

SELF TOOLKIT

★ * ADOLESCENT * ★
★ * VERSION * ★

Welcome to the SELF Toolkit!

This toolkit was created for you to work through with your support team to help you understand what things tend to cause you stress, what stress looks like for you, and what tools you can try to help you feel better.

To use the toolkit, look at each page and think about what makes sense for you:

- In your life, what can be **Stressors** for you?
- What are your **Warning Signs** when you are feeling stress? What signs happen early, and what signs might be more serious?
- Which **Tools to Feel Better** do you like to use? Are there others that you might like to try?

After thinking about these questions, go to the **My Volcano** page and work with your support team to figure out how your warning signs and tools fit in.

Then, together, you can build your **Safety Plan**. It will be important to share this plan with all of your support team, so they can help you in the ways that work best for you, when you need it.

While working through this toolkit, be sure to take breaks whenever you need them and complete it at your own pace. Feel free to make notes and to make it your own. This toolkit is for you to keep, and the Safety Plan is for you to use whenever you feel stress coming on and/or you feel unsafe.

We hope that you find the **SELF Toolkit** helpful for you!



my Stressors are...



school



crowds



yelling



teasing/bullying



being touched



transitions/change



too much to do



loud noises



bedtime



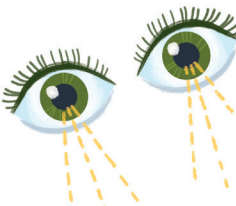
the dark



seeing people upset



missing someone



eye contact



surprises



being told no



feeling alone

my Stressors are...

CONTINUED



social media



exercise thoughts/talk



romantic relationships



weight



food talk/thoughts



being told what to do



cooking



shopping



weather



mirrors



high expectations



comparing myself to others



snack/meal times



feeling rushed



meeting people

anything else?

my Early WARNING SIGNS are...



feeling hot



being louder



trouble sleeping



crying



hurting myself



being quieter



avoiding



negative thoughts



hard to breathe



saying hurtful things



fidgeting



racing heart



throwing things



threatening/hurting others



headache



upset stomach

my **Early WARNING SIGNS** are...

CONTINUED



worrying about



repeating thoughts/words



dry mouth/throat



restricting



louder ED voice



difficulty focusing



swearing



arguing/refusing



tensing



not taking care
of myself



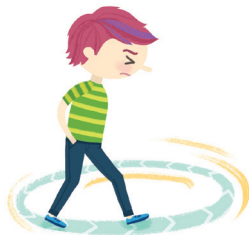
shaking



binging/purging



wanting to exercise



pacing



substance use

anything
else?

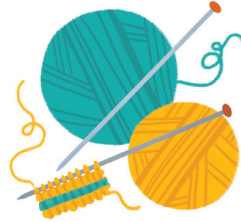
my TOOLS to Feel Better are...



yoga



journaling



knitting/crocheting



playing computer/
video games



drinking tea



fidget tools



listening to music



repeating a mantra



painting nails



taking deep
breaths



having a snack



getting a hug



colouring



going outdoors



watching a show/movie



calling

my TOOLS to Feel Better are...

CONTINUED



having a shower/bath



wrapping in a blanket



progressive muscle relaxation



going to quiet space



playing games/
doing a puzzle



splashing water on
face/wrists



having choices



exercising



grounding exercises



listening to
guided imagery



playing with animals



doing arts/crafts



asking for help



taking medication



reading books

anything
else?



STRESS
OVERLOAD!

Feeling STRESSED

Cooling OFF

my
Volcano

Feeling LIKE mySELF

Feeling BETTER

my SAFETY PLAN

If I feel stressed and/or unsafe I will...

1. Use my tools to feel better, which are...

-
-
-
-
-

2. Speak to a trusted adult...

Name:

Phone:

Name:

Phone:

Ways I would like them to support me are:

Ways I would like them to support me are:

-
-
-
-

3. Call my community team (counsellor, doctor, etc.)...

Name:

Role:

Phone:

Name:

Role:

Phone:

4. Call my local crisis line:

- BC Suicide Prevention & Intervention Line: **1-800-SUICIDE (1-800-784-2433)**
- BC KUU-US Indigenous Crisis & Support Line: **1-800-588-8717** www.kuu-uscrisisline.com
- National Suicide Crisis Helpline: **Call or text 988**
- BC Mental Health Support Line (mental health or substance abuse crisis support): **310-6789**
- Hope for Wellness Indigenous Support Line: **1-855-242-3310** www.hopeforwellness.ca
- Other:

5. Go somewhere I feel safe...

-

6. Go to the Emergency Room at the nearest hospital

7. If I can't get to the hospital safely, I will call 911

An important person
in my life is...

Something I enjoy doing is...

One thing I'm looking
forward to doing is...

my TOOLS to **Feel Better** are...

A large hand-drawn cross shape made of blue lines, intended for writing tools to feel better. The cross is formed by a vertical line and two horizontal lines, creating a central square and four rectangular sections. The lines are drawn with a slightly irregular, hand-drawn style.

acknowledgements

The SELF Toolkit was a collaborative project co-created by patients, families, and interprofessional team members from across the Mental Health Programs at BC Children's Hospital.

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Do you have questions or feedback about this toolkit?

We would love to hear from you!

Please email PHSAHealthLiteracy@phsa.ca



STRESSORS

EARLY WARNING SIGNS

LEARNING HOW TO

FEEL BETTER

