

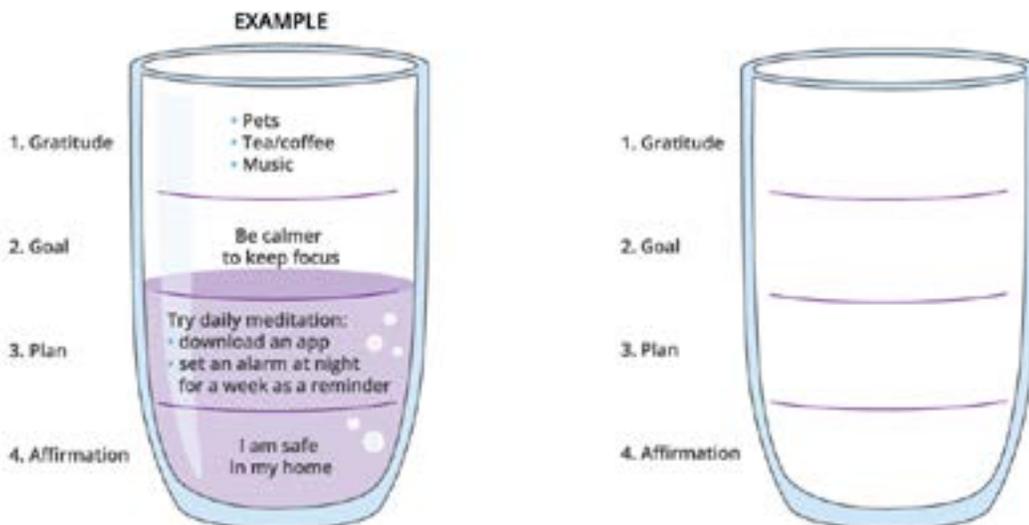
#CUPOFGRATITUDE

A resource for youth

Reflection exercise to support mental health

Is your cup “half full” or “half empty”? Even in challenging times, there are things we can do to help stay positive. This four-step exercise is one way to care for yourself during difficult periods and beyond:

1. Draw or write down three things you are grateful for. This can help you focus on and appreciate the things you have.
2. Write down a goal you have. This could relate to how you are feeling or could be something you want to achieve. Writing goals may help you become more aware of what is important to you, especially during life's challenges.
3. Break your goal down into smaller steps, and write these steps down. This can make it easier to see how you can get started. Tip: write goals that are “SMART” (Specific, Measurable, Attainable, Realistic and in a certain Time frame).
4. Create a daily affirmation, which is a positive statement to inspire self change. For a more effective affirmation, try writing in first person (beginning a sentence with “I...”).



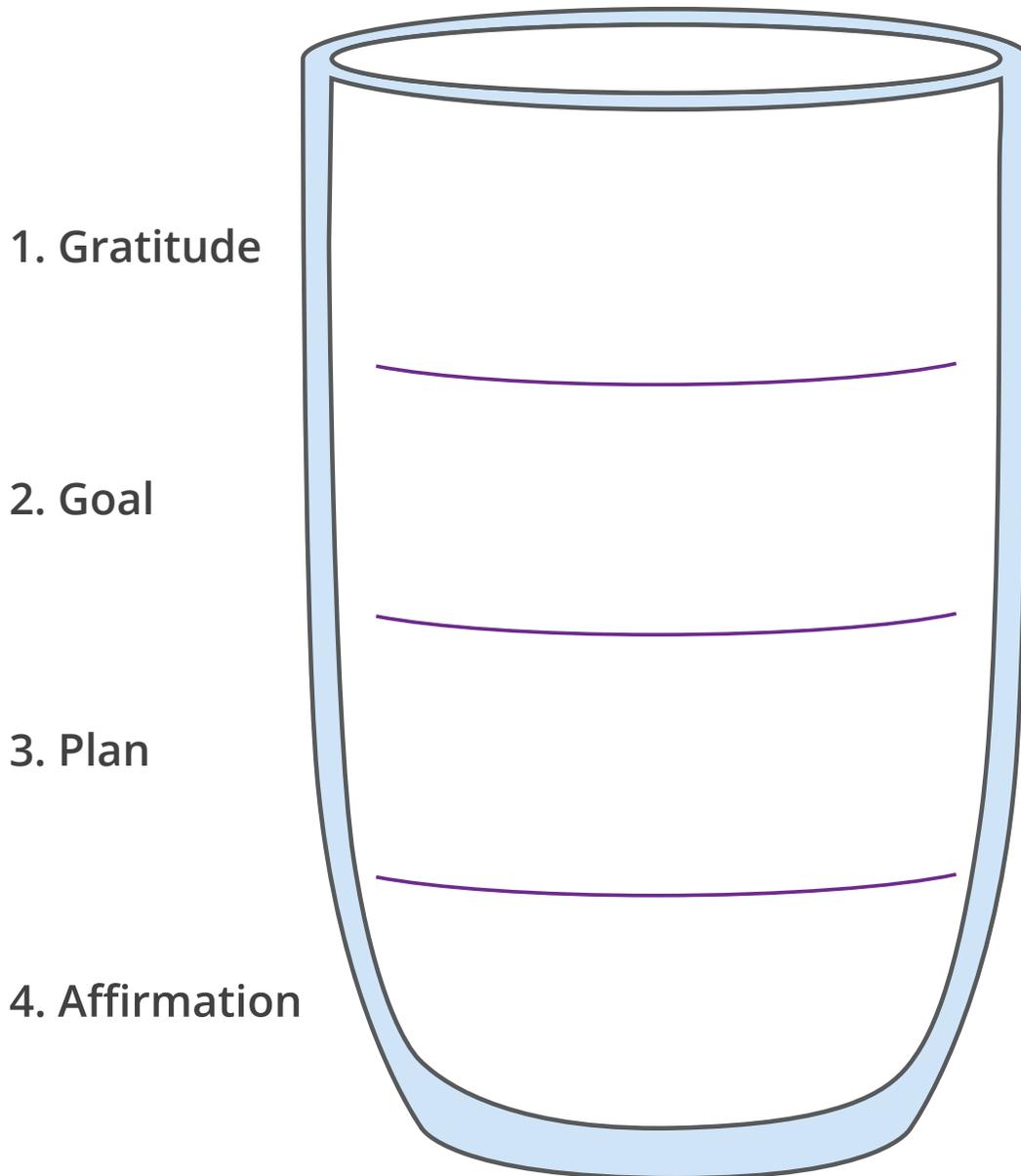
This information sheet is not intended to be a resource for people who are experiencing a mental health crisis. If you are experiencing a mental health crisis, please call 911 immediately or go to your nearest emergency department.

For more information, visit camh.ca/en/health-info/crisis-resources

This resource was developed by young people on CAMH's Youth Engagement Initiative and National Youth Action Council.

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