

Additional Resources

Websites

Anxiety Canada – Anxiety Resources

https://www.anxietycanada.com/?gclid=Cj0KCQiA7NKBBhDBARIsAHbXCB4v4E3HV TfOnwvfjMMh3W2DeTf7vM17Lx_mtC8eNzqpfjR14j0_fWsaAvkpEALw_wcB

Canadian Mental Health Association – Resources, Brochures, and List of Mental Health Supports

<https://cmha.ca/>

Crisis Lines

If you are experiencing an emergency call 911 or present at your nearest emergency room

Kids Help Phone (24/7 Crisis Counselling/Mental Health Support)

Call: 1-800-668-6868

Visit for Text/Live Chat Options: <https://kidshelpphone.ca/>

Connect Teen (24/7 Counselling Text Line)

Text: 403-264-8336

Distress Centre (24/7 Crisis Counselling/Mental Health Support)

Call: 403-266-4357

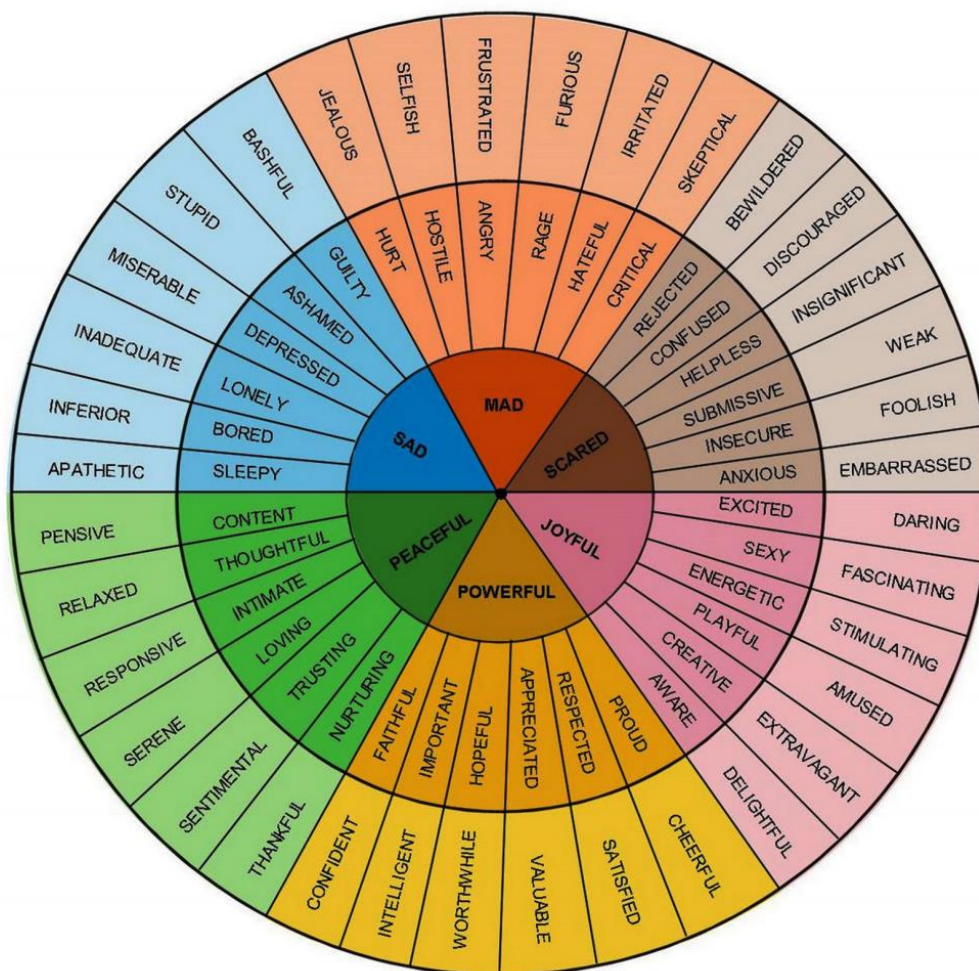
Feeling Charts



FEELINGS WHEEL

A TOOL FOR UNDERSTANDING EMOTIONS

The Feelings Wheel can help people recognize and communicate what they are feeling. The inner circle is labeled with names of primary feelings (mad, sad, scared, joyful, powerful, and peaceful). The outer rings contain names of secondary feelings related to the primary ones. Use the Feelings Wheel to describe how you're feeling.



Source: Feeling Wheel from Willcox, Gloria (1982): "The Feeling Wheel: A Tool for Expanding Awareness of Emotions and Increasing Spontaneity and Intimacy"



Canadian Mental
Health Association
Newfoundland-Labrador

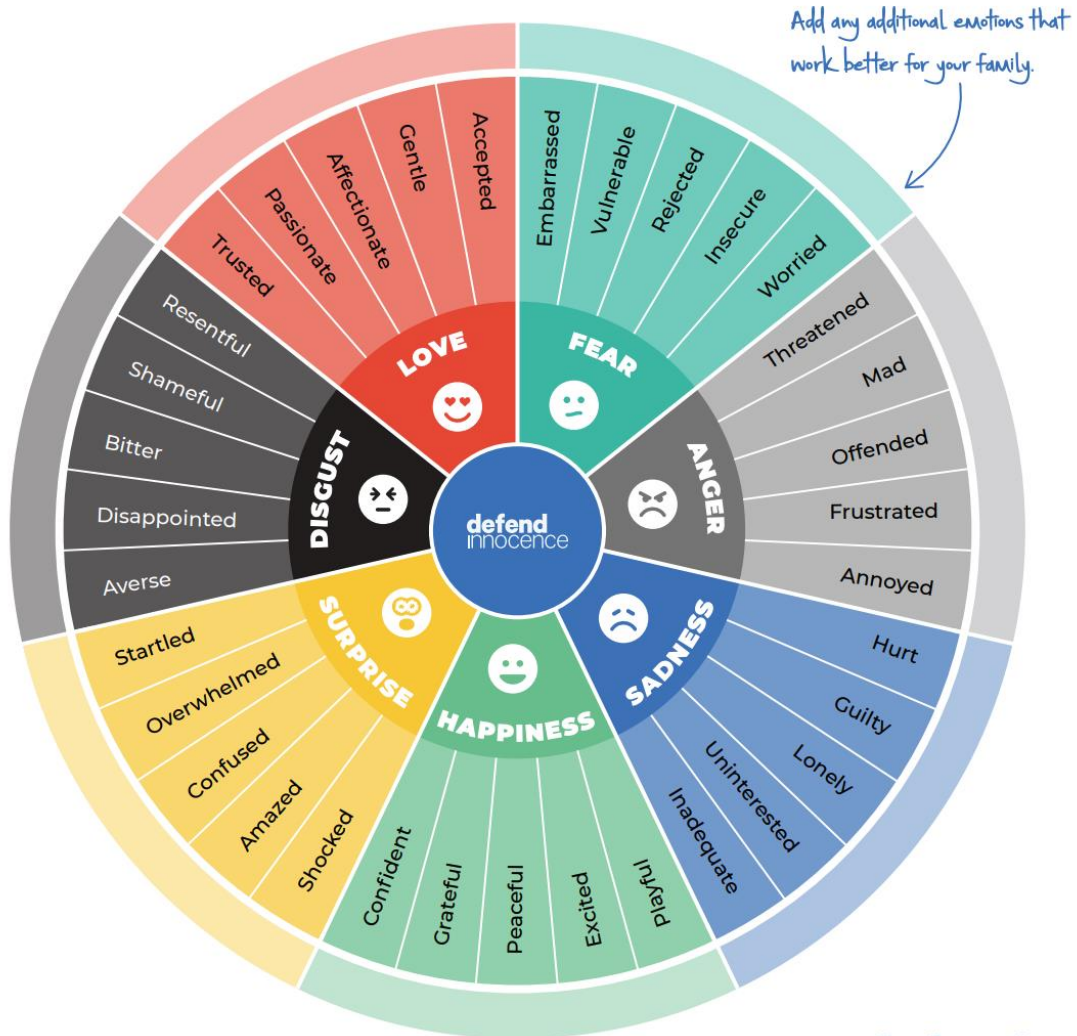


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www.cmhanl.ca

WHEEL OF EMOTIONS

Help your kids learn to identify their feelings with this emotion wheel.

Start with the inside wheel for younger kids, then move to the outer wheel as they get older to help them understand their emotions better.



Body Scan Script



Body Scan

Lie down in a comfortable place like a carpeted floor, couch or bed. Although you may feel sleepy or your mind may drift while doing this exercise, the goal is to try and remain alert and aware of the present moment.

Gently close your eyes. Let your shoulders drop down and away from your ears. Bring your attention to your breathing. Breathe in...and out... and just allow yourself to continue to breathe naturally.

The aim of this exercise is to bring awareness to the physical sensations in different parts of your body. Your mind is probably used to labeling these sensations as good or pleasurable; or bad, uncomfortable, or even painful. For this exercise, see if you are able to just notice what you feel without judgment – for example, do you notice tingling, warmth, pulsating, tightness, or other sensations. Again, it's not about whether these sensations are good or bad, it's just about noticing them.

Continue to breathe at your own pace, allowing each breathe to come as it may, without any conscious effort to change your breathing. Notice your lungs slowly fill with air when you breathe in and deflate when you breathe out.

Now, bring your awareness to where your body makes contact with the floor, couch or bed. On each outbreath, allow yourself to let go, to sink a little deeper into the surface below you.

Scan your left foot for any sensations. Simply become aware of them. Scan your left calf. Notice and allow any sensations that may be present. Scan slowly, up through your thigh now. Allow yourself to feel any and all sensations. If you don't feel anything at the moment, that's okay. Just allow yourself to "not" feeling anything.

If you do become aware of tension, or other intense sensations in a particular part of your body, see if you can "breathe in" to it —using the in-breath to bring a gentle awareness to the sensations present in your body, without trying to change them.

Now, scan for any sensation in your right foot your calf and thigh. Simply notice all sensations and feel what is happening. Continue to bring awareness, and a gentle curiosity to the sensations in your right leg.

The mind will inevitably wander away from the breath and the body from time to time, which is normal. When you notice your mind has wandered, gently acknowledge it, and then return your attention to the part of the body you intended to focus on.

Now focus on your stomach. Feel it rising as you breathe in. Sinking as you exhale. Nice and slow. Your heart rate may slow down. This is normal. Remain aware of your stomach, your breath. Breathe in... and out... Continue to notice any sensations in your stomach area.

Now scan for any sensations in your left hand and arm. Simply become aware of the different sensations and feel what is happening. Continue to bring awareness, and a gentle curiosity to the sensations. Again, if you don't feel anything at the moment, that's okay.

Scan for any sensations in your right hand and arm. Continue to bring awareness, and a gentle curiosity to the sensations.

Come back up to your chest. Continue scanning up along your neck, and to your face. Feel the sensations in your jaw, and your throat. Notice how the back of your head rests against the surface under you. Bring your awareness to the top of your head.

Now, take a moment to notice how *all* your body parts are connected. Let any sensations come to you. Just notice what kind of sensation it is – tingling, warmth, coolness, heaviness, floating. Accept whatever sensation there is as just that, a sensation that will arise and slowly and gradually change. It is just another part of you.

Continue to focus on your breathing for as long as you like. When you are ready, slowly open your eyes and bring your attention back to your surroundings.

*Retrieved from https://anxietycanada.com/wp-content/uploads/2019/08/Body_Scan.pdf

Thinking Traps



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Thinking Traps

Thinking Traps	Examples
<p>Fortune-telling: This is when we predict that things will turn out badly. But, in reality, we cannot predict the future because we don't have a crystal ball!</p>	<p><i>"I know I'll mess up."</i></p> <p><i>"I will never be able to manage my anxiety."</i></p>
<p>Black-and-white thinking: This is when we only look at situations in terms of extremes. For example, things are either good or bad, a success or a failure. But, in reality, most events call for a more "moderate" explanation. For example, cheating once on your diet does not mean you have failed completely. You had a small setback, and all you need to do is to get back on your diet tomorrow.</p>	<p><i>"Anything less than perfect is a failure."</i></p> <p><i>"I planned to eat only healthy foods, but I had a piece of chocolate cake. Now my diet is completely ruined!"</i></p>
<p>Mind-reading: This trap happens when we believe that we know what others are thinking and we assume that they are thinking the worst of us. The problem is that no one can read minds, so we don't really know what others are thinking!</p>	<p><i>"Others think I'm stupid."</i></p> <p><i>"She doesn't like me."</i></p>
<p>Over-generalization: This is when we use words like "always" or "never" to describe situations or events. This type of thinking is not helpful because it does not take all situations or events into account. For example, sometimes we make mistakes, but we don't always make mistakes.</p>	<p><i>"I always make mistakes."</i></p> <p><i>"I am never good at public speaking."</i></p>
<p>Labelling: Sometimes we talk to ourselves in mean ways and use a single negative word to describe ourselves. This kind of thinking is unhelpful and unfair. We are too complex to be summed up in a single word!</p>	<p><i>"I'm stupid."</i></p> <p><i>"I'm a loser."</i></p>
<p>Over-estimating danger: This is when we believe that something that is unlikely to happen is actually right around the corner. It's not hard to see how this type of thinking can maintain your anxiety. For example, how can you not feel scared if you think that you could have a heart attack any time?</p>	<p><i>"I will faint."</i></p> <p><i>"I'll go crazy."</i></p> <p><i>"I'm dying."</i></p>
<p>Filtering: This happens when we only pay attention to the bad things that happen, but ignore all the good things. This prevents us from looking at all aspects of a situation and drawing a more balanced conclusion.</p>	<p><i>Believing that you did a poor job on a presentation because some people looked bored, even though a number of people looked interested and you received several compliments on how well you did.</i></p>



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Thinking Traps	Examples
<p>Catastrophizing: This is when we imagine that the worst possible thing is about to happen, and predict that we won't be able to cope with the outcome. But, the imagined worst-case scenario usually never happens and even if it did, we are most likely able to cope with it.</p>	<p><i>"I'll freak out and no one will help."</i></p> <p><i>"I'm going to make such a fool of myself, everyone will laugh at me, and I won't be able to survive the embarrassment."</i></p>
<p>Should statements: This is when you tell yourself how you "should", "must", or "ought" to feel and behave. However, this is NOT how you actually feel or behave. The result is that you are constantly anxious and disappointed with yourself and/or with others around you.</p>	<p><i>"I should never feel anxious."</i></p> <p><i>"I must control my feelings."</i></p> <p><i>"I should never make mistakes."</i></p>

