Your Wellness Toolkit

Self-directed Resources for Support and Growth

Mount Forest
FAMILY HEALTH TEAM

"I was unsure at first, but I can't believe how much I learned through these resources. I was able to start making the changes I wanted, before I ever sat down with my counselor."

Anonymous, Mount Forest, ON

Compiled by the Mount Forest Family Health Team 2025

To access active links to all the resources in this guide, download your digital copy by scanning this QR code.

OPENING WORDS

At the Mount Forest Family Health Team, mental health is viewed as an important pillar of an individual's health and overall well-being. The mental health professionals on the team have considerable training and specialization that can help you to cope with issues in your life that cause you emotional distress or help you to monitor and self-manage a mental health issue. This takes place by working with you to develop or enhance problem-solving skills, coping strategies and confidence to navigate life stressors.

The resources and worksheets in this package were compiled to provide people with immediate resources and the tools to start this work prior to seeing a therapist. Never underestimate the growth that can take place using self directed tools.

FOR IMMEDIATE SUPPORT

Guelph-Wellington Distress Line: 519-821-3760
Crisis Text Line: Text “HOME” to 686868
https://www.crisistextline.ca/
Here 24/7: 519 821 3582 or 1 844 437 3247 (HERE247)
Suicide Crisis Line: 9-8-8

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Anxiety & Depression Resources

1. Getting Rid of ANTS (Automatic Negative Thoughts)

Becoming aware of ANTS and replacing them with more adaptive, rational thoughts is an effective way to enhance your mood, health and quality of life. Helpful for anxiety and depression, as it offers an alternative perspective to challenges that arise.

2. RAIN Mindfulness Exercise

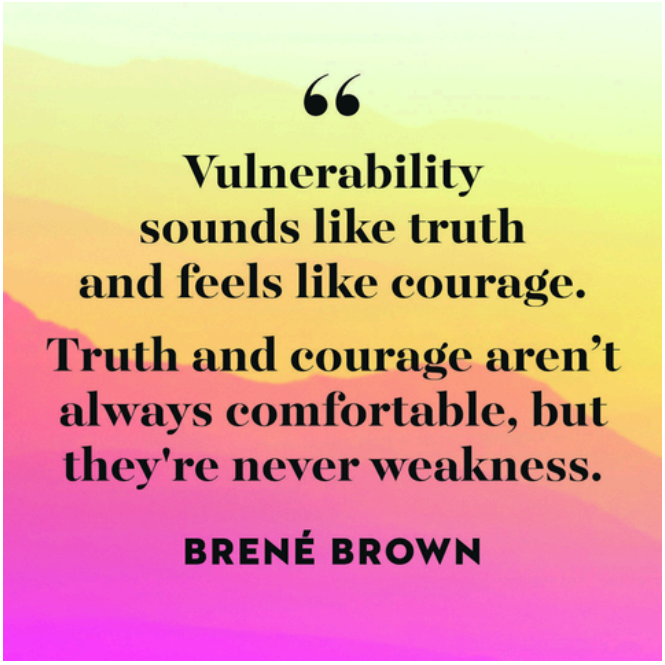
This prompt can be beneficial for users to engage in a mindful state of non-judgmental awareness of what is happening in the present moment. The user is changed to be aware of one's own thoughts, feelings and senses without a safe space.

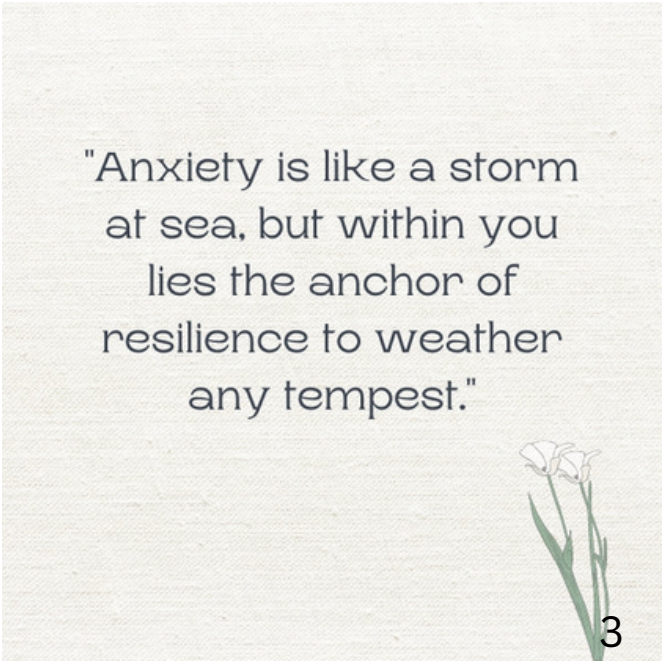
3. Triggers Worksheet

This worksheet allows the user to reflect on triggers associated with their anxiety and depression symptoms. In addition, it provides tips on dealing with the identified trigger.

4. IMPROVE Worksheet

The IMPROVE exercise is a helpful tool to support users during a moment of stress. Can be used as a journal prompt or addressed mindfully without paper.





5 Self-compassion Audio Series

Five hours' worth of audio for users to explore the strategies to develop resiliency to self-criticism, shame, and low self-esteem. Each chapter can be individually downloaded.

6 Anxiety Tracking Log

Fillable PDF download for users to track anxiety symptoms, through identifying the situations, thoughts and physical sensations.

7 Daily Mood Chart

Fillable daily mood chart for users to explore how their moods for a span of a month.

8 TED Talk: How to calm your anxiety, from a neuroscientist

7-minute TED Talk by a neuroscientist.

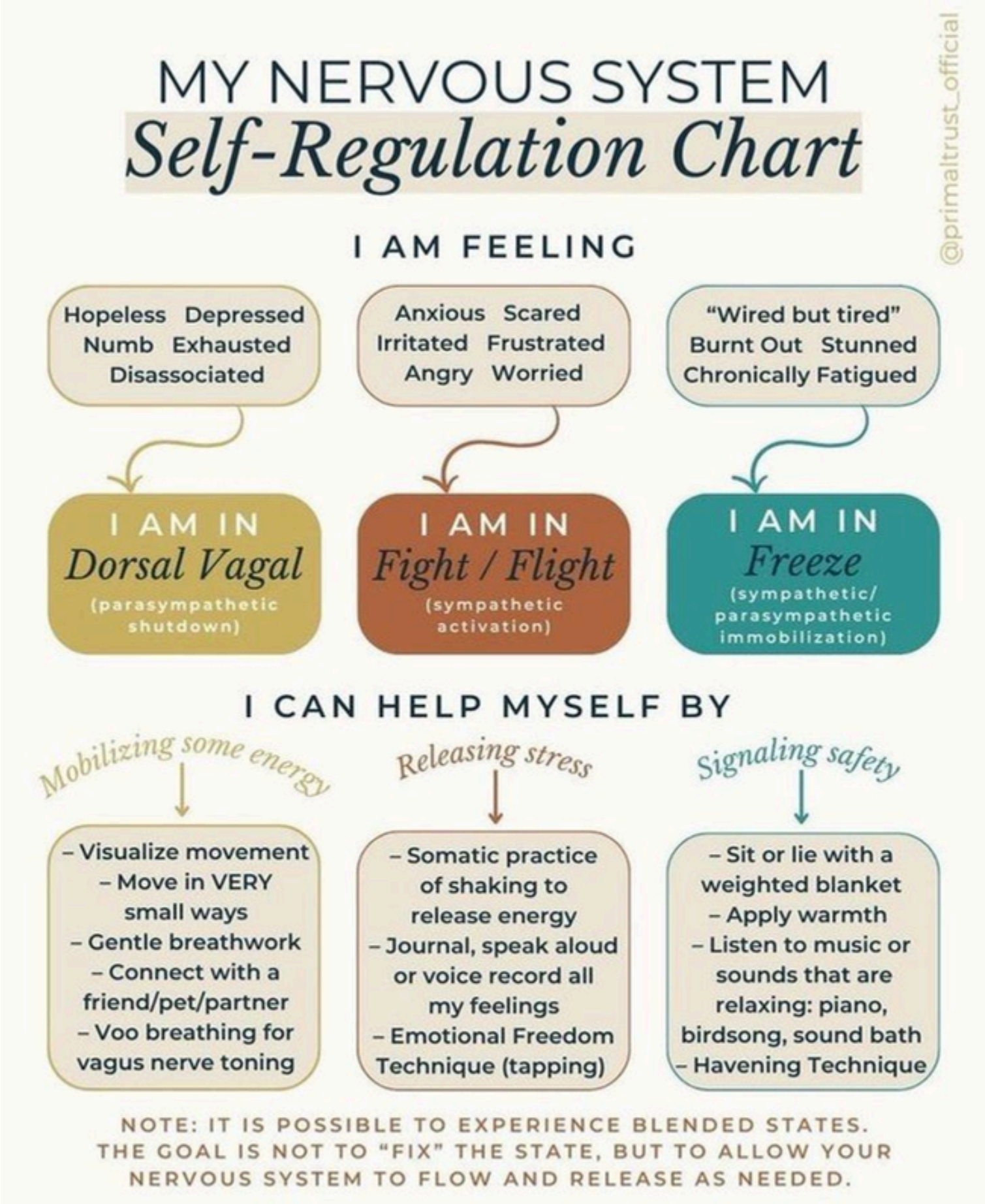
9 TED Talks: Don't suffer from your depression in silence

6-minute TED Talk





10 Self Regulation Chart



Grief Resources

1 My Grief Plan

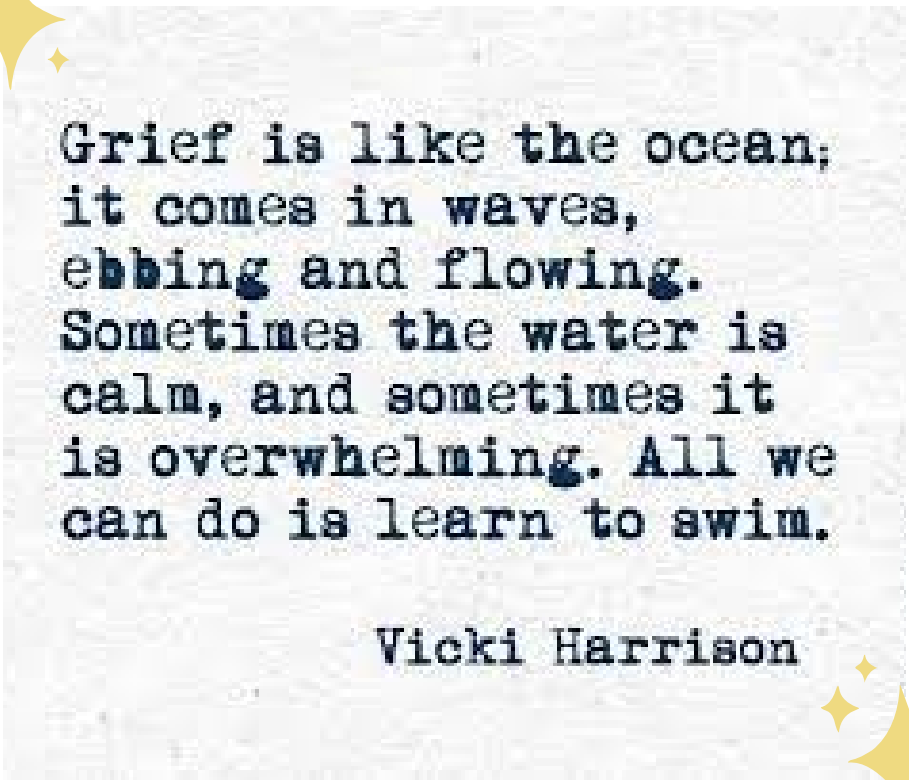
This document can be used as a preemptive grief plan for when users are experiencing a high amount of emotional distress associated with loss. It is recommended that the user complete this before a period of heightened emotions, using it as a resource to ground themselves.

2 Emotions in Grieving Worksheet

This tracker is beneficial for users to use, as it helps assess the different emotions that can present during periods of grief.

3 We don't 'move on' from grief. We move forward with it

A 15-minute TED talk about the complexity of grief and its multifaceted nature on someone's life. Nora McInerny uses candid stories from her grief experience to explain the everlasting impact of grief.



4 Goodbye Letter

The worksheet prompts users to reflect on positive memories with their loved one while saying goodbye

5 Bereaved Families of Ontario - Mid Western Ontario

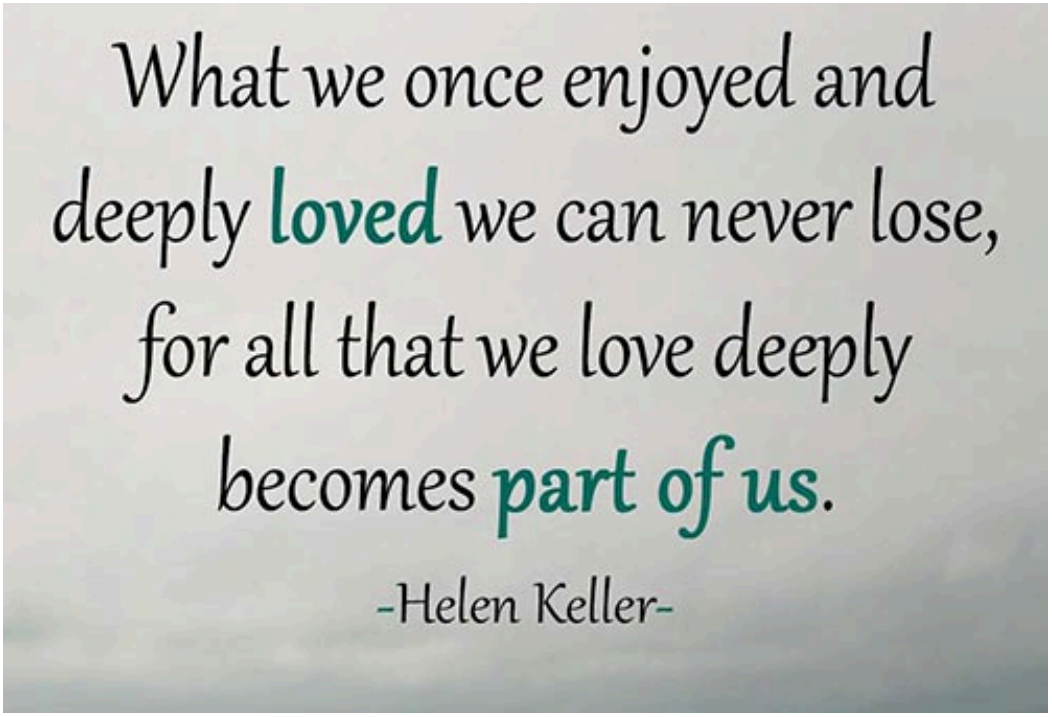
Online link for users to access the Bereaved Families of Ontario; the site is compiled with links to articles and resources with an arrange of grief topics. Support groups can also be accessed through the link.

6 Blog Articles from The Center for Grief Recovery

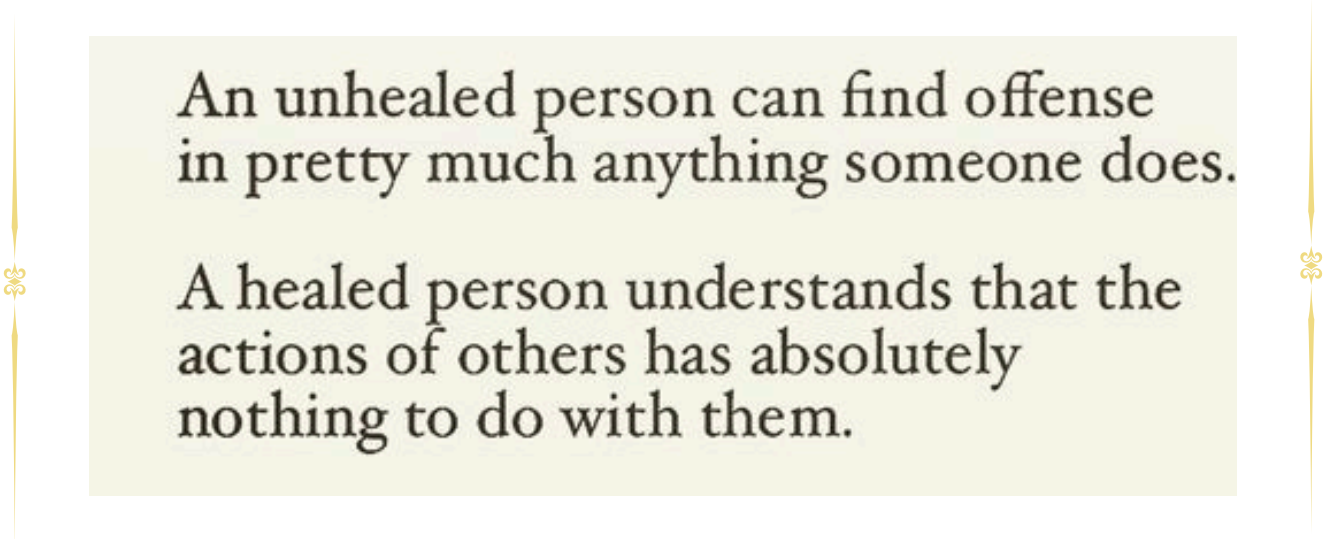
Numerous articles and resources for a wide range of bereavement topics.

7 Ambiguous Loss Mixed Media Resources

Numerous articles and videos surrounding grief and ambiguous loss



Relationship Resources



1. ## Relationship Check-in Tool

An assessment for users to identify the relationship strengths and weaknesses individually. Completed individually, but can then be used as a check-in with both parties. The goal is to acknowledge areas where both partners need more attention to improve their relationship.

2. ## Boundary Style Info Sheet

Boundary Worksheet

Dual sheets are used to explain different boundary styles and why it's important to have healthy boundaries. The exploration sheet offers prompts to reflect on the user's application of boundaries.

3. ## Understand the Big Picture

This worksheet contains 13 prompts that challenge the user to zoom out, rather than hype focusing on the little events that can put someone in a bad mood; i.e. when the dishes are not done.

4. ## Caring Behaviour List

It prompts users to think about what they need to feel loved and cared for. Used to think about what is being done now, what used to be done and what could be done to make each other feel loved.

5 Mutual Relationship Vision

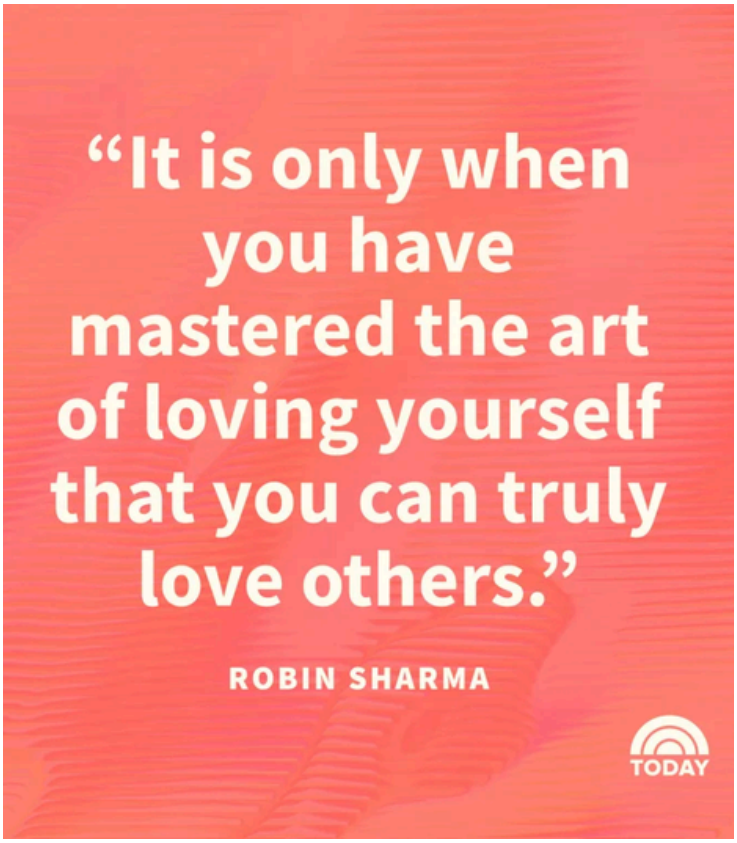
The worksheet is to be completed independently from a partner. Once completed, it is used as an opportunity to foster conversation about the positive components of the relationship. Then it asks the couple to imagine their dream relationship.

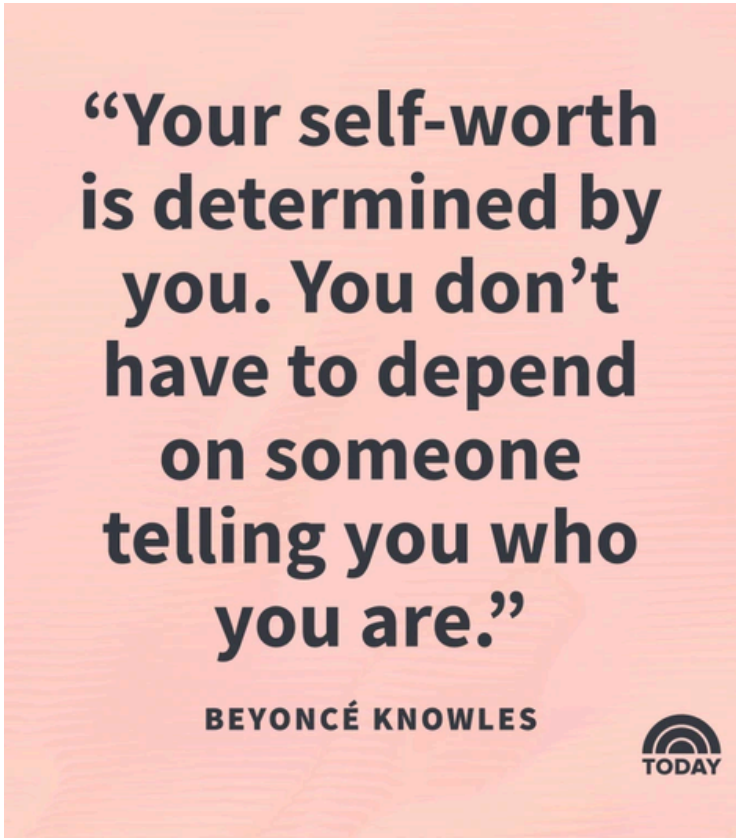
6 Closure to Change

The three-part workbook is used to help your understanding and management after the end of the relationship. The three sections: being with your feelings, lessons learned, and new horizons, each have multiple exercises and prompts that allow the user to reflect on their suppressed emotions. Please note it's a 47-page workbook, and not meant to be completed at once.

7 Setting Boundaries: Info and Practice

Designed to support users in gaining confidence in implementing boundaries. Offers suggestions and situational prompts for the user to explore their response





Connection and Lifestyle Resources

1. Daily Habit Tracker App

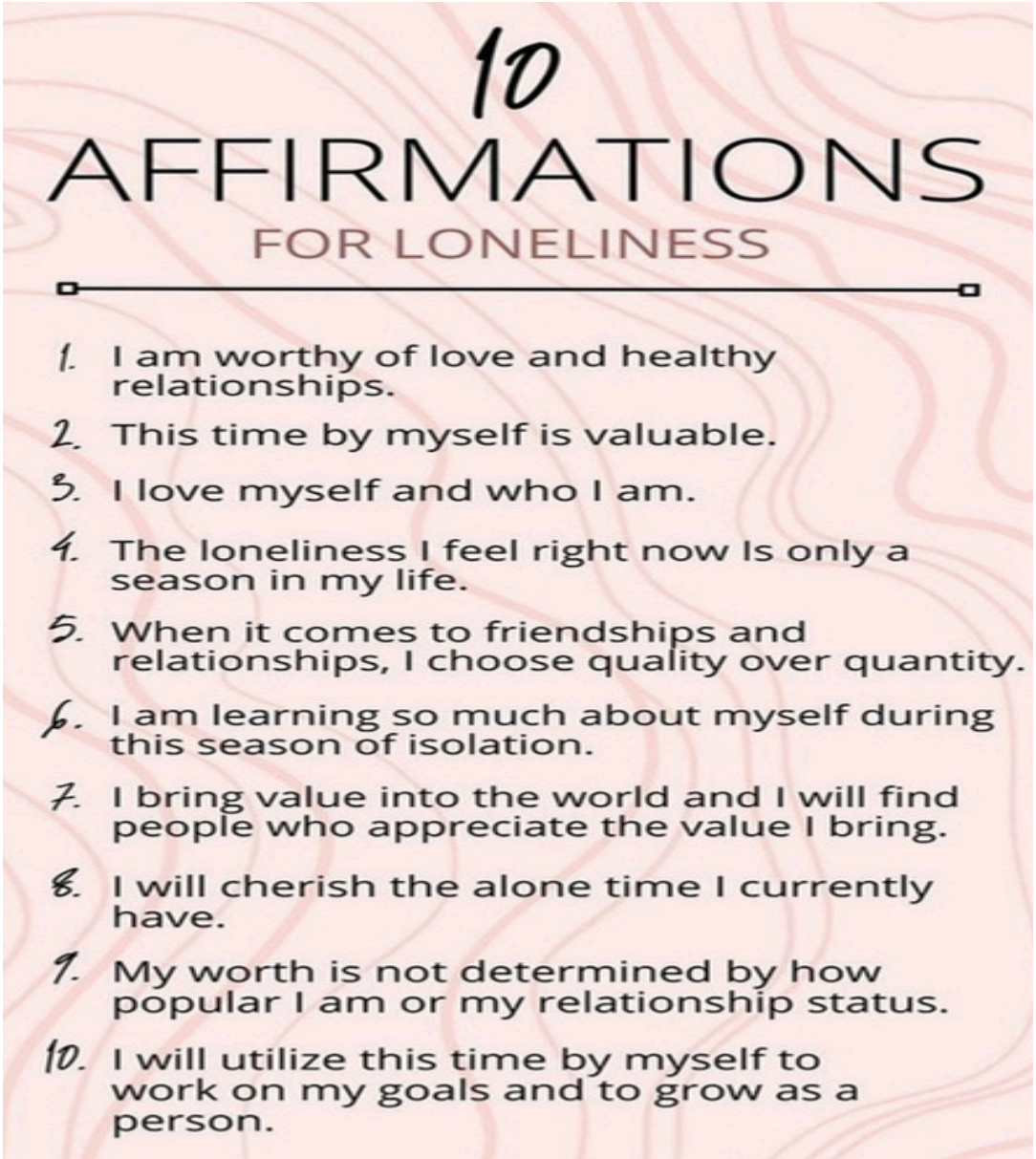
It can be utilized as an app or a website, allowing users to program specific tasks or activities that need to be completed daily.

2. Habit Tracker Template

Numerous habit tracker PDFs to download and print

3. Progressive Muscle Relaxation Script

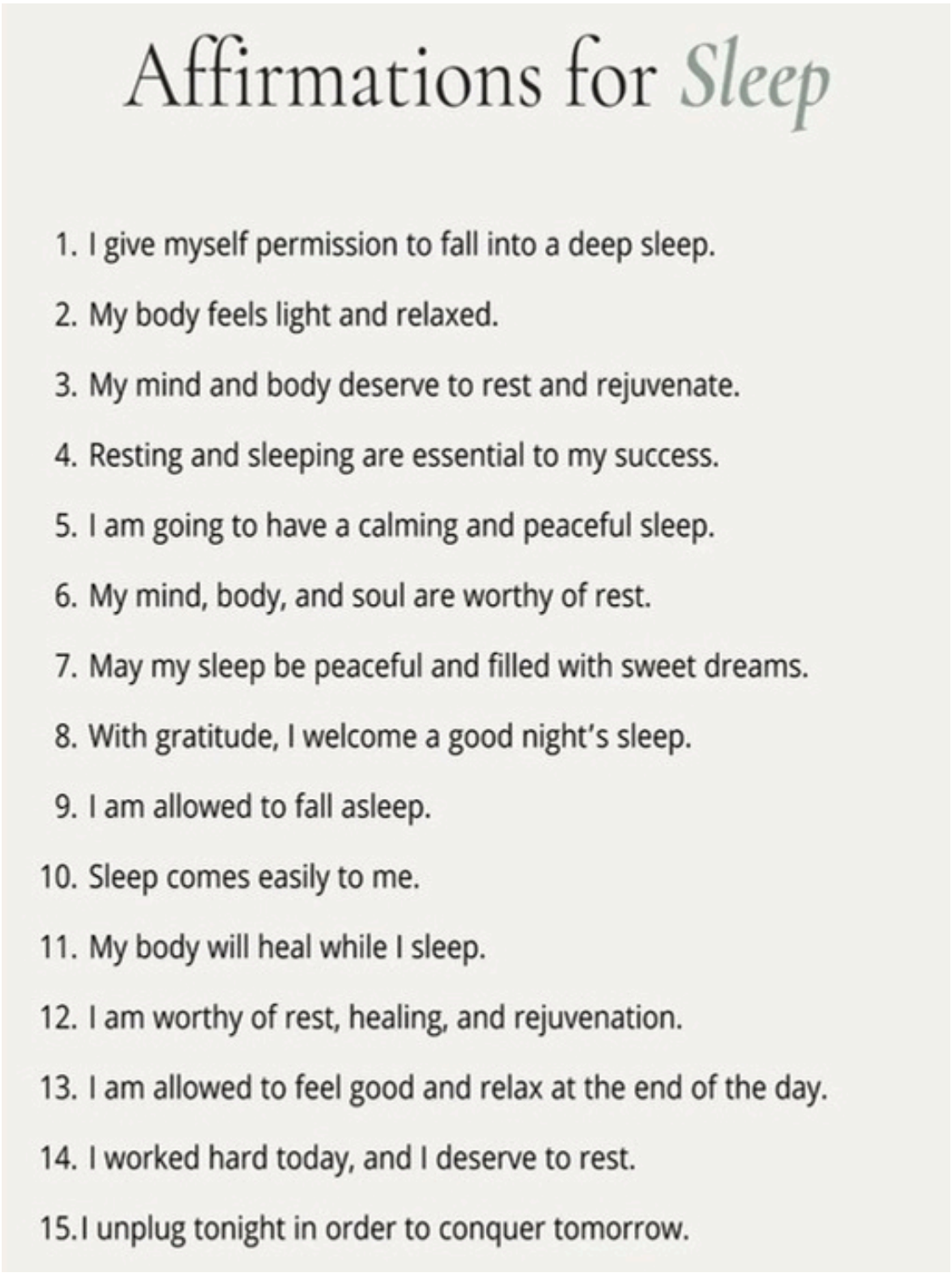
Relaxing exercise that supports the user to acknowledge the tension in their body and to try and relieve the tension in their muscles. Used as a mindful tool for relieving stress by bringing attention to the physical body. Lying down is optimal, but the exercise can be adjusted



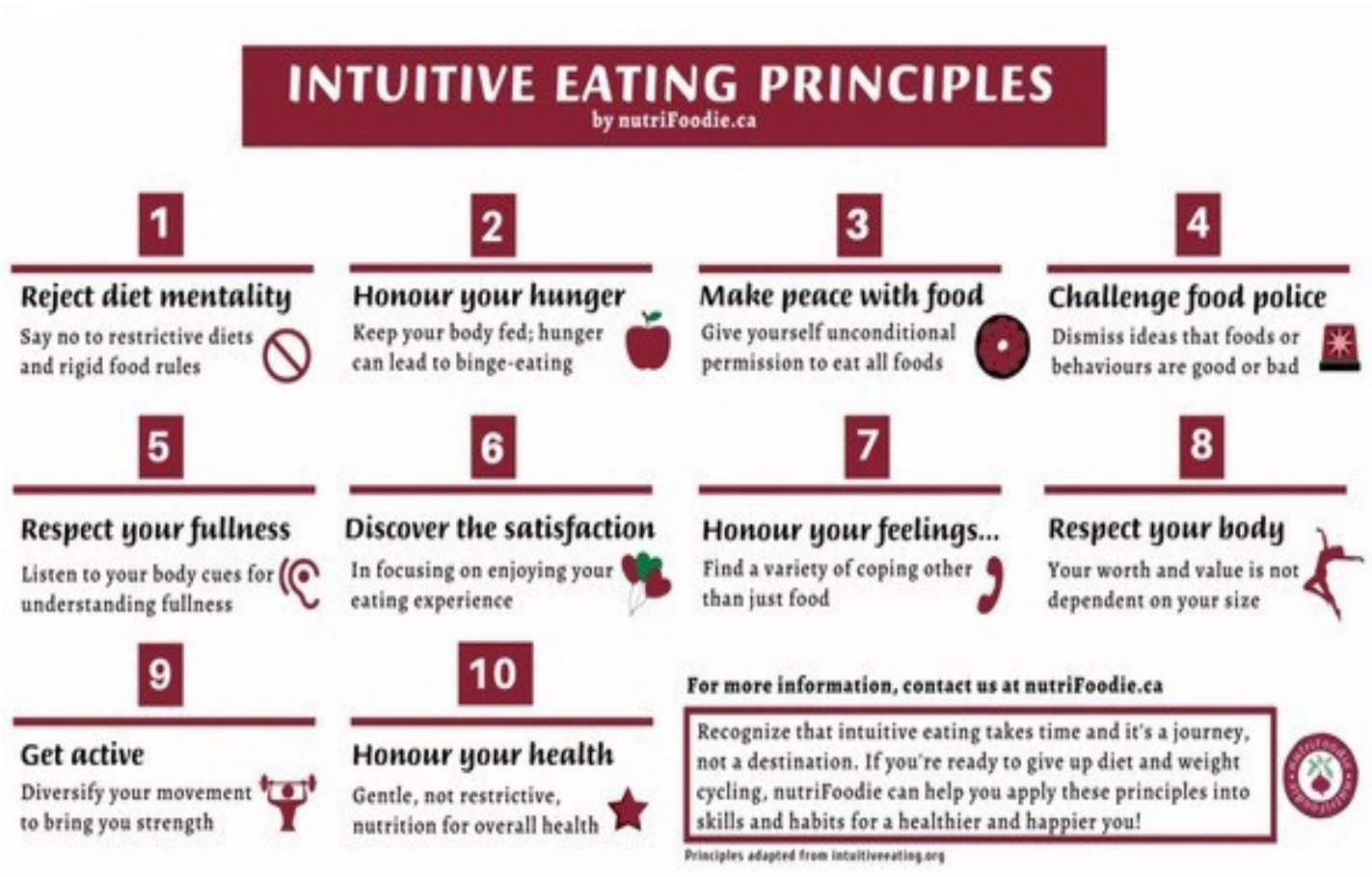
4 Finch: The app that makes self-care fun

Finch is a “self-care” app that gamifies taking care of yourself through the use of a virtual pet.

5 30 Self-discovery Journal Prompts



6 Intuitive Eating Principles



7 To-Do List



8 Healthy Living Toolkit

Design for families with a youth facing mental health challenges, but has helpful information on four domains: healthy eating, being active, managing stress, and getting sleep.

9 Creating Lasting Adult Friendships Worksheets

Design for users to work through prompts that guide them to reflect on how you are as a friend, consider what they want out of friendships, and to develop strategies to build connections.

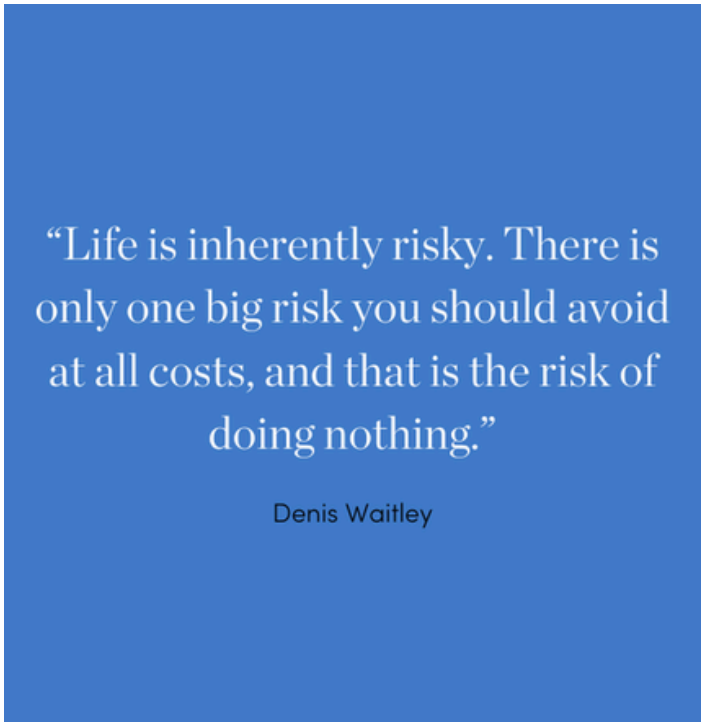
10 Self-Awareness Workbook

Design for users to work through prompts to get a better understanding of their values and beliefs, personal attributes, tendencies and habits, emotional awareness, and a needs assessment. This workbook does not need to be done all at once, but it is a tool to gain a better understanding of oneself.

11 Growing Wellness Activity Guide - Indigenous Framework

A 46-page workbook designed for users to explore their cultural identity and how that can support healing and wellness.



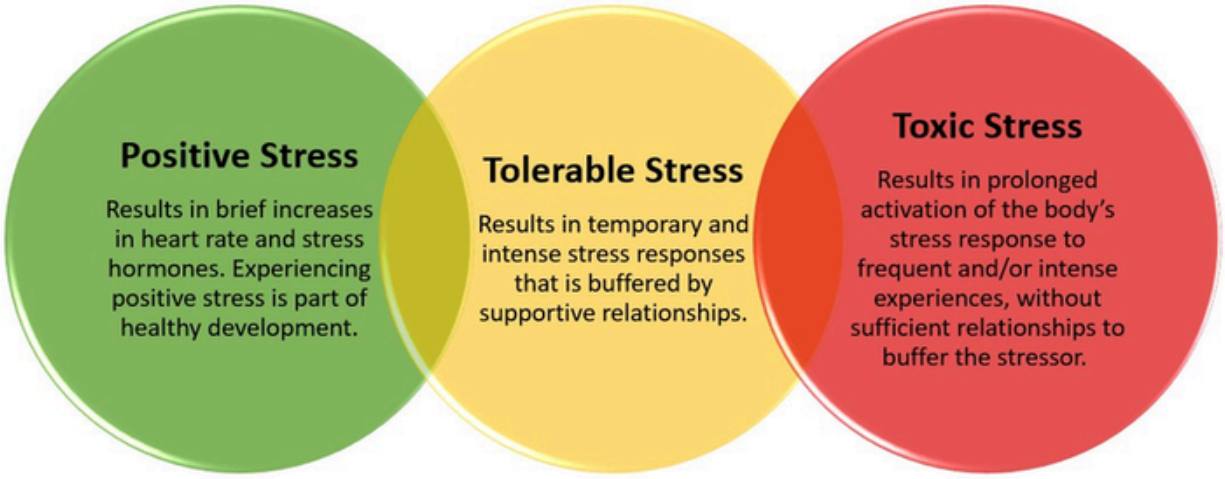


12 Alphabet Coping Skills List



Trauma and Stress Resources

1 Identifying Different Kinds of Stress



2 Letter of Self-Compassion

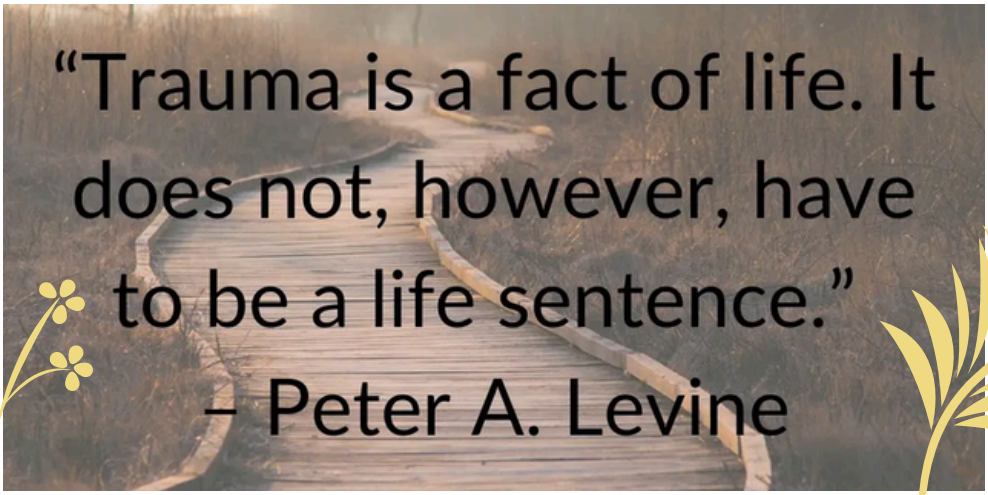
The two prompts can be applied for users to look at a stressful situation from a more caring and self-compassionate perspective.

3 Conquering Avoidant Tendencies

This worksheet creates an opportunity for users to explore alternative strategies, rather than just avoiding triggers and stressors. The worksheet acknowledges that sometimes avoidance is the easier option, but it is not a long-term solution to distressing events.

4 Trauma Release Exercises

Provides prompts for physical movements that encourage trauma release. Please note these exercises provide no alternative for different abilities; consult with your therapist or worker to brainstorm alternative positions. Alternatively, there is the email of the creator of the form, that you are welcome to try and connect with.



5 The Trauma Recovery Workbook

The 12-step workbook aids the user in identifying how trauma shows in daily activities. It offers starting point techniques that can be used to address immediate concerns related to trauma responses.

6 TED Talk: How childhood trauma affects health across a lifetime

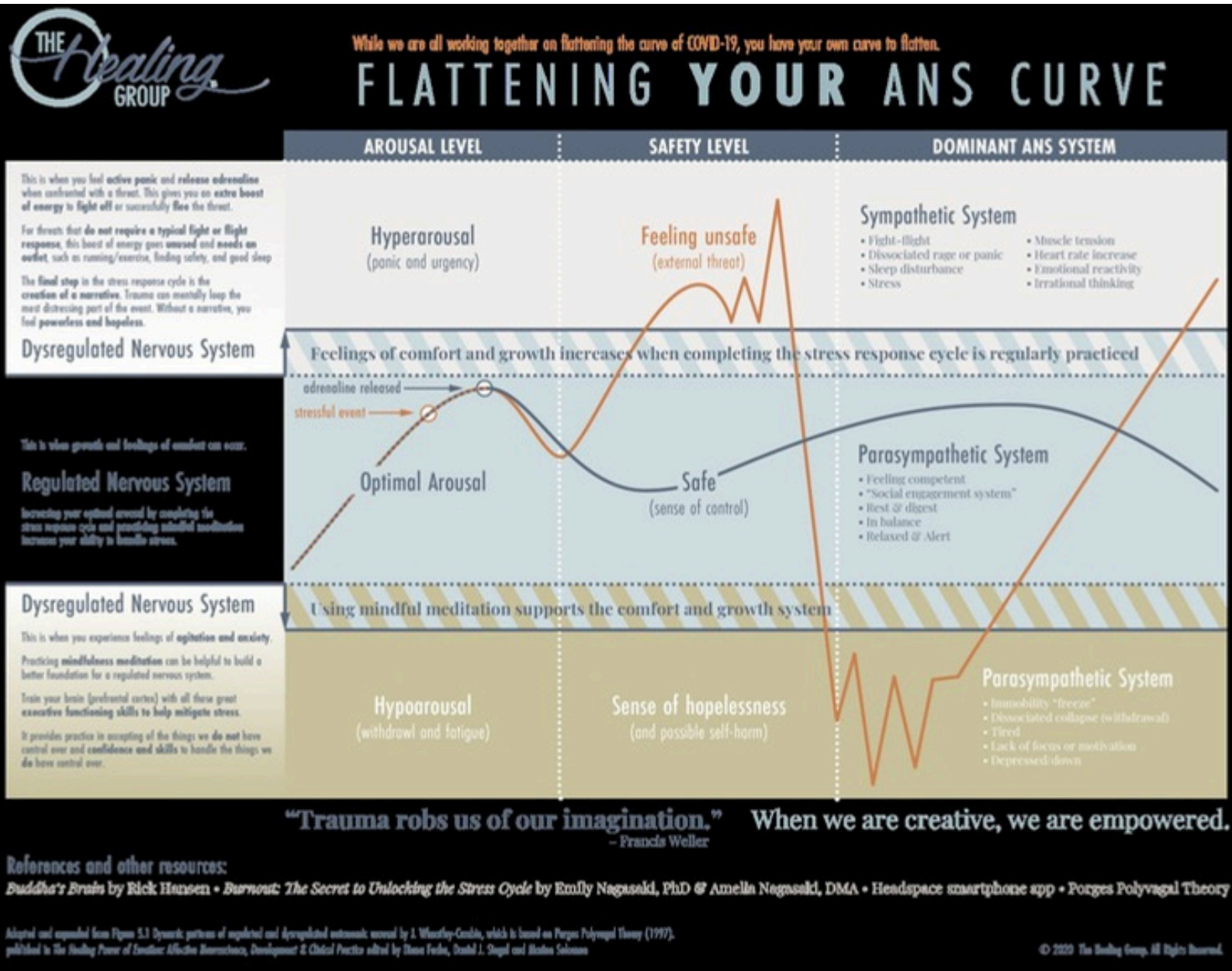
An 18-minute TED talk that talks about Adverse Childhood Experiences (ACEs) and health outcomes.

7 Exploring Resiliency Worksheet

The worksheet provides prompts for users to explore past resiliency factors that assisted in over coming barriers and stressors.

8 Automatic Nervous System (ANS) Graph

Feel free to zoom in to read the small text.



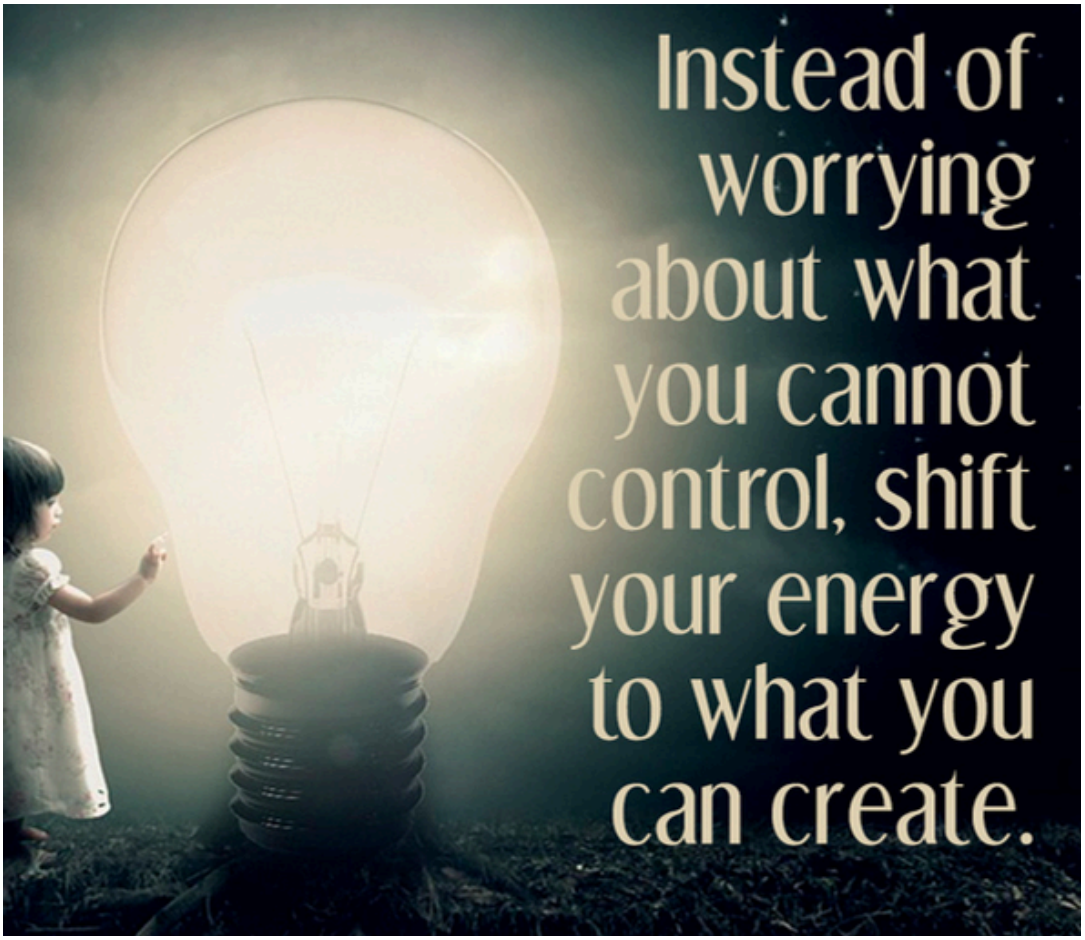
9 National Farmers Wellness Network

Crisis line for Canadian Farmers, available 24/7 at 1-866-FARMS01 (1-866-327-6701)

10 Managing the Effects of Trauma Workbook

The workbook is designed to address the manifestations of trauma and take manageable steps towards better mental health. The 35-page workbook addresses: trauma triggers, nervous system regulation, self-care, cognitive restriction, SMART goals, personal strengths, healthy boundaries, and overcoming shape.

Thank you for interacting with these self-directed resources!



Feedback Opportunity

This document link is live. This means resources will be edited or changed to reflect the needs of the community—your feedback is highly valued and appreciated. The self-directed resource documents were selected with careful consideration; however, we acknowledge that diverse identities may have different experiences with the forms. For this reason, we have created a Google Form to gather anonymous feedback, ensuring the self-directed forms remain current.

Please access the feedback form through this link.

