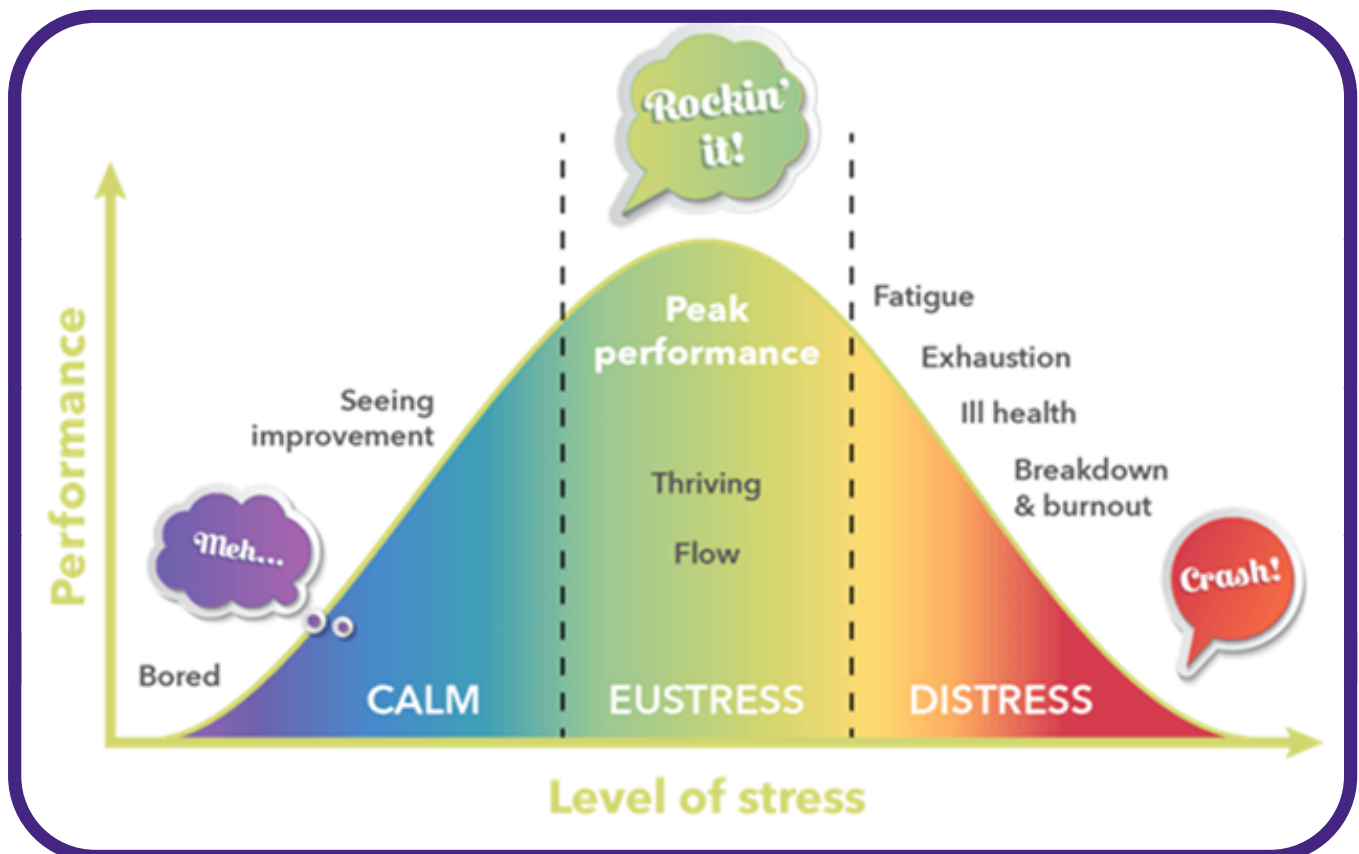
Everybody has experienced stress at some point. Stress is a response that occurs when the brain perceives something to be a threat- or is a "stressor." Our brain then sends the body signals to react to the stressor.

We can look at stress on a continuum, and depending on how we are coping, the stress in our life will impact our well-being.

Not all stress is bad stress, and it can positively influence our performance and well-being. Without any stress, we may feel unmotivated and stuck. But when we start to have stress that feels manageable, we begin to have a positive reaction. This is called **Eustress**. In this phase, we feel motivated to accomplish our goals and tasks.

As we start to experience more stress or a situation we perceive as very stressful, it negatively influences our performance and overall well-being. This is called **Distress**. In this phase, we start to feel exhausted, burnt-out and generally feel like the stress is insurmountable.

There are strategies we can use to manage our stress effectively. Throughout this workbook, you will learn various techniques to support your well-being.



Coping:

Emotion & Problem Focused

Coping strategies, or how we deal with stress, are necessary to manage that stress. There are many ways to cope with stress, and the effectiveness depends on the type of stressor, individuals, and circumstances. This workbook breaks down coping into two categories: emotion-focused and problem-focused strategies.

Emotion-Focused Coping

Involves trying to reduce the negative emotional responses associated with stress.

These strategies can be good for short-term negative feelings. Emotion-focused strategies can help you relieve the immediate stress response and allow you to address the stressor at a different time when you are feeling less activated.

Examples:

- Distracting yourself with things like watching TV, working out, socializing with friends;
- Keeping yourself busy with other tasks like picking up extra work shifts or doing chores;
- Letting off steam with others; or
- Using substances to forget the stress exists.

Problem-Focused Coping

Targets the causes of stress in practical ways by focusing on the problem or stressful situation directly.

These strategies can be effective because they provide long-term solutions and do not delay you from dealing with the problem causing the stress. You are able to remove the source of the stress by getting to the root of the problem.

Examples:

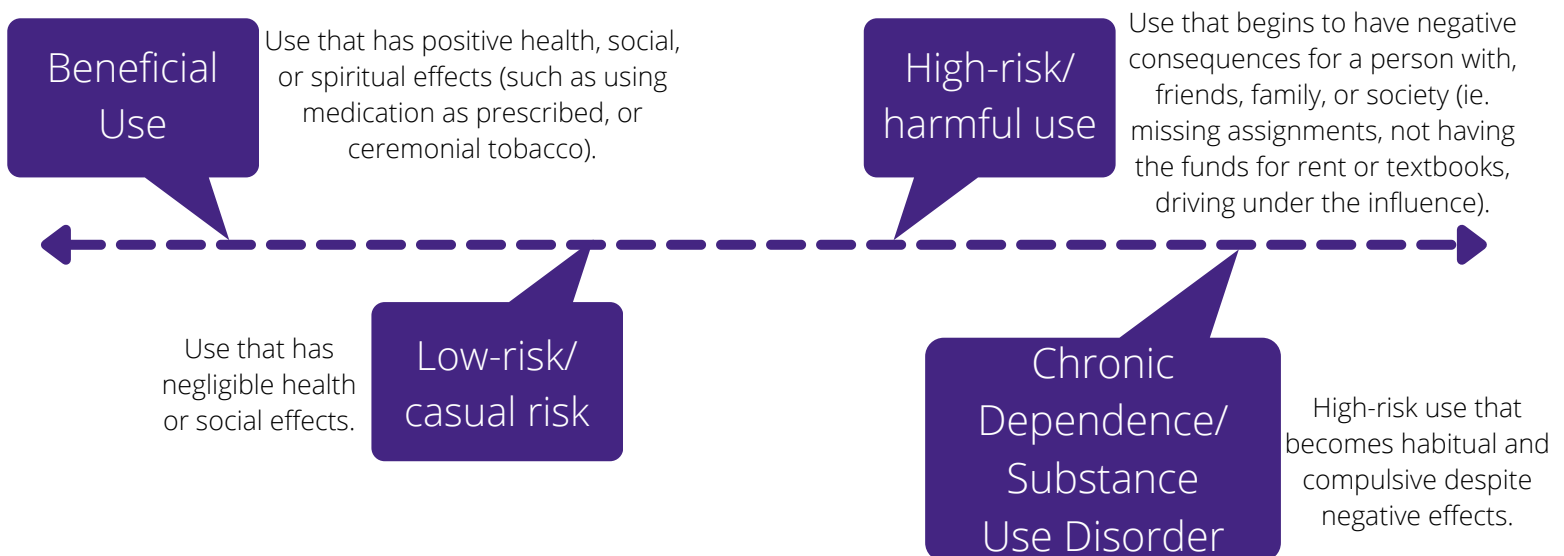
- Taking control of the situation and making changes to the stressful situation;
- Seek information that you can use to prevent the stressor from happening again; or
- Completing a pros & cons list to make a decision right for you.

With all coping strategies, it's essential to reflect on how effective they are at addressing your feelings and emotions and if they actually address the root cause of the stress. A balance between both emotion-focused and problem-focused can be an effective strategy for managing your stress. As you move through the activities in this workbook, make note of which ones are most meaningful for you and how they might apply to your self-care routine.

Substance Use Spectrum

Substance use and non-substance-related use can be viewed on a spectrum. Non-substance-related use, disorders, and actions can include but are not limited to gambling, sex, food, internet and gaming. Substance use can be considered any substance that one may consume.

The spectrum tool can be an excellent way to reflect on your level of use.



The spectrum is a tool for people to reflect on how they view their substance use. Note that an individual's journey may involve jumping between points along the spectrum. There can be fluid movement on the spectrum, and people can utilize harm reduction strategies in every area.

You will learn more about various harm reduction strategies throughout this activity book.

Harm Reduction and Stigma

A key strategy necessary for supporting people who engage in substance use is reducing the stigma associated with using substances and seeking support.

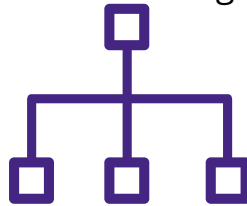
What is Stigma?

- A complex social process of labelling, stereotyping, devaluing, and discriminating.
- Includes negative attitudes and the negative behaviours that result from those attitudes.
- Stigma contributes to how people think, feel and engage with others.

Impacts of Stigma:

- Perpetuating misinformation and fear.
- Prevents people from seeking opportunities.
- Prevents people from seeking help.
- Increased feelings of shame and guilt.
- Isolation.

Stigma occurs on many levels: Structural Stigma, Social Stigma, & Self-stigma.




Ways to Reduce Stigma

- Know the facts.
- Use person-first language.
- Check your attitudes and beliefs.
- Be trauma-informed.
- Know the resources and services.
- Share information with others.







Harm Reduction By The Numbers

A look at MacEwan students



It is essential to understand the current situation that MacEwan students face.

In this section, we cover:

- Perceptions Vs Reality of Substance Use
- The Impact of Substance Use on Students
- Harm Reduction Strategies that Students are Using



Perceptions vs Reality

REALITY
REALITY
REALITY

Peer pressure or feeling left out can lead people to engage in behaviours that don't feel good for them, like drinking to fit in or be social.

In the 2019 NCHA survey, MacEwan students reported how often they actually engaged in behaviours in comparison to how often they felt their peers engaged in the same behaviour. These stats help us normalize non-use behaviours and challenge myths around use!

In the last 30 days of responding to the survey Students reported that they believed:

81.3% of their peers used cigarettes

89% of their peers used e-cigarettes

96.9% of their peers used alcohol

93.9% of their peers used marijuana



In the last 30 days of responding to the survey Students reported their actual use:

9.2% of students reported using cigarettes

10.8% of students reported using e-cigarettes

66.3% of students reported using alcohol

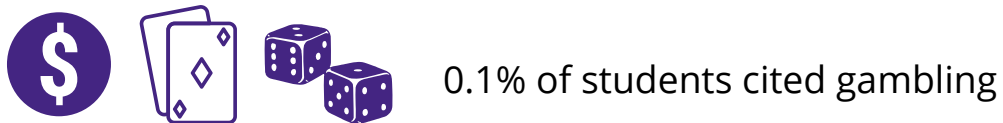
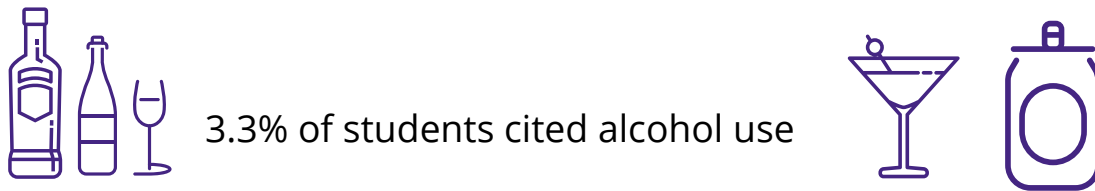
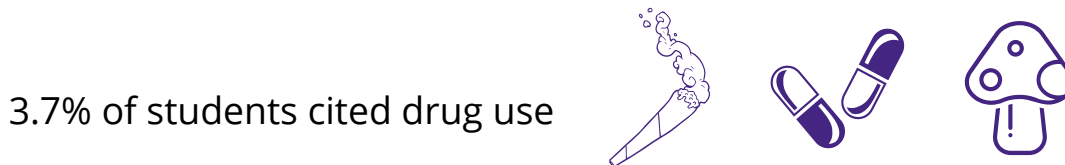
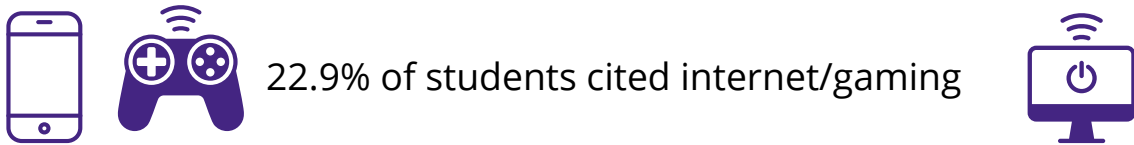
29.6% of students reported using marijuana

We see that reported use is much lower than what students perceive their peers are using.

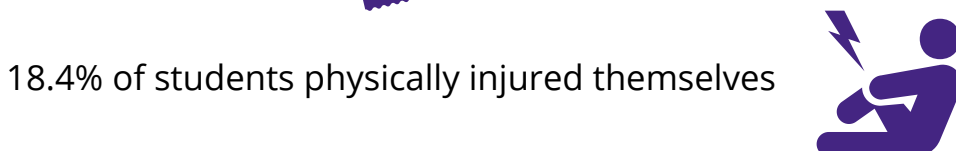
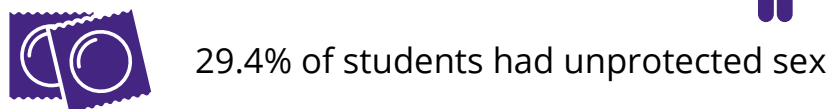
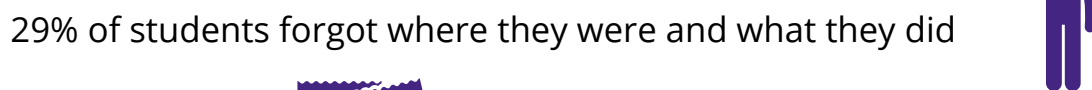
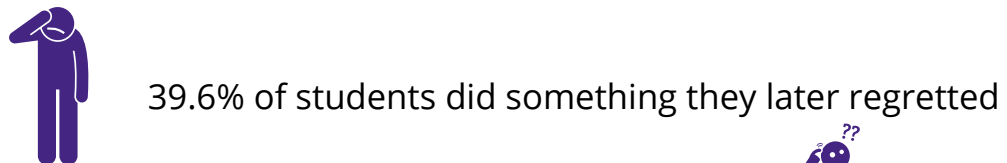
Impacts of Use

Students also self-reported how their use and mental health influenced their wellness and performance.

MacEwan students reported the following use harmed their academic performance:



MacEwan Students who drank alcohol reported experiencing the following in the last 12 months when drinking alcohol:

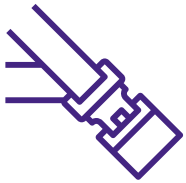




Reducing the Risk



According to the 2019 NCHA survey, MacEwan students are doing things to reduce their risks of adverse outcomes happening!



97.7% of students report wearing a seatbelt when in the car



82.1% of students report eating before and/or during drinking



91.3% of students report using a designated driver



93.3% of students report staying with the same group of friends the entire time drinking

58.6% of students report keeping track of how many drinks they've consumed



33.6% of students report alternating non-alcoholic drinks with alcoholic drinks



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Check Your Thinking

This section focuses on thinking patterns

Our thought patterns influence the way we feel and the way we act. If we can recognize our negative thoughts and challenge them with alternative thoughts and factual information, we can help reframe our feelings.

Activities in this section include:

- Challenging Unhelpful Thinking
- Thought Tracking
- Reframing Negative Thinking to Positive Thinking

Challenging Unhelpful Thinking

When you notice an unhelpful thought that is creating discomfort, it can be helpful to journal what you are thinking and feeling. Consider the following questions to guide you as you challenge the unhelpful thoughts:

What is the thought that is creating discomfort: _____

What is the story that you tell yourself about this thought? (what are your assumptions, predictions, worries, perceptions?) _____

What emotions come up when you consider this thought? _____

Can you remember the first time that you believed this thought? What was the situation? Who was involved? _____

The following few pages contain some worksheets that can help you outline and shift thoughts that are not working well. A Thought Record is an effective way of logging the automatic thoughts that create discomfort. When we know the automatic thoughts and how our brain is interpreting these thoughts, we can shift the thought and reconstruct our thinking!

The Negative to Positive Thought Outline can also help you capture the automatic thoughts and outline corresponding evidence points.

We want to CATCH ourselves having the thought, CHECK out the evidence we are using, and CHANGE the thought to a more productive outcome.

Thought Record

A cognitive-behavioural strategy to capture and identify automatic negative thoughts.

Event

What happened?



Feelings

How did it make me feel?

Thoughts

What was I telling myself when the event was happening?

Behaviour

What was my response to the situation?

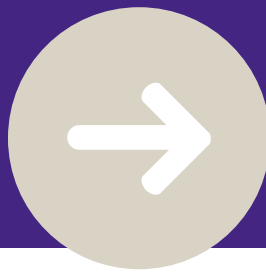
Supportive evidence

Why is my thought true? Is it a fact or opinion / perception?

Non-supportive evidence

Why might my thought not be true?

Negative



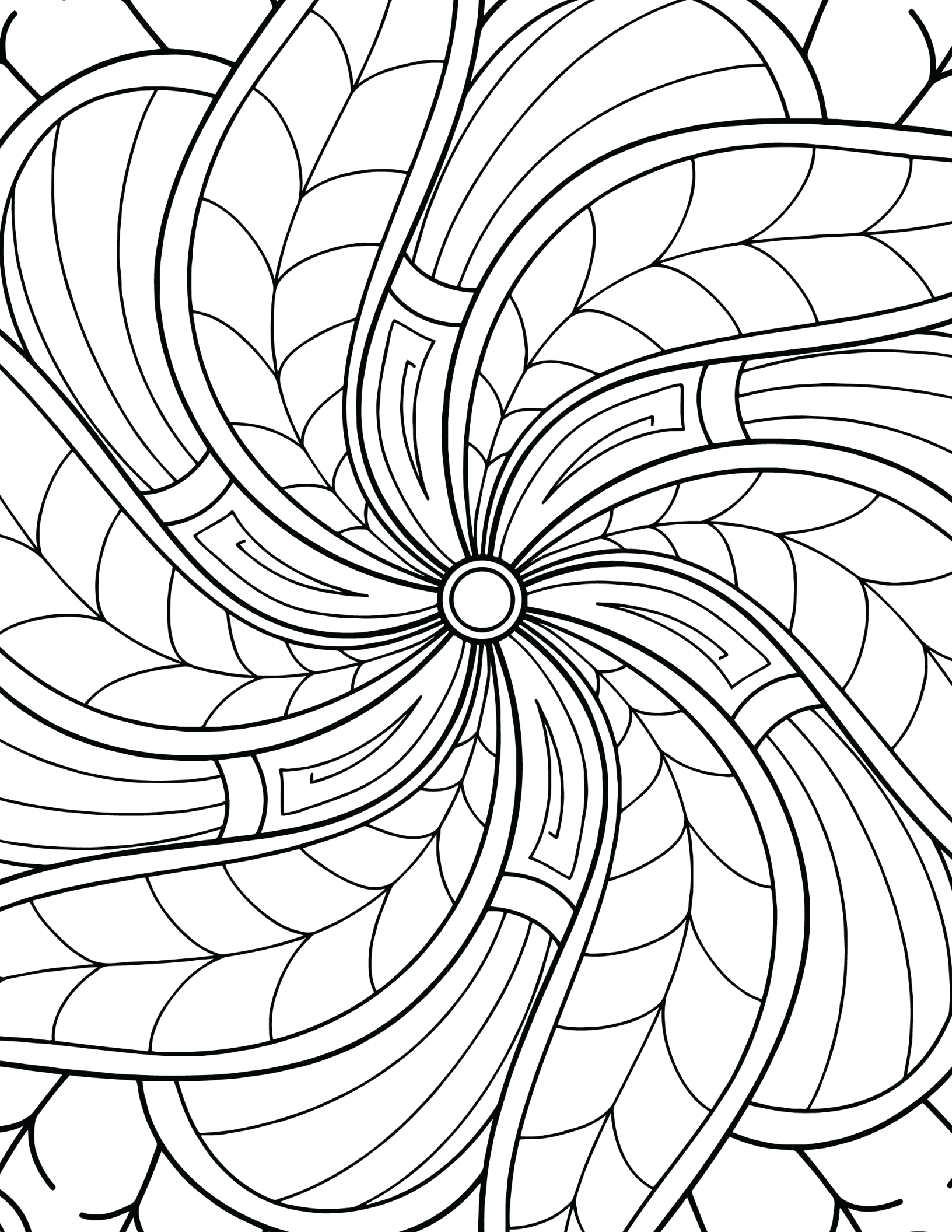
Positive

My negative thought: _____

Evidence for my thought:

Evidence against my thought:

How can I reframe my negative thought to a more helpful or realistic one? _____



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Strengths & Resiliency

This section focuses on building resiliency and identifying your strengths

Identifying our strengths and resiliency skills helps us to reflect on what we are already doing really well and what is support our well-being. Using a strengths-based mindset can help shift thinking and set us up for success.

Activities in this section include:

- My Protective Factors
- Strength Finding
- Reflecting Gratitude

My Protective Factors

Protective factors help you be resilient when faced with challenges. Fill in the areas below to help identify strengths in your life.

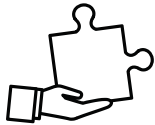
Social Support

List two people in your life that you can talk to about your problems.



Skills

Describe at least one thing you are good at, or have knowledge on.



Coping Strategies

Describe a time when you overcame a challenge.



Personal Identity

Describe something you are proud of, relating to your personal identity.



Community

List any interest activities you are engaged in.



Strength Finding

We can sometimes forget to focus on what we do really well and what strengths we have.

Take some time to consider and make note of what you do best!

What are my top 5 greatest strengths?

What I like about myself is..

I am proud of myself for....

Compliments I have received...

Ways I have helped others

Make a list of things that help you to feel happy, content
and the best version of yourself

A favourite memory

A challenge I have overcome...

3 things that make me unique

What I value most about myself
is...

The characteristic I am most
proud of...

Reflection

I'm grateful for...

1

2

3

4

5

6

7





Change Planning and Goal Setting

This section focuses on how to identify goals and readiness for change

This section focuses on reflecting on readiness for change and creating meaningful goals to support well-being.

Activities in this section include:

- Stages of Change
- Change Planning
- SMART Goals
- Stepladder Goals
- Change Plan Journalling
- Behaviour Change Matrix
- Check Your Motivation
- Tricky Situations
- Trigger Tracking

Reflection

Think about your current behaviours before getting into this section.

How are you feeling about what you are doing?

Are there things you'd like to change?

Do you have goals you'd like to work on?

Let's take a deeper dive into making changes and setting yourself up for success.

The Stages of Change

The Transtheoretical Model of Change (or Stages of Change) conceptualizes behaviour change as a process that happens over time and involves progression through six stages: pre-contemplation, contemplation, preparation, action, maintenance and relapse.



Change = Growth

"There is no growth without change. There is no change without discomfort" - R. Warren

Making changes isn't always easy. Consider the following questions as you sort through changes you would like to make.

What behaviour change is most important to you right now?

What stage of change are you in currently with this behaviour?

What is the end goal you have with this?

What would you need to move into the next stage of change?

What support would be helpful in successfully reaching your goal?

Smart Goals

When choosing to make changes, it is important to be specific about what goals you set for yourself, and also to be realistic about those goals.

My goal is:

S
SPECIFIC

What do I want to happen?

M
MEASUREABLE

How will I know when I have achieved my goal?

A
ATTAINABLE

Is the goal realistic and how will I accomplish it?

R
RELEVANT

Why is my goal important to me?

T
TIMELY


What is my deadline for this goal?

Stepladder Goals

If you break your goal down into small steps, the goal will be more attainable and give you several celebration points along the way!

My goal is:

My end reward is:

Steps to success	Success measure?		Reward for success
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Planning The Plan....

Looking at the steps in your plan above, outline the length of time you must master step 1 to move up to step 2 of your plan and so on. Use the SMART goal guide to be very specific about how you will measure each of the steps along the way!

Now, let's prepare for the potential of having to make adjustments along the way. A strong plan will make success much more attainable.

What are some possible barriers to reaching your goal?

How will I navigate these barriers? _____

People I can count on for support _____

Some potential resources are _____

The ways that other people can help me are _____

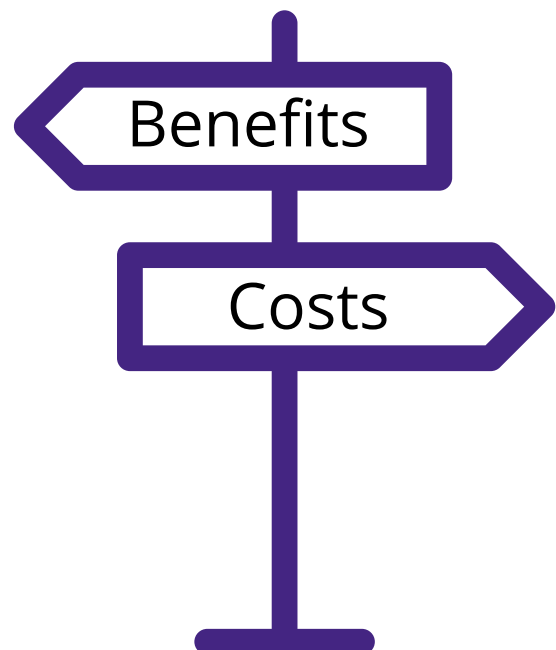
I will know that my plan is working if _____



Weighing the costs and benefits is an important step in making a decision. In order for positive change to be made, the costs of staying the same must be greater than the costs of change, otherwise we will likely not put the effort into making that change.

Exploring the costs and benefits provides us with a realistic picture of what we have to gain and what we stand to lose.

Reflecting on our reasons for making the change while we are in the change process, can help remind us why we are doing what we are doing and can motivate us to carry on with our goal!



Behaviour Change Matrix

Identify a behaviour you are considering change: _____
Write down as many pros (benefits) and cons (costs) that you can think of for each section.

Benefits of the change

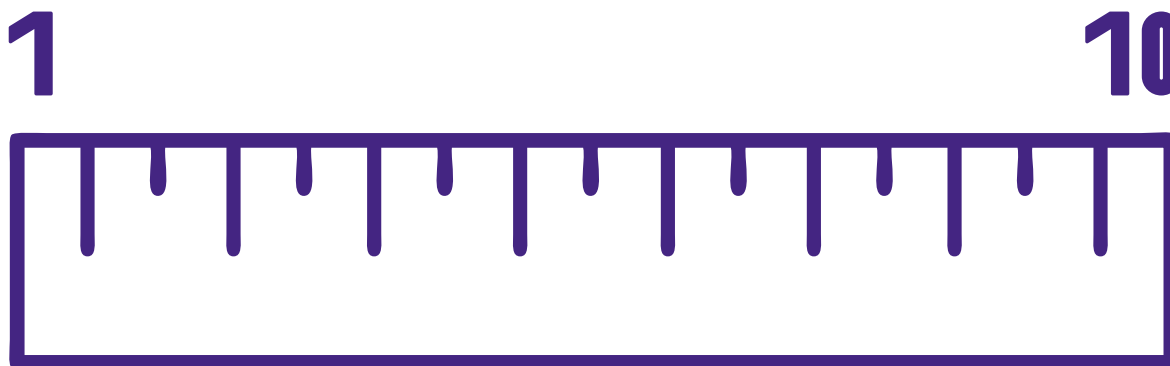
Costs of the change

Benefits of staying the same

Costs of staying the same

Check Your Motivation

How motivated are you to make this change? Rank your motivation on the ruler from 1 to 10, with 1 meaning you have absolutely no motivation to change and 10 being that you are completely ready and have no doubts about making this change!



Where do you place yourself on the ruler?

What information did you use to make that decision?

Why did you not choose the step lower?

Why did you not choose the step higher?

Even if you marked only a 2, there must be a reason that you didn't write 1. What is that reason?

Make a list of the things that keep you motivated:

Tricky Situations



Think of a tricky situation that may make it difficult to maintain the change.
Where are you? Who are you with? What are you doing? How do you feel?

Are there any patterns to consider that may make the change difficult? For example, do you always engage in the behaviour when you are alone? with specific others? at the same time each day? Is there a similar feeling that happens before you tend to do it?

Tracking Your Triggers

Identifying the situations that contribute to us feeling stressed, anxious or uncomfortable, is helpful when creating a safety plan to avoid a similar situation in the future. Consider some of these questions as you sort out what triggering situations create discomfort for you, and how they may push you to the behaviour that you are wanting to change.

Situations that would put me at risk....

Common emotions I could have?

How do you feel emotionally and / or physically when you do the behaviour that you are working to change? If this is a positive feeling, what could you do as a healthy alternative to replace it and get a similar gain?

What could I do differently next time to avoid using the behaviour that I am working to change?





Zones of Regulation

This section focuses on how to identify our emotional response and how to decompress it

Understanding your emotions is essential to knowing how you are going to cope. When you can identify your emotional, physical and mental responses, you can formulate a map of reactions that can bring you back into balance!

Activities in this section include:

- Zones of Regulation
- Coping in the Zones
- My Wellness Zone Map

Zones of Regulation

	Green Zone	Yellow Zone
How I Look Or Act	<p>I can:</p> <ul style="list-style-type: none">• be creative & curious• choose actions without urgency & make a plan• breathe deeply• move my body without tension	<p>I am:</p> <ul style="list-style-type: none">• feeling more urgency• having worry & fearful thoughts• questioning myself / my ability• noticing physical activation (heart beating faster, breathing faster, muscle tension, etc.)
Needed Action	<p>Calm Connection Anchore in the Present Check in with Yourself</p>	<p>Notice the Escalation Decompress the Physical Response Switch Tasks</p>
	Orange Zone	Red Zone
How I Look Or Act	<p>I am:</p> <ul style="list-style-type: none">• feeling panic / rage / anger / anxiety• noticing significant physical activations which cause discomfort• having cycling thoughts, "I must"• in Survival Mode	<p>I am:</p> <ul style="list-style-type: none">• feeling numb, shut down, hopeless and overwhelmed.• noticing thoughts of "what's the point?" or "there is nothing I can do about this".
Needed Action	<p>Grounding Strategies Safe Space Relax and Release Physical Responses</p>	<p>Connection with Safe People & Places Soothing your Physical Body Positive Self Talk / Shifting Negative Thoughts</p>

Checking In With Our Moods

Ask yourself the following questions as you work to connect the feelings with the Zone. Once you know how each area feels for you, you can work to build a strategy map for these situations!

What thoughts and feelings are most present?	What do you notice happening physically in your body?	Have you had this feeling before? What was the circumstance?	What is the story that you are telling yourself about this feeling or situation?
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Coping In The Zones

Using the Zones of Regulation, it can be a good idea to create your own coping strategies for each of your zones. Make note of ways that you can meet your needs physically, mentally and emotionally, and create comfort. These strategies can become a safety plan in the 'orange' and 'red' zones.

Here are some ideas to try out:

Tips for maintenance:

- Get enough sleep
- Have regular social connections
- Stay hydrated and eat nutritious foods
- Daily movement or exercise
- Get some fresh air & sun
- Meditation, mindfulness, & reflections
- Try new things, get creative, or enjoy hobbies

Tips for release:

- Decrease screen time before bed
- Take a break & distract my brain
- Listen to music and stretch
- Deep Breathing and Progressive Muscle Relaxation Exercises
- Make sure to get enough sleep, exercise, water and food!
- Tell someone how I feel

Tips for release:

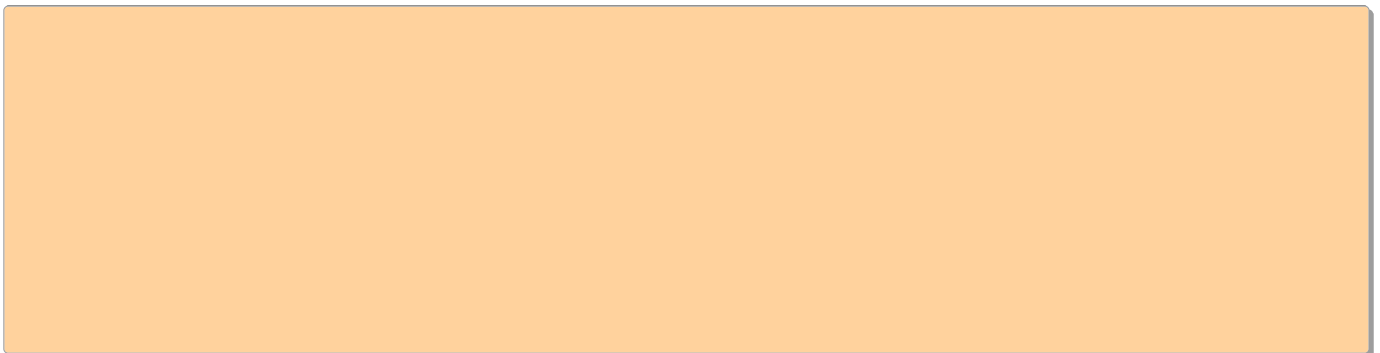
- Senses & Grounding Exercises.
- I can stop what I am doing & take a step back.
- Movement to release ie. walk,, dance or bike
- Drop your shoulders!
- Humming Loudly or singing a tune
- I can ask for help.

Tips for release:

- Watch tv shows I enjoy
- Listen to music I like
- Connect with safe family or friend.
- Have a hot bath with epsom salts.
- Remind myself of my strengths and consider everything I am doing well.

My Wellness Zone Map

Now, what helps YOU to feel your best in each zone? Make note of the strategies that you find most helpful in the boxes below. You can keep this page handy to remind yourself of your strategies in the moments that you need them most!

A large, empty rectangular box with a light green background and a thin grey border, intended for writing strategies for the first wellness zone.A large, empty rectangular box with a yellow background and a thin grey border, intended for writing strategies for the second wellness zone.A large, empty rectangular box with a light orange background and a thin grey border, intended for writing strategies for the third wellness zone.A large, empty rectangular box with a light red background and a thin grey border, intended for writing strategies for the fourth wellness zone.





Skills & Worksheets

This section focuses on coping strategies

In this section, we focus on building skills and decompression strategies that support your well-being.

Activities in this section include:

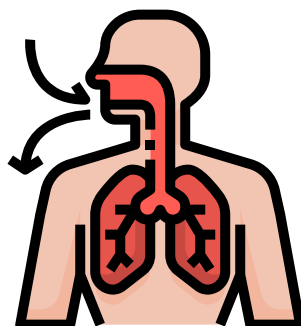
- Regulating Your Breathing
- Body Scan Exercise
- Progressive Muscle Relaxation Exercise
- Self Soothe with the Senses
- My Coping Playlist
- My Daily Journal
- Habit Tracker
- A Year in Pixels

Regulating Your Breathing

Learning how to monitor and regulate breathing is a fundamental skill in managing unsettling feelings within your body. Shifting our breathing patterns works by regulating your body's stress response, which allows your body to release tension.

Try the following:

1. Find a quiet place to sit or lie down & make sure that you are in a comfortable position.
2. Close your eyes or find a spot on the wall to focus on.
3. Put one hand over your belly button and another hand on your chest.
4. Inhale a slow, deep breathe through your nose for 5 to 7 seconds. The hand on your chest should stay still; the hand on your belly should rise slowly. Imagine that your lungs are filling from the bottom up.
5. Hold that breathe for 2 to 3 seconds.
6. Let your breath slowly out through your mouth, for a count of 6 to 8, allowing your belly to slowly fall back down into a resting position. Imagine the tension leaving your body with each exhale outwards.
7. Hold your breath without any air entering your lungs for 2 to 3 seconds.
8. Repeat steps 4 to 7 as many times as you feel comfortable with or for a set time.



Body Scan Exercise

Lying down or sitting comfortably, starting at either the top of your head or the tips of your toes, scan through each area of your body.

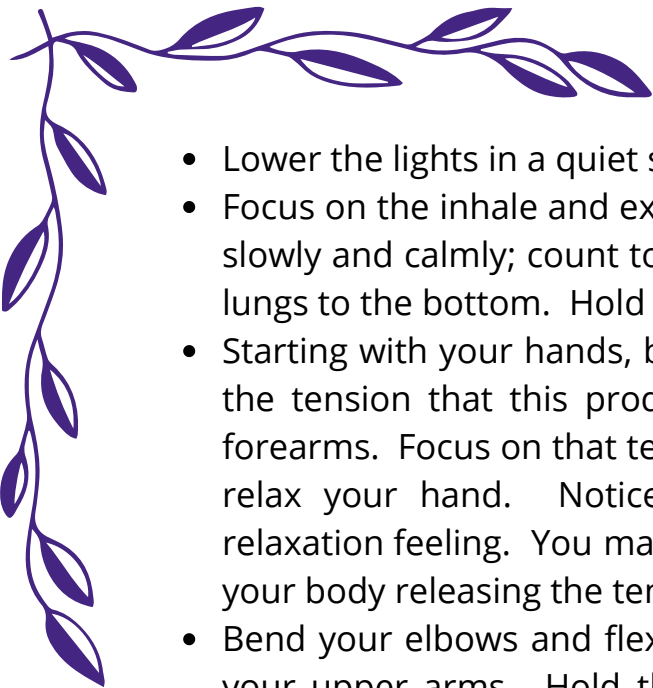
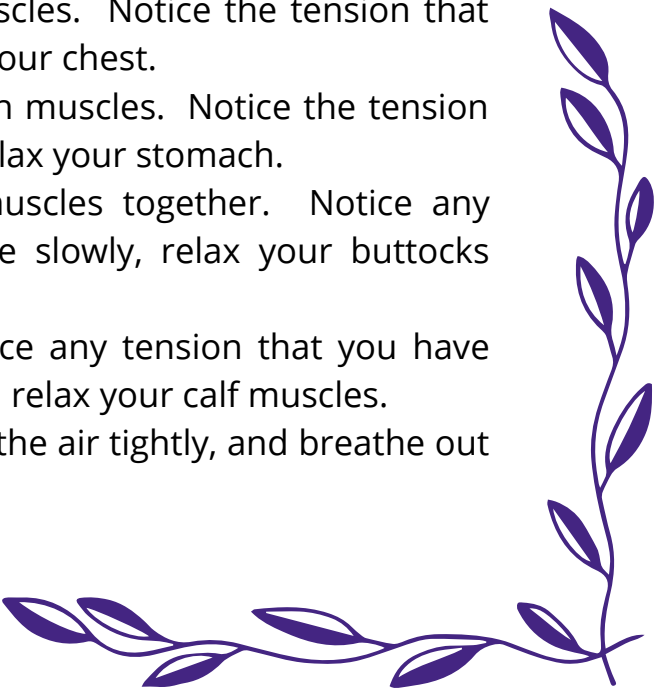
- Make note of any tension or sensations that you notice before moving onto the next muscle area.
- How is your breathing? (faster/ shallow / deep / holding my breathe)
- Do you have any tension or pain? (forehead, jaw, neck, shoulders, chest, stomach, hands, legs?)
- Do you notice your heart rate? (fast / slow / loud / quiet?)
- Do you feel shaky? (hands, legs, knees?)
- Do you have a knot/discomfort in your stomach?
- Anything you notice happening within your body?
- Where do you feel the discomfort? How intense is it? How would you rate it?
- What does your body need to feel decompressed from this feeling?

Tension releases: If you notice tension in an area, work to release that feeling.

- Forehead: Raise your eyebrows
- Mouth: Smile, frown or make a yawn motion
- Jaw: Clench your jaw, wiggle it from side to side.
- Shoulders: Shrug or intentionally drop your shoulders
- Arms: Press your arms against your sides, wiggle or flex and release.
- Hands: Make a fist, then release, or wiggle and shake your fingers.
- Legs: Push your legs into the floor, flex and release, or flutter kick.
- Feet: Curl or wiggle your toes and flex your foot.



Progressive Muscle Relaxation Exercise

- 
- Lower the lights in a quiet space; close your eyes, and relax your body.
 - Focus on the inhale and exhale of your breathing for several minutes; breath slowly and calmly; count to 3 breathing in, imagining that you are filling your lungs to the bottom. Hold for a count of 3. Slowly exhale for a count of 3.
 - Starting with your hands, breathe in and clench one fist tightly. Think about the tension that this produces in the muscles of your fingers, hands and forearms. Focus on that tension for a few seconds and then breathe out and relax your hand. Notice the difference between the tension and the relaxation feeling. You may develop some slight tingling; that is okay; that is your body releasing the tension. Do the same with the other hand.
 - Bend your elbows and flex your arm muscles; feel the tension, especially in your upper arms. Hold the tension for several seconds, breathe out and relax your arms.
 - Tilt your head all the way back. Move your head from side to side very slowly. Notice any tension that may be present.
 - Breathe in and lower your eyebrows into a frown. As you relax your eyebrows and forehead, exhale slowly.
 - Now focus on your jaw, breathing in clench your jaw. Notice the difference between a clenched jaw and a relaxed jaw. Breathe out and relax your jaw. Wiggle it from side to side.
 - Take a deep breath and tense your chest muscles. Notice the tension that you are holding there. Breathe out and relax your chest.
 - Take a deep breath in and tense your stomach muscles. Notice the tension that you are holding there. Breathe out and relax your stomach.
 - Breathing in slowly, clench your buttocks muscles together. Notice any tension that you are holding. As you exhale slowly, relax your buttocks muscles.
 - Breathing in, tighten your calf muscles. Notice any tension that you have been holding there. As you breathe out slowly, relax your calf muscles.
 - Straighten your legs and bend your toes up in the air tightly, and breathe out while relaxing and wiggling your toes.
- 

Self-Soothe with the Senses

Connecting with our senses is grounding and comforting to our nervous systems. Practice connecting with your senses, and you can take this exercise with you anywhere you go! Ensure that while you are connecting with your senses that you are being very intentional about focusing entirely on that sense.

Sight

Look around for things that bring comfort or curiosity. Have pictures of loved ones or positive memories and try to connect with that person or experience. Focus on things in the natural environment like animals, birds, clouds, trees or animals. Look around for colours, shapes or textures that you enjoy or remind you of something soothing.

Sound

Listen for soothing, rhythmic sounds. Play music that you enjoy. Listen to sounds of cars driving, wind blowing in trees, waves or raindrop tracks, birds chirping or just taking time to listen to what you hear outside. Try listening to the sound of your pet, partner or loved one's heartbeat.

Smell

Notice smells that you really like or that bring you comfort. Smells can also remind us of a positive experience that we can reconnect with. Some ideas to try include smelling fresh coffee, perfumes or colognes, freshly cut grass, candles, the smell after it rains, fresh baked cookies, lemon or herbs.

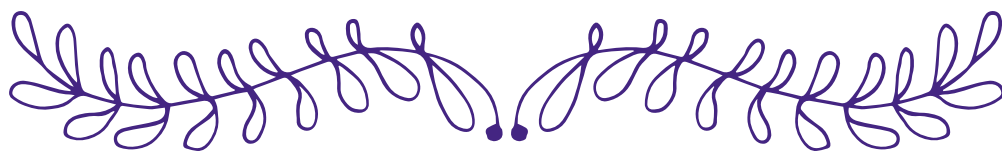
Taste

Think about enjoyable tastes or tastes that are connected to positive experiences. A strong taste can also ground us; try a dab of lemon/lime, vinegar, garlic or hot sauce on your tongue and pay attention to how your taste buds activate.

Touch

Reach for comforting things that feel good to touch. Pet an animal, have a soft blanket to wrap yourself in, touch blades of grass or flowers, self-massage, hold ice cubes think about how the sun feels when it shines on your skin.

Put it all in motion! Bonus points if you can engage all of your senses while making some moves! Go for a walk and look for things ways to connect in a sensory way. Some movement decompressions to try at home include yoga/stretching, balancing one leg, one leg dips, planks or any movement that requires focus to complete.



My Ultimate Coping Playlist

We go through different positive and negative emotions everyday. It is okay to have all those feelings but we must also find ways to cope.

Fill each box with the title of songs (and their artist) that you think fit the descriptions provided.



FOR AMUSEMENT

a song that gets stuck in my head

a song I know all the words to

a song from my favorite movie or tv series



TO UPLIFT

a song I associate to freedom

a song that gives me energy

a song I'd like to wake me up



FOR DIVERSION

a song that makes me feel safe

a song that helps me think positively

a song that inspires me

TO DISCHARGE

a song for when you get anxious or worried

a song for when you get angry or annoyed

a song for when you feel lonely or afraid



FOR STRONG EMOTIONS

a song that reminds you of a good memory

a song that makes you think of a loved one

a song to remind you that you are loved

My Daily Journal

DATE:



WHAT WAS ON MY MIND TODAY?

HOW MIGHT I REFRAME THOSE THOUGHTS?

WHAT IS HAPPENING THAT IS CONTRIBUTING TO MY MOOD TODAY?

CHECK IN

- DID I GET ENOUGH SLEEP?
- DID I MOVE MY BODY?
- DID I GET ANY FRESH AIR?
- DID I EAT NOURISHING FOODS?
- DID I DO SOMETHING I ENJOY?

3 THINGS THAT WENT WELL TODAY:

Habit Tracker

Habits

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Month: _____

Keeping a record of your habits can help you reflect on your overall well-being. At the top of this habit tracker, write out what habits you would like to track. On each day that you complete the task successfully, colour in the box associated with the date. Look for connections between the healthy habits you're practicing and how your mood is.

A Year in Pixels

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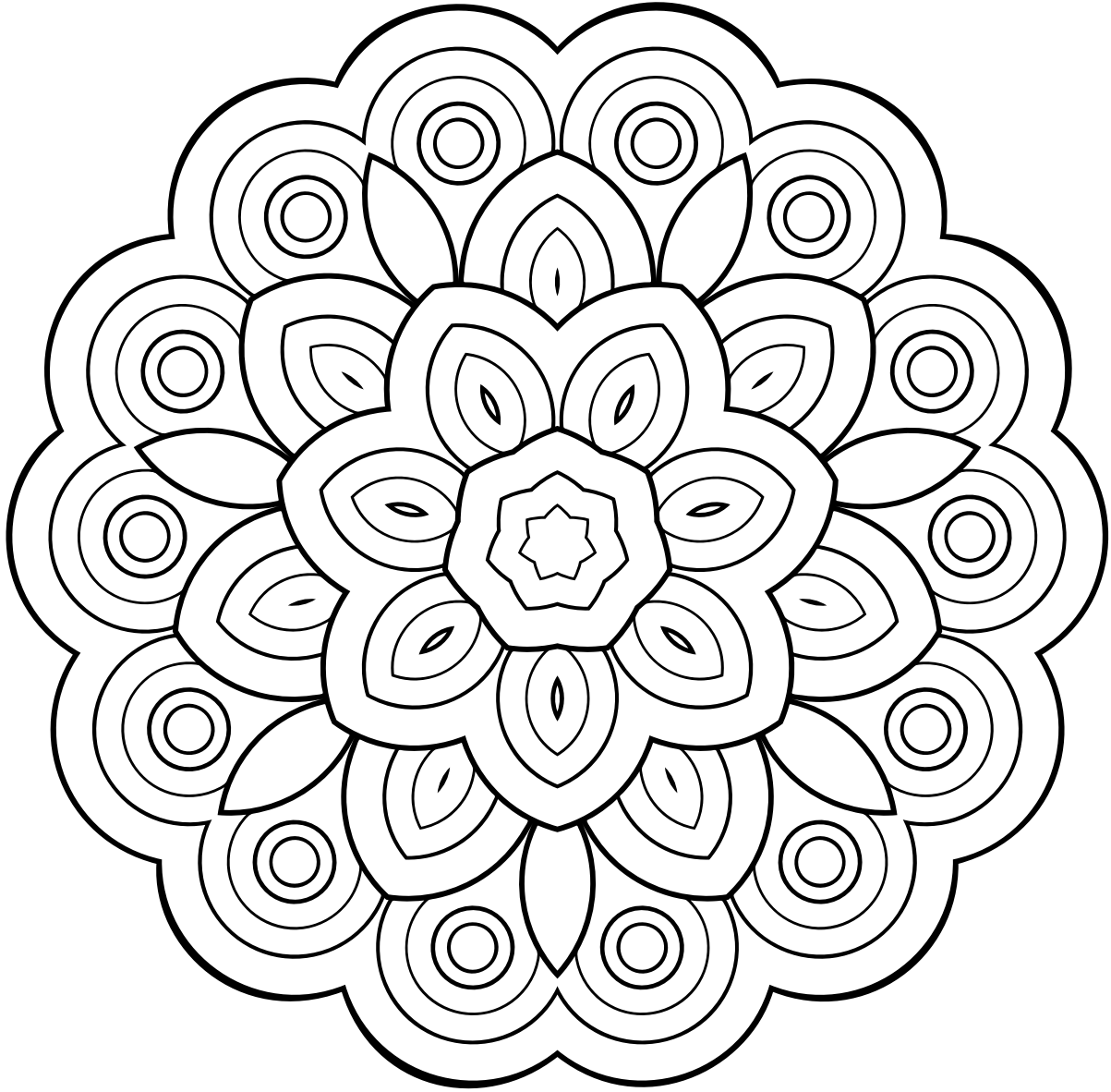
Tracking your mood can be a helpful tool you can use to reflect on your well-being. You may start to notice trends and patterns, which can help you identify things you can do to support your wellness.

Use this legend to assign each emotion a colour and track how you're feeling each day of the year.

- Absolutely wonderful day
- Good, happy day
- Normal, average day
- Exhausted, tired day
- Depressed, sad day
- Frustrated, angry day
- Stressed, anxiety day
- Sick day
-
-
-
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Add in your own emotions & feelings





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MacEwan Campus Resources

MacEwan University Health Centre
780-250-6842
muhealth.ca

Office of Sexual Violence Prevention, Education and
Response
osvper@macewan.ca | 780-633-3268
MacEwan.ca/OSVPER

Students' Association of MacEwan University
780-497-5631
SAMU.ca

Wellness & Psychological Services
wps@macewan.ca | 780-497-5063
MacEwan.ca/MentalHealth

Learn more at MacEwan.ca

CHARM@macewan.ca

<https://sites.google.com/macewan.ca/charm>

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COALITION FOR HARM REDUCTION AT
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