

VISIT BC.211.CA OR DIAL OR TEXT 2-1-1 (9AM-3PM WEEKDAYS) TO GET HELP FINDING COMMUNITY PROGRAMS AND SERVICES!

IRSSS.CA
KUU-USCRISISLINE.COM
FOUNDRYBC.CA
HERETOHELP.BC.CA
BCMHSUS.CA
BC.CMHA.CA
CRISISCENTRE.BC.CA

NEEDING MORE SUPPORT? HERE ARE SOME MENTAL HEALTH RESOURCES!

TRY OUT!
SO, IN THIS ZINE WE'VE COMPILED A FEW SCIENCE-BACKED, BUT FUN AND QUIRKY, COPING TECHNIQUES TO

"JUST CALM DOWN"! NOT HELPFUL.
THAT'S LIKE TELLING SOMEONE WHO'S STRESSED TO
FEEL ANXIOUS OR OVERWHELMED IS THE WORST.
HONESTLY, BEING TOLD TO JUST BREATHE WHEN YOU

TIRED OF BEING TOLD TO
JUST BREATHE?
US TOO!

HERE ARE SOME
ALTERNATIVE COPING
TECHNIQUES TO TRY:

WANT TO TRY IT? YOU CAN DO-
ICE BATHS
COLD SHOWERS
OPEN WATER SWIMMING IN COLD TEMPERATURES
*THE WATER SHOULD FEEL UNCOMFORTABLE BUT
SAFE- NOT PAINFUL. A GOOD MARK IS 10C OR
ABOVE!

COLD WATER SUBMERGING.
STUDIES HAVE SHOWN COLD WATER SUBMERGING TO
INDUCE CHANGES IN ENDORPHINS, CORTISOL AND
NOREPINEPHRINE LEVELS. NOT ONLY CAN IT GIVE A FEELING
SIMILAR TO A RUNNER'S HIGH BUT IT CAN HELP REDUCE
STRESS LONG TERM!

INHALATION - TAKE A NICE WHIFF
CREAMS
TOPICAL APPLICATION - MAKE YOUR OWN HEALING
DIFFUSION & AMBIENT USE - ELECTRIC DIFFUSER
ARE THE BEST HOUSE GUEST
ROOM & LINEN SPRAY - JUST A BOTTLE PLUS
WATER
ENHANCE YOUR SHOWER OR BATH TIME - A FEW
DROPS IN THE BATH WILL ELEVATE THE BATHING
EXPERIENCE

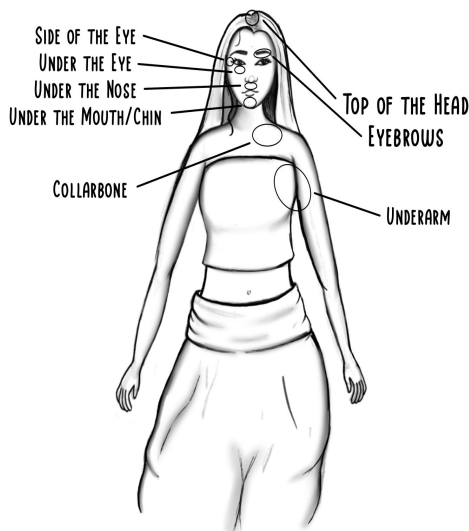
AROMATHERAPY IS LIKE A FAST-PASS TO CALM YOUR
NERVOUS SYSTEM! PAIR CALMING AROMAS WITH
SLOW, INTENTIONAL BREATHING, AND YOU CREATE A
POWERFUL RESET BUTTON FOR YOUR BODY AND MIND.
IN JUST A FEW BREATHS, YOU CAN MOVE FROM
FRAZZLED AND OVERWHELMED TO FEELING CENTERED,
GROUNDED, AND AT EASE!

DID YOU KNOW: WHILE OUR BRAINS CAN TELL THE DIFFERENCE BETWEEN
SIMULATED AND SPONTANEOUS LAUGHTER, OUR BODIES CANNOT? YOU'LL
EXPERIENCE THE SAME PHYSIOLOGICAL BENEFITS EITHER WAY!
TRY THIS ALONE, IN FRONT OF A MIRROR, OR WITH A FRIEND, A FEW TIMES A
WEEK!
ALTERNATIVELY YOU COULD WATCH SOMETHING FUNNY, BUT THE BOTTOM
LINE IS: GET LAUGHIN' PEOPLE!



EFT IS AN ACRONYM FOR EMOTIONAL FREEDOM TECHNIQUE.
THIS IS A ROUTINE THAT INVOLVES TAPPING ON SPECIFIC
POINTS ON YOUR BODY WHILE CENTERING YOUR FOCUS ON A
FEELING OR ISSUE THAT ONE WANTS TO RELEASE.

YOU CAN START WITH GENTLE TAPS 9-15 TIMES EACH USING
2-4 OF YOUR FINGERS TO TAP EACH POINT WITH THE SIDE OF
THE HAND (CHOPPING MOTION)



OTHER STUFF WE RECOMMEND!

*NOTE: THESE AREN'T RESEARCHED, JUST STUFF WE PERSONALLY DO!

GARDEN

ART
DRAW HOW YOU FEEL,
DRAW YOUR FAVORITE
CHARACTER ETC.

EXERCISE

SCREAM INTO A PILLOW
WHEN YOU SCREAM INTO A
THICK PILLOW, IT'LL MUFFLE
IT!

MUSIC
SOMETIMES A GOOD
SONG HELPS.

MEDITATION

JOURNALING

WRITING HOW YOU FEEL IS SOMETIMES THE
HEALTHIEST WAY TO GET IT OUT!

READING

VIDEO GAMES

BATHING

BAKING

REST
SOMETIMES A NAP OR JUST
LYING DOWN CAN HELP.

CLEANING

AGE REGRESSION
ALSO COULD BE CALLED INNER CHILD WORK, BUT THINK OF JUST
ENGAGING IN "CHILDISH" ACTIVITIES AND BEHAVIOURS FOR FUN!

FIDGETING

COMFORT PLUSHIE/ITEMS

WATCH CARTOONS

DRINK TEA/WATER

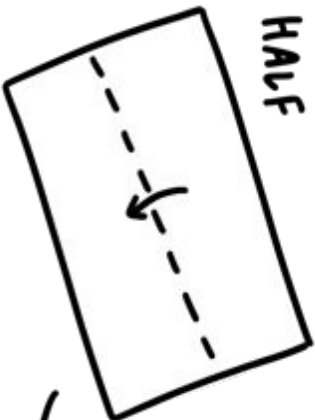


SCAN THE QR CODE TO LEARN MORE.

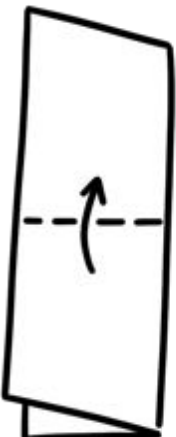
IF YOU ARE EXPERIENCING A MENTAL HEALTH CRISIS,
CONSIDER REACHING OUT TO ONE OF THESE CRISIS
LINES, AVAILABLE 24/7:
9-8-8 (CALL OR TEXT)
NATIONAL SUICIDE CRISIS HELPLINE:
1-800-SUICIDE / 1-800-784-2433
BC SUICIDE PREVENTION AND INTERVENTION LINE:
310-MHSU (6789)
MENTAL HEALTH & CRISIS RESPONSE
CALL 911 IF YOU ARE IN AN EMERGENCY.

How To Make A ZINE

1. FOLD IN HALF



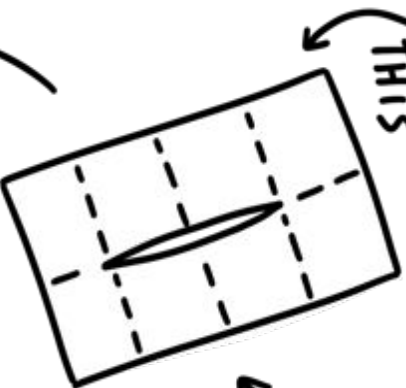
2. FOLD IN HALF (AGAIN)



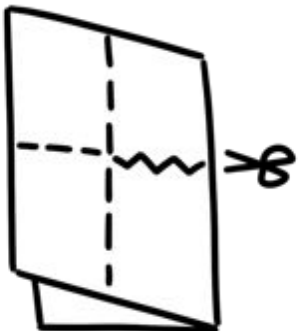
3. FOLD IN HALF (AGAIN)



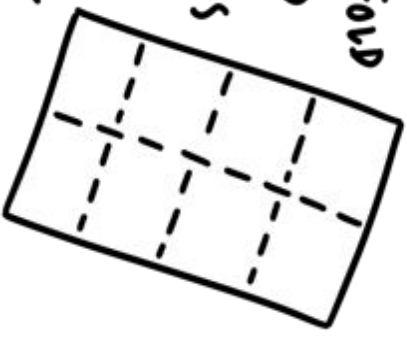
6. UNFOLDED, IT SHOULD LOOK LIKE (THIS



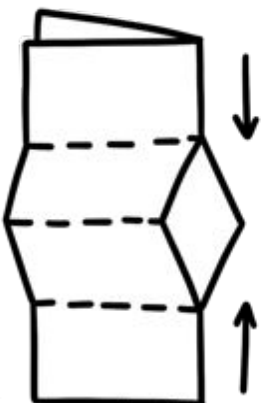
5. FOLD IN HALF + CUT THE CENTRE



4. UNFOLD TO FIND 8 PAGES



7. FOLD IN HALF AND PUSH TOGETHER



8. NUMBER YOUR PAGES IN THE RIGHT ORDER + ROTATION

