

# Wellness tool kit



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## Welcome to your personal wellness toolkit!

This workbook is packed with practical tools for monitoring your mental health, creating a personalized self-care plan and initiating conversations with loved ones about their well-being.

With the help of this workbook, you are encouraged to reflect on your unique mental health needs and the self-care strategies that work for you. As you experience different life circumstances, you may notice changes in your mental health. Don't forget to revisit your self-care plan regularly and make adjustments as you go through changes and enter new life stages. Let's get started!

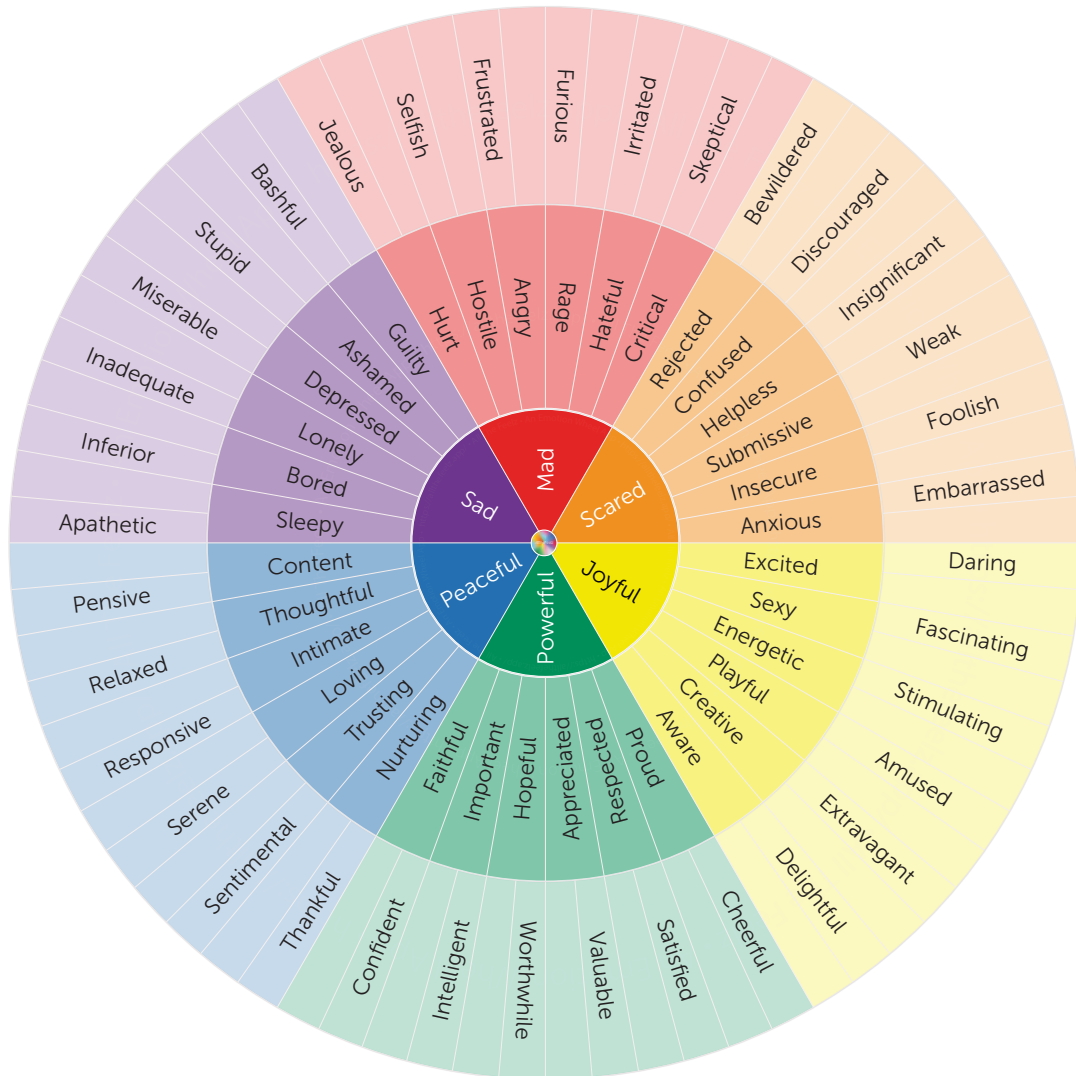


# The Feeling Wheel

Feelings are complex. The skill of naming our feelings and growing our emotional vocabulary is an important step in taking care of our mental health.

Naming our feeling is the first step in understanding *what* we feel. Only once we understand *what* we feel can we begin to understand *why* we feel the way we do, and decide how we can *respond* to that feeling appropriately.

Use the below **Feeling Wheel** to help identify your feelings with greater accuracy.

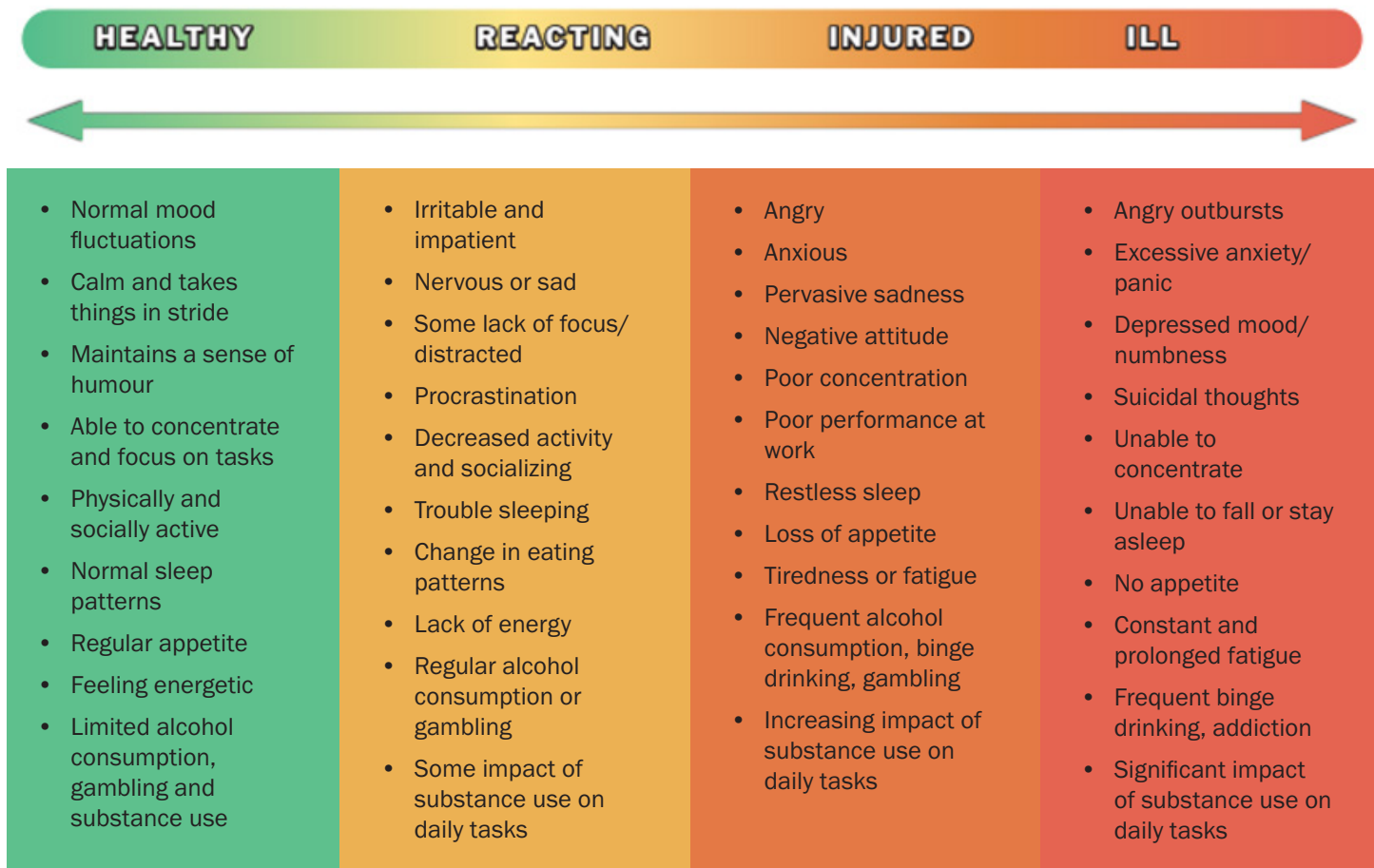


The Feeling Wheel by Dr. Gloria Willcox | <https://allthefeez.app/feeling-wheel/>

# Mental wellness check-in

Our mental wellness can change depending on our circumstances. Use the Mental Health Continuum below to see where your mental wellness is at today.

Depending where you fall on the continuum, you will need different types of support to move you towards a healthier state of mental health. What steps can you take to move towards the green end of the continuum?



## STAY HEALTHY

- Regular social connection
- Regular self-care practices
- Consider checking in with a mental health counsellor

## GET HEALTHIER

- Review your self-care plan
- Consider seeing a mental health counsellor
- Tell a supportive person

## GET HELP

- Seek care from your doctor and mental health professionals
- Tell a supportive person

# Warning signs

When we are experiencing stress, our body often sends out signals. These signals can include changes in our mood, behaviours, physical wellness and mental sharpness.

How do I know when I'm stressed? What signs does my body give me?

**Coping strategies** are actions we take to deal with stress.

Some coping strategies are helpful to alleviate stress for the long-term. **Helpful coping strategies** allow you to feel in control of your response to stress.

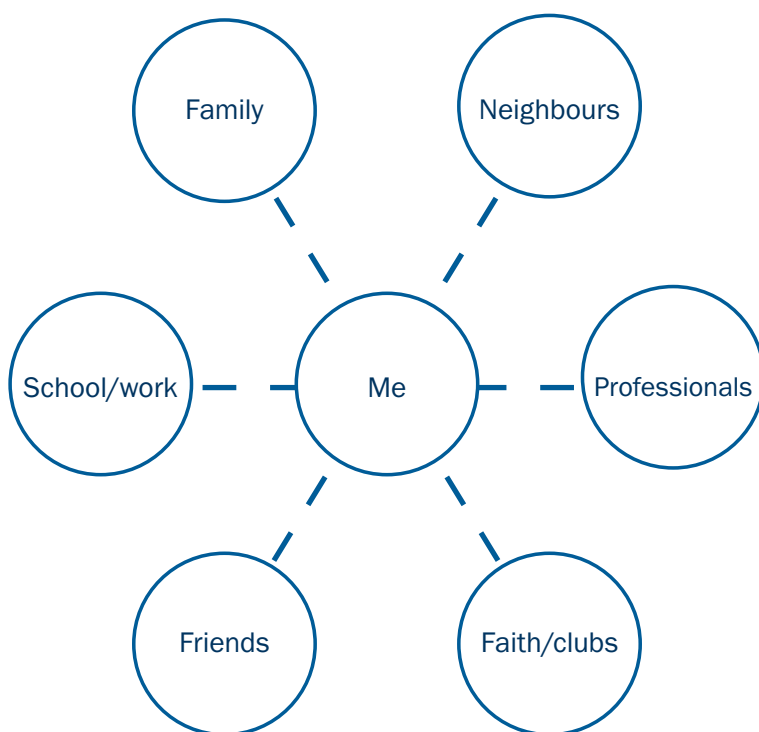
Some coping strategies are unhelpful. **Unhelpful coping strategies** may feel good in the moment but do not alleviate the stress for the long-term.

How do I currently cope with stress?	Is this strategy helpful or unhelpful?

## My social network

Overcoming stress and difficult circumstances is easier when we have support from others. Take some time to reflect on your social network. Who are the people that you can rely on? Who can you reach out to for support?

Consider people from the following groups to add to your social network: family, friends, neighbours, professionals, your workplace, school, faith community and clubs or organizations.



# Self-care inventory

Self-care are the actions you take to maintain health and improve your well-being. Go through this inventory to see what acts of self-care are part of your routine. Look for patterns of what areas in your life may need more attention.

**1. I do this rarely or not at all.**

**2. I do this sometimes.**

**3. I do this often.**

## Physical

- ☐ Eat regular/nutritious food
- ☐ Get enough sleep
- ☐ Keep up personal hygiene
- ☐ Go to preventative medical appointments
- ☐ Take time off when sick
- ☐ Do physical activities I enjoy

## Social/spiritual

- ☐ Spend time with people who I like
- ☐ Ask others for help when I need it
- ☐ Spend time in nature
- ☐ Meditate/pray/reflect
- ☐ My actions align with my values
- ☐ Recognize what gives meaning to my life

## Mental

- ☐ Take vacation/days off
- ☐ Participate in hobbies
- ☐ Laugh
- ☐ Talk about the stressors in my life
- ☐ Take breaks from screen time
- ☐ Recognize my achievements
- ☐ Say no to extra responsibilities

## Professional

- ☐ Take breaks during the day
- ☐ Build relationships with co-workers
- ☐ Take on projects that are rewarding
- ☐ Say no to responsibilities I cannot handle
- ☐ Maintain work/life balance

## My self-care tools

There are hundreds of ways to practice self-care. Some will be effective for our personality and our lifestyle, and some will not. Pick the three self-care practices in each category that are most effective for you.

**I feel my best physically when:**


**I feel my best mentally when:**


**I feel my best socially and spiritually when:**


**I feel my best professionally when:**




# Self-care snapshot

## My warning signs

## Helpful stress relievers

## My support network



## Start the conversation

Starting a conversation with someone about their mental health can be difficult. Here are some tips and prompts to help you start the conversation.

### Tips for talking about mental health

- |                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>▶ Focus on the facts. Tell them what behaviours you have observed.</li> <li>▶ Listen without judgement.</li> <li>▶ Validate their feelings. This shows you understand and accept their emotions.</li> <li>▶ Avoid giving advice. Encourage them to come up with solutions or ideas of what might be helpful for them.</li> </ul> | <ul style="list-style-type: none"> <li>▶ Let them know what support you are able to provide.</li> <li>▶ You are not the expert. You do not need to know the answers. Point them towards mental health professionals.</li> <li>▶ Check-in regularly. Normalize checking in with your friends and family about their mental health on a regular basis.</li> </ul> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Example prompts

I have noticed (behaviour). It just doesn't seem like you, and I'm here for you if you'd like to talk about it.

I know you had a big change (at work/with your family/etc.). I wanted to check in to see how you are managing.

I'm feeling (nervous/unsure/etc.) to bring this up, but I want to talk to you about (issue) because I care about you.



# Where can I go for help?

**In a mental health crisis:** If you believe that your life or someone's else life is in danger and need immediate help, call **9-1-1** immediately or go to your nearest emergency department.

**Rural Distress Line** (Canadian Mental Health Association): 1-800-232-7288

**Local Family and Community Support Services (FCSS) offices:** Offers supports to all ages. Provides information, referrals and advocacy. Offers assistance with applications and income tax preparation for people with low income. Provides workshops and one-to-one supports to help you set goals and build skills.

- ▶ Leduc County: 780-979-2385
- ▶ New Sarepta: 780-941-2382
- ▶ Calmar: 780-985-3604 ext. 233
- ▶ City of Leduc: 780-980-7109
- ▶ Thorsby: 780-789-4004
- ▶ Devon: 780-987-8325
- ▶ Warburg: 780-848-2828
- ▶ Beaumont: 780-929-1006

**FCSS Counselling Subsidy:** If you do not have employer benefits for counselling services, contact your local FCSS office for information about subsidized counselling.

## AHS Addiction and Mental Health- Adult Community Services

*Intake Line: 780-424-2424 | Leduc County locations: Leduc, Beaumont, Devon*

Call the intake line to be referred to a mental health therapist and/or addiction counsellor. Services may include individual therapy, medication management, psychiatric consultation, case management, crisis stabilization and connecting clients to community services. Services covered by Alberta Health Services.

## AHS Addiction and Mental Health- Community Services, Child and Adolescent

*Intake Line: 825-402-6799 | Leduc County locations: Leduc*

Call the intake line to be referred to a clinician with experience in child and adolescent mental health. Children and youth will be provided treatment with time-limited, goal-directed interventions.

## AHS Child and Adolescent Walk-In Service

*Centre Hope Building | 2nd floor, 4906-49 Ave. | Leduc, AB | T9E 6W6 | 780-986-2660*

Walk-in clinic for children/youth and their caregiver seeking mental health or substance use concerns. 50-minute, solution-focused, single-therapy session offered on a first-come, first-served basis. Caregiver attendance is preferred to support the child/youth. Call ahead to determine wait times. Walk-in services are available Wednesdays from noon to 3 p.m.

## Primary Care Network - Leduc, Beaumont, Devon

*780-986-6624 | [www.lbdpcn.com](http://www.lbdpcn.com)*

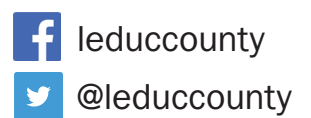
Local Primary Care Networks offer a variety of free health education classes and workshops. These include in-person workshops and virtual on-demand classes including Mental Wellness 101, Workplace Stress and Bullying, Coping with Anger and Effective Communication. Access information about upcoming workshops at [www.lbdpcn.com](http://www.lbdpcn.com) by clicking on the "Classes and Events" tab. You can find the links to the on-demand workshops under the "Classes and Events" tab by clicking on "AHS & On-Demand Classes."

## Your Family Doctor

Your family doctor can assess your mental and emotional health and make appropriate referrals to psychiatrists, mental health therapists and other mental health care services. For assistance finding a family doctor, contact your local Primary Care Network.



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