

# S.E.L.F. TOOLKIT

\* \* \* ADOLESCENT \* \* \*  
\* \* \* VERSION \* \* \*

# Welcome to the SELF Toolkit!

This toolkit was created for you to work through with your 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 team to figure out how your warning signs and tools fit in.

Then, together, we can build your **Safety Plan**. We'll start by planning for passes and talking about them when you return. As you get to know more about what works for you and what doesn't, we will create your Safety Plan for you to use going forward. It will be important to share this plan with 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...

 <p>school</p>	 <p>crowds</p>	 <p>yelling</p>	 <p>teasing/bullying</p>
 <p>being touched</p>	 <p>transitions/change</p>	 <p>too much to do</p>	 <p>loud noises</p>
 <p>bedtime</p>	 <p>the dark</p>	 <p>seeing people upset</p>	 <p>missing someone</p>
 <p>eye contact</p>	 <p>surprises</p>	 <p>being told no</p>	 <p>feeling alone</p>

# my Stressors aRe... CONTINUED

 <p>social media</p>	 <p>exercise thoughts/talk</p>	 <p>romantic relationships</p>	 <p>weight</p>
 <p>food talk/thoughts</p>	 <p>being told what to do</p>	 <p>cooking</p>	 <p>shopping</p>
 <p>weather</p>	 <p>mirrors</p>	 <p>high expectations</p>	 <p>comparing myself to others</p>
 <p>snack/meal times</p>	 <p>feeling rushed</p>	 <p>meeting people</p>	 <p>anything else?</p>

# my Early WARNING SIGNS are...



feeling hot



being louder



trouble sleeping



crying



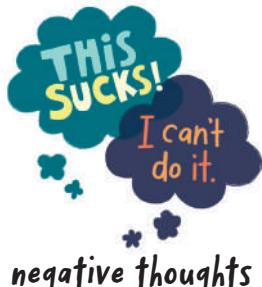
hurting myself



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...

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?

# SAFETY PLAN FOR PASSES

Date/time leaving:  
Date/time returning:

My plans for this pass are...

- Where I'll be staying:
- Who I'll be with:
- What I'd like to do:

My potential stressors are...

- 
- 
- 

My early warning signs are...

- 
- 
- 

If I feel stressed and/or unsafe, the tools I will use to feel better are...

- 
- 
- 
- Speak to a trusted adult...

Name: Phone:

Ways I would like them to support me are:

- 
- 
- 

Name: Phone:

Ways I would like them to support me are:

- 
- 
- 

If I need more support I will call the unit's safety phone for support...

- 
- 

Staff will help me over the phone and if I need to, I can return to the unit.

If I need emergency support I will call 911.



## REFLECTION

What went well on my pass?

What was a challenge on my pass?

What tools did I use? Was it helpful? If not, what can I try instead?



# 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:

Ways I would like them to support me are:

- 
- 

Name: Phone:

Ways I would like them to support me are:

- 
- 

## 3. Call my community team...

Name: Role: Phone:

Name: Role: Phone:

## 4. Call my local crisis line:

- Crisis Centre BC: 1-800-SUICIDE (1-800-784-2433)
- 310 Mental Health Support: 310-6789 (no area code required)
- 24 hour Crisis line: 604-872-3311 (Greater Vancouver)
- Kids Help Line: 1-800-668-6868 or [KidsHelpPhone.ca](http://KidsHelpPhone.ca)
- [www.youthinbc.com](http://www.youthinbc.com) online chat available from 12:00 noon until 1:00 am
- 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

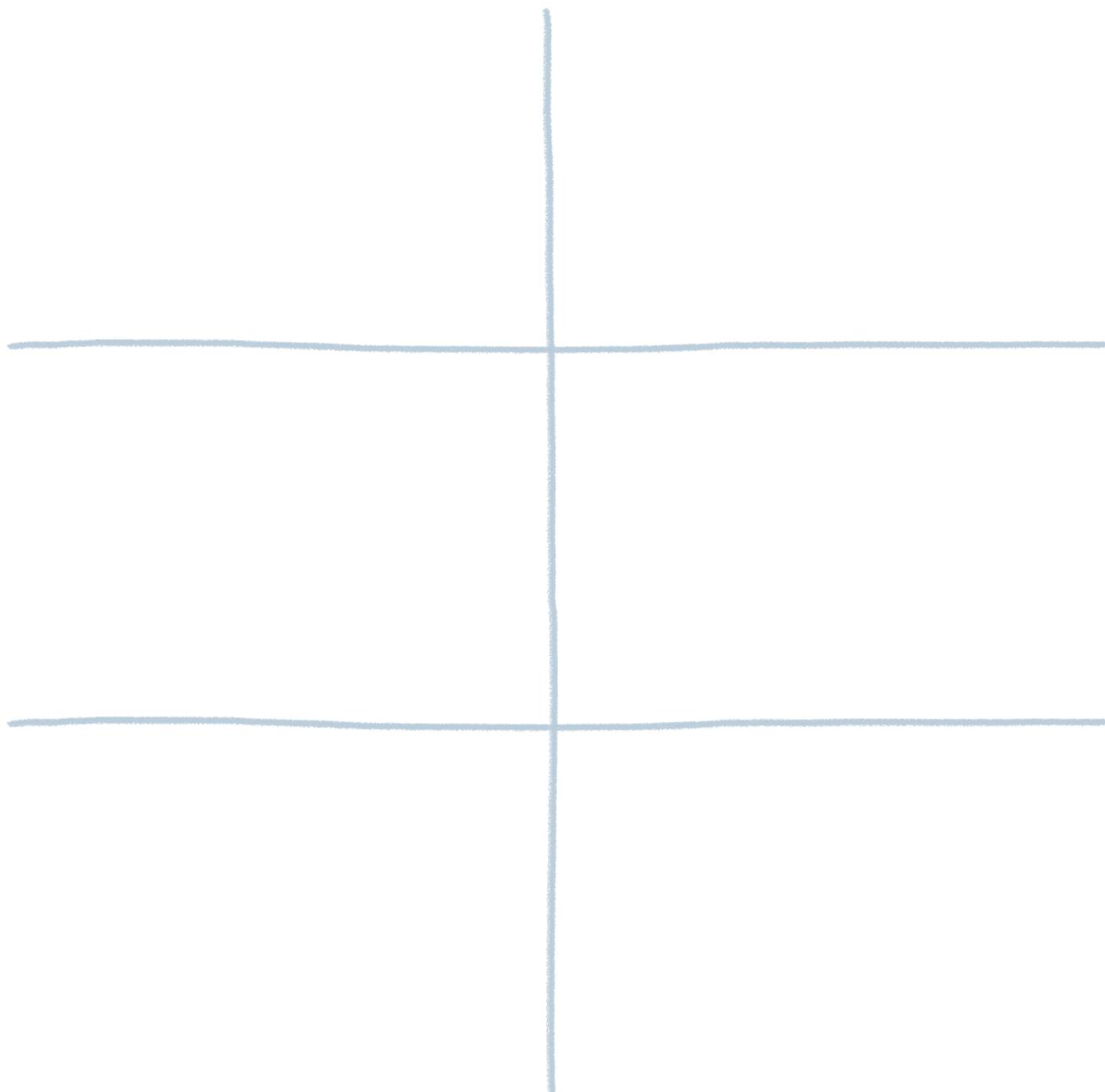
An important person in my life is...

Something I enjoy doing is...

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



# my TOOLS to **Feel Better** aRe...



## ACKNOWLEDGEMENTS

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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](mailto:PHSAHealthLiteracy@phsa.ca)



STRESSORS  
EARLY WARNING SIGNS  
LEARNING HOW TO  
FEEL BETTER

