WELLNESS PACKAGE

SELF-CARE AND SELF-SOOTHING TECHNIQUES TO HELP YOU COPE MORE EFFECTIVELY ON YOUR OWN

MONTREAL THERAPY CENTRE
COUNSELLING SERVICES

ANXIETY REDUCTION

Set 10-15 minutes aside a day, at the same time to worry. When the time comes, set a timer and write down your worries. When the time is up, drop your "worries" into a box and close it. If you notice yourself worrying later on in the day, remind yourself that you will have time tomorrow to worry.

Quick Tools to Calm Stress and Anxiety

Inhale for 4 seconds

Hold for 4 seconds

Breathe out for 6 seconds

Progressive Muscle Relaxation

The following technique is used to calm anxiety and provide relief from panic attacks

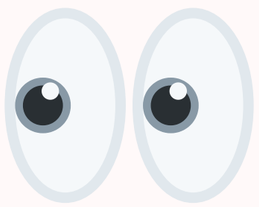
1. Lie down or sit in a chair in a comfortable position
2. Begin by scrunching your face and then releasing it
3. Tense your arms and then release them
4. Continue to move through each muscle group from your head to your feet
5. If you're feeling very anxious or panicky you may even relax one side of your body before moving onto the next
6. Remember to breathe deeply and slowly while you practice

Grounding Techniques

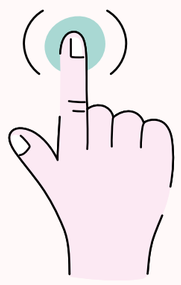
When to use grounding

When we need to be brought back into the present moment, for example when experiencing a panic attack, flashback, or dissociation.

Name & Describe in Detail

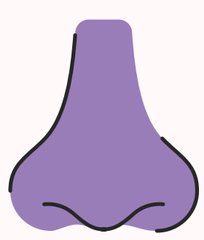


5 THINGS YOU CAN SEE



4 THINGS YOU CAN FEEL

3 THINGS YOU CAN HEAR



2 THINGS YOU CAN SMELL

1 THING YOU CAN TASTE

CHALLENGING NEGATIVE & ANXIOUS THOUGHTS

01.

Am I falling into a thinking trap?

E.g., am I predicting the future or catastrophizing the situation?"

02.

Am I basing my judgment on feelings instead of facts?

I might feel that someone hates me but there is no evidence to support it.

03.

Am I 100% sure that the feared situation will happen?

04.

What's the worst that could happen?

Has this happened before?

How much would this matter in 1,5 or 10 years?

05.

If the worst does happen, what could I do to cope?

06.

What might I tell a friend who had these thoughts or fears?

How might I comfort them?

SELF-SOOTHING TECHNIQUES

Write it out & throw it out

Research has found that physically throwing out journal entries can help to discard negative and anxious thoughts mentally from our brain. The next time you're feeling anxious or upset, try writing down your thoughts and throwing them out!

True of False?

Our thoughts are not facts. Often thoughts stem from feelings, fears or worries. The next time you're feeling anxious, ask yourself...is this a feeling or a fact? For example: "I feel like people will laugh at me" is a feeling and not a fact.

Give yourself a hug

Hugging releases oxytocin, a feel good hormone, and lessens cortisol which is a stress hormone. The next time you're feeling down or stressed, try hugging yourself. It might feel uncomfortable at first, and that's okay!

Distress Tolerance Skills

Distress tolerance skills help us to cope with difficult emotions such as when we are feeling sad, mad or scared.

When feeling distress intolerant, think:

Stop and think, don't react right away.

Take a step back: take a deep breath & stay in control, don't react impulsively.

Observe: notice your thoughts & feelings.

Proceed mindfully: what will make this better or worse?

Self-Compassion

What is it?

Dr. Kristen Neff defines self-compassion as the ability to be kind and understanding toward ourselves, when confronted with personal failures.

OK... BUT HOW DO I DO THIS?

1. **Recognize that this is a moment of suffering**
    - e.g., "this hurts", "this feels painful"

2. **Recognize that suffering is a part of life**
    - e.g., "I'm not alone in this", "Other people have felt like this too"

3. **Offer yourself kindness**
    - What do you need to hear right now?
    - e.g., "May I be patient", "May I accept myself in this moment", "May I acknowledge my resilience"

SELF-COMPASSION PRACTCES

Treating yourself like you would a good friend

1.Think about a close friend who is struggling, how would you respond to this friend and comfort them?

- Take a piece of paper and write down what you would say to your friend and what you would do to comfort them
- Note the tone of voice that you use

2. Think about times when you've struggled, how do you usually respond to yourself? How do you comfort yourself?

- Write down what you would say to yourself and note the tone that you use

3. Is there a difference between the two dialogues?

- If yes, what factors may lead you to treat yourself and others so differently?

4. Take some time to write down how you think your situation might change if you responded to yourself in the same that you would respond to a friend who is suffering.

Resources

Everyone deserves to feel heard & understood, the following resources can provide support to you by phone, text, or through an online chat.

Suicide Prevention

24/7

1-866-277-3553 (QC)

1-833-456-4566 (CA)

Trans Lifeline

24/7

1-877-330-6366

*Run for & by Trans individuals

*Services offered in En & Sp

SOS Domestic Violence

24/7

1-800-363-9010

1-438-601-1211 (TEXT)

Hope for Wellness

24/7

1-855-242-3310

www.hopeforwellness.ca

*Services in Cree, Ojibway & Inuktitut

Resources

Everyone deserves to feel heard & understood, the following resources can provide support to you by phone, text, or through an online chat.

Youth Space

9pm-3am

Online chat:

www.youthspace.ca

Interligne

24/7

514-866-0103 (QC)

1-888-505-1010 (call or text)

interligne.co/en/chat (online chat)

Tel Aide Crisis Line

24/7

1-800-363-9010

Sexual Assault Helpline

24/7

1-888-933-9007

or

911

Crisis Centres

If you are at imminent risk, are suicidal, or homicidal or know someone who is, please call 911 or visit your closest emergency hospital room

Tracom Crisis Centre

24/7

514-483-3033

Westmount, Parc-Extension, CÔte-St-Luc/Hampstead/Montréal Ouest, Notre-Dame-de Grâce/CÔte-Des-Neiges, Outremont (some areas), Ville-Marie (some areas), St-Laurent (Anglophone population)

West Island Crisis Centre

24/7

514-684-6160

Centre de Crise I'Illot, Laval

24/7

450-627-2530 (ext. 64922)

Equipe Mobile de Crise Resolution

24/7

514-351-9592

Rivière-des-Prairies, Pointe-aux-trembles, Olivier Guimont, Hochelaga-Maisonneuve, Mercier-Est, Anjou, Saint-Léonard, Rosemont, Saint-Michel