

# Post-Talk Worksheet

Thanks for attending our Jack Talk! Here are some questions for you to reflect on individually.

## Mental health exists on a spectrum.

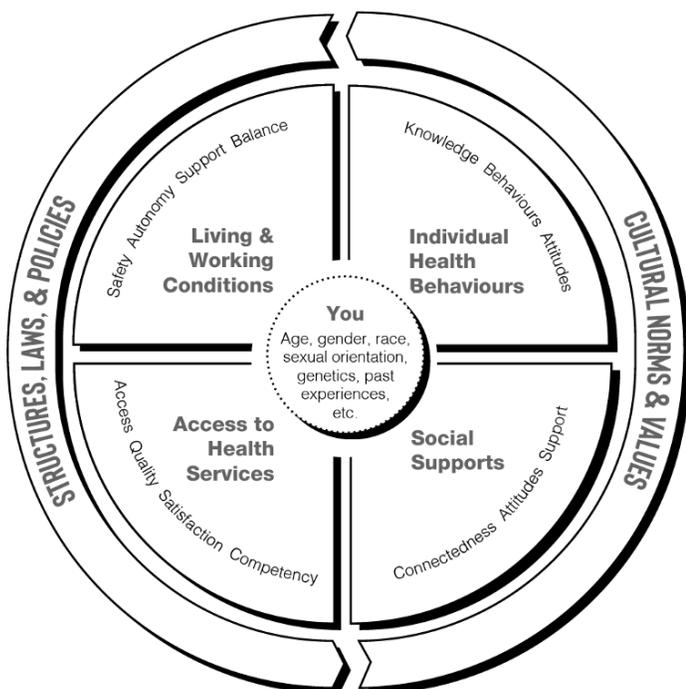
Mental health refers to our thoughts, feelings, and behaviours. How we're feeling can fluctuate up and down as we live our lives.

Where is your mental health at today? Mark it with an X.

Where do you tend to be on this spectrum? Circle it.



## Several factors can impact our mental health:



Highlight or circle the factors that influence your own mental health.

How do they impact you? Which factors can you change?

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## BEING THERE FOR OURSELVES.

### Check in with yourself.

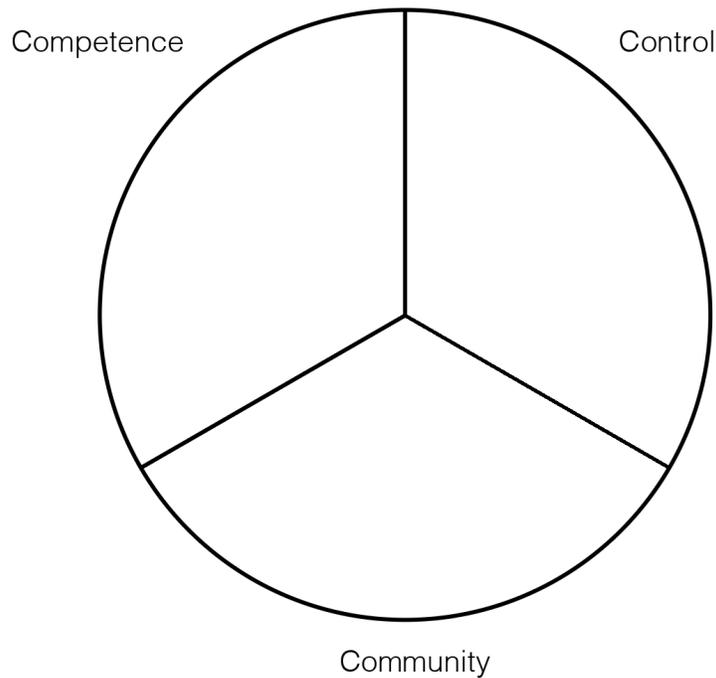
How are you practicing self compassion?	What does feeling unwell look like for you?

### Do what you need to do.

Self-esteem is built by feeling a sense of competence, control, and community.

List 1-2 things you do that give you each of these feelings.

Eg. Control: cleaning | Competence: video games, baking | Community: a group chat



How are you looking after your body's needs? (eg. rest, movement, food)

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## BEING THERE FOR OTHERS.

*Pick one person in your life that you'd like to support. What would you say or do to...*

# Be There Golden Rules

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### Say what you see

Speak to the facts without making assumptions.

2

### Show you care

Simply knowing someone is there for you can make a huge difference. Actions often speak louder than words.

3

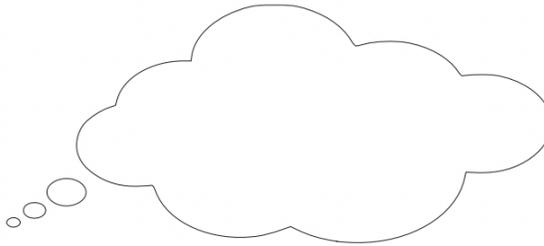
### Hear them out

Open up space for them to speak. Remember to ask further questions and validate their thoughts and feelings.

4

### Know your role

You're there to support them; not judge, be their therapist, or give unwanted advice.



5

### Connect them to help

Suggest they reach out to community supports or offer to go with them.

## TAKING ACTION.

### Seek help when you need it.

Who could you talk to if you struggle with your mental health? Write down their name(s).

Where in your community could you go for professional mental health support?

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- Trusted adult/friend
- Counseling centre
- Family doctor
- Elder or community leader
- Anonymous helpline

**Whenever you need to talk, we're open.**



 Text 686868  
 KidsHelpPhone.ca  
 Message Us  
 Call 1-800-668-6868

Visit KidsHelpPhone.ca and select 'Resources Around Me.'

Find at least one resource in your community and add it to the list above.

## JOIN THE MOVEMENT.

Jack Chapters are groups of young people working year-round to identify and dismantle barriers to positive mental health in their communities. Join or start a Chapter to get access to online mental health training modules, ongoing coaching, and funding to take action on improving mental health barriers in your community!

For more information and to get involved, reach out to your Jack.org Program Coordinator, Elijah Wolfram

Email: [elijah@jack.org](mailto:elijah@jack.org) | IG: @elijahatjackdotorg



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