



The mission of the Youth In Mind Foundation is to prevent psychological distress in young people aged 11 to 18 in Quebec.

Your children's well-being is key to their success. Discover our awareness program!



Online toolkits for teens, families and schools



Two free workshops for schools



Throughout the year, offer young people tips to help them find their balance and develop their well-being using these phrases to incorporate into their weekly planners.

1

During adolescence, our state of mind and priorities change a great deal. This can be explained partly by the fact that the brain is still developing until the age of 25!

2

We all have our ups and downs; it's not just you. Our mental health can be excellent at times and not so good at others. And this is completely normal.

3

Sleep affects your concentration, memory, mood and enjoyment of life. Sleeping 8 to 10 hours a day helps you stay positive and make the most of your day.



4

Physical activity is a natural antidepressant, due to the natural hormones it produces. The key to feeling their benefits is to get moving every day!

5



Eating healthy foods will help you feel good about yourself, both physically and mentally!

6

Have you ever thought about the importance of screens in your life? Establish how much time you want to spend in front of your screen each day, and make sure to set some time aside for activities with your loved ones.

7

Remember that it's normal to experience doubts, fears and all those sometimes-painful emotions, and that you're not alone in feeling them.

8

If you're having a tough time, try to take your mind off things: write, draw, colour in a mandala, play sports, dance or sing spontaneously for 15 minutes, without overthinking.

9

Through mindfulness, you can take a break from your thoughts by focusing on the present moment, the sensations in your body and your surroundings. Have you ever tried it?



10

Are you experiencing a conflict with friends or family? Try to empathize and put yourself in the other person's shoes to understand their point of view.

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It's important to get help when you're not feeling well because the longer you wait, the more serious the problems become and the longer they may take to treat.

12

You can practice mindfulness by paying attention to your 5 senses: what you see, smell, hear, taste and touch—either all at once, or a few senses at a time.

13

When you're going through a difficult time, take a moment to observe and name your emotions, thoughts and behaviours. Doing this can immediately help you feel a bit better.

14

Scared of failing the upcoming exam? Remember that we go to school to learn, and we learn by making mistakes. It's normal not to do everything perfectly!

15

Feeling good about your body is no easy task in the face of our society's beauty standards! Remember that beauty is found in uniqueness and diversity.

16

Cooking to share fun times with your family and friends, discovering new flavours and trying intuitive eating can help improve your body image.

17



Take care of your body: treat it with kindness by connecting with your physical sensations through mindfulness or physical activities.

18

We sometimes have thoughts that take root in our mind like parasites. Through mindfulness, you can take a break from your thoughts by focusing on the present moment.

19

Put your grades into perspective: they represent your level of expertise in a subject, the information you have understood and learned. With extra help and studying, you can improve!

20

A grade does not represent your value as a person. You have strengths, skills and good human qualities in many areas outside of academics!

21

A grade does not represent your future success. Grades are important in moving from one grade to the next and making progress in your education, but they don't determine your success.

22

When facing a conflict, be open to discussion and really listen to the other person. You will give yourself a chance to better understand them and find a compromise together.

23

Not feeling so great? Talking is the **FIRST STEP** toward getting better. The majority of people who seek help with their mental health find a solution.



24

Experiencing heartbreak? ☐ Maintain your self-esteem: focus on the people who are there for you, remind yourself of your good qualities and do activities that make you feel good.

25

Having trouble learning doesn't mean that you're not smart. Each brain is different. Some people have more trouble with math, others with reading, others with memorization.

26

Stressed or anxious? Listen to your inner voice and turn your negative thoughts into something you can actually do to deal with the situation in a positive way.

27

The key to feeling calm is pride in the work you've done. What counts in the end, much more than the grade, is the feeling that you've done your best.



28

When you're really angry, try to take a step back before saying anything to avoid saying hurtful things that you don't really believe.

29

Each body is unique, has the right to exist and is entitled to respect. The human body is diverse in its colours, sizes, shapes, heights and all its other features.

30

Take stock of your prejudices about appearance: try your best not to rely on your first impressions, educate yourself, remember that your judgments warp reality and condemn all forms of bullying.

31



Take care of yourself and relax by doing activities you love: listen to music, read, move your body, relax doing nothing, cook, talk to a friend, be creative, etc.

32

Stressed out during an exam or another situation? Take a break and breathe slowly down into your lower belly so you can calm down and change your perspective.

33

Focus on what makes you happy: each day, write down your 3 best moments of the day, your small joys and the things that you are grateful for today.

34

Are you or a friend not feeling so great? There are many resources available at school, outside of school and online remotely to help you, so don't hesitate to ask.

35

Learn to know your personal boundaries: you'll be better able to respect them, express them and assert yourself to make sure others respect them.

36

Do you struggle with accepting your appearance? Ask yourself: what makes me me? You are much more than your appearance.



37

To help someone in distress: listen to them without taking on their suffering as your own, show them that you're there for them and, most importantly, respect your own boundaries to protect yourself.

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Go through your social media accounts and ask yourself whether the accounts you're following are ones that make you feel good about yourself. Choose ones that have messages you find helpful.

39

Before sharing your opinion, check whether the person really needs it. If so, how can you express it without offending them? If not, is it necessary, especially if it might hurt them?

40

If you are a witness or a victim of bullying or discrimination, you need to act and report the bullies!
You don't need to handle it on your own; get help and support.

41

Remember: there's no obligation to be in a relationship or to feel any pressure to be in one.
The most important thing is feeling comfortable and free to make your own choices!

42

Sorting out your useful and intrusive thoughts, treating yourself kindly or meditating are all good ways to help you manage your stress.

43

If a loved one tells you that they are in distress and asks you not to talk about it, don't keep it to yourself. Asking for help in difficult situations is not a betrayal.

44

A healthy romantic or friendly relationship is based on mutual respect, open and honest communication, listening, freedom, trust, and fun!



45

Have a healthy mindset when faced with heartbreak: «I feel sadness, unfairness. It's uncomfortable, but I know it's temporary; it will pass and I'll get better soon...»


46

Practice mindfulness daily. For example, when you're walking down the street and you look around to observe your surroundings and notice the sensations in your body.

47

In times of crisis, try to take your mind off things: call a friend, watch an episode of a TV show, go out in nature, read a book, etc.

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 When you're going through emotional turmoil, play your favourite song, one that feels like a breath of fresh air or that energizes you, and let yourself get carried away!

49

Improve your body image by thinking about the parts of your body that you like and focusing on them, instead of the parts that you don't like as much.

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A few suggestions to manage conflict: calm down, talk to each other, find a solution together, try to implement it, evaluate its success and find another one together, if necessary.

51

Unpleasant emotions are part of life; why not give them and yourself a bit of grace? With practice, you'll soon see that it gets easier to carry on, despite your discomfort!

52

Adopt positive self-talk when in a stressful situation. Take stock of your thoughts and feelings without judging them. Treat yourself the way you'd treat a friend.