

Acadia University SoM Mental Wellness Toolbox
September 22, 2022

Notice your mental health

Notice what you feel

- “I feel _____” (anxious, fearful, sad, excited etc.)
- try journaling or writing down what’s happening
- if feeling anxious after social media use, take time to turn it off!

Explore the *what* and *why*

- what’s happening in your body (i.e. heart racing, shallow breathing)
- try a breathing exercise (resources below)

Bring your attention back to today; notice the glimmers

- write down, what went well in my day today?

Basic Needs

Sleep

- do I need to turn off my phone/computer 30 minutes earlier to get a better sleep?
- what’s my “power down” routine?

Nutrition

- what/when have I eaten today?
- how can I get meals and snacks into my day more regularly?

Movement

- physical activity of any kind is our greatest tool for beating anxiety/depression!

Boundaries and Self Care

Social Media

- schedule social media breaks in your day!
- limit how much time you spend on your phone

Self-care - what does this mean to you?

- what does MY self-care look like?
- four domains: physical, mental, emotional, spiritual

Awareness of self-talk/perfectionism

Self-talk

- how have I been talking to myself lately?

Perfectionism

- perfect is undefinable, untrackable, and simply fictitious
- strive for excellence, rather than perfection

Reach out for counselling support

- a counselling psychologist can help you notice all of the above and help you make goals to stay mentally well!

Books, Apps, and More

Books:

Cornett, V. (2019). *The mindful musician*. Oxford University Press.

Nagoski, E., & Nagoski, A. (2019). *Burnout: The secret to unlocking the stress cycle*. Ballantine Books.

Nestor, J. (2020). *Breath: The new science of a lost art*. Riverhead Books.

Swinson, R. P. & Antony, M. M. (2009). *When perfect isn't good enough*. New Harbinger Publications.

Apps:

What's up - a great app with info and tools for processing thoughts and emotions
<https://apps.apple.com/us/app/whats-up-a-mental-health-app/id968251160>

Mindshift - an app a little more specific to anxiety:
<https://www.anxietycanada.com/resources/mindshift-cbt/>

Self-help for anxiety management (SAM)
<https://apps.apple.com/us/app/sam-self-help-app-for-the-mind/id1502571257>

Follow: **@outsidethescore** on Instagram and Facebook - stories on mental wellness for musicians

Phone or online chat:

NS Mental Health Crisis Line: 1-888-429-8167

Acadia University Counselling Centre

counselling@acadiau.ca

902-585-1246

Together all: an online chat community to support mental wellness: www.togetherall.com

Good 2 Talk: for ages 17-25 - Toll free: 1-866-925-5454 (limited to residents of Ontario and Nova Scotia)

Youth Space: online chat for individuals in crisis or needing emotional support: www.youthspace.ca

Crisis Services Canada: for individuals experiencing thoughts of harm or suicide
Toll free: 1-833-456-4566 or TEXT: 45645

For individuals ages 15-29 in crisis: Text CONNECT to 686868 or call 1-800-668-6868

Online Therapy

maple.ca - individuals can see an online therapist (for a fee - but many insurance plans will cover service)

Betterhelp.com - individuals can see an online therapist for a weekly or bi-weekly subscription rate