



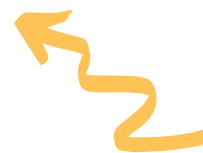
ᑎᑭᑦᑲᑦ ᑕᑕᑦᓂ ᑭᑦ ᑎᑭᑭᑭᑭᑭ ᑕᑭᑭᑭᑭ

Tikinagan

Child & Family Services

My Calming Book

A Resource to Help Youth With Worries



Colour Me!





ᑎᑭᑦᑎᑦ ᑕᑦᑕᑦᑎᑦ ᑭᑦ ᑎᑭᑦᑎᑦᑕᑦ ᑕᑦᑕᑦᑎᑦ

Tikinagan

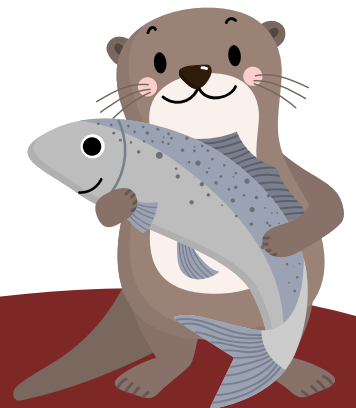
Child & Family Services

ABOUT TIKINAGAN

We are a community-based child and family wellbeing agency rooted in and accountable to the First Nations communities we serve. We are a large team of residential care workers, child care workers, family service workers, community-based prevention workers, intake workers, and administrative staff. We are here because we want to protect our children, help our families and nurture our communities.

ABOUT THIS BOOK

This book is designed to help youth deal with anxiety. It's meant to be used by youth, and preferably, alongside an adult they feel comfortable with. This person can be a Tikinagan worker, foster parent, caregiver, a teacher, or a counsellor. Youth will find many ideas about how to deal with anxiety in colouring pages that illustrate the strategies, and other pages are for journaling. This book comes together with a set of cards with short, simple instructions.



ANXIETY

WHAT IS IT?

Anxiety is a normal feeling in our bodies that helps us to deal with difficult situations like writing an exam, participating in a competition, or running for safety when something dangerous happens.

How does anxiety feel in our bodies? Most times, our hearts beat faster. We breath shallow and fast. Our hands get sweaty. Our faces feel hot and look red. Tears can come to our eyes. We feel shaky and tingly, and our muscles are tense like we have a lump in our throats. Once that difficult situation is over, our bodies calm down and go back to normal.

When we go through many difficult moments and these changes in our bodies won't turn off, we constantly feel like we're running from something we can't escape from and then anxiety becomes a problem.

Fortunately, there are many things we can do to help ourselves. Take a look at our friend Drew on the next page.

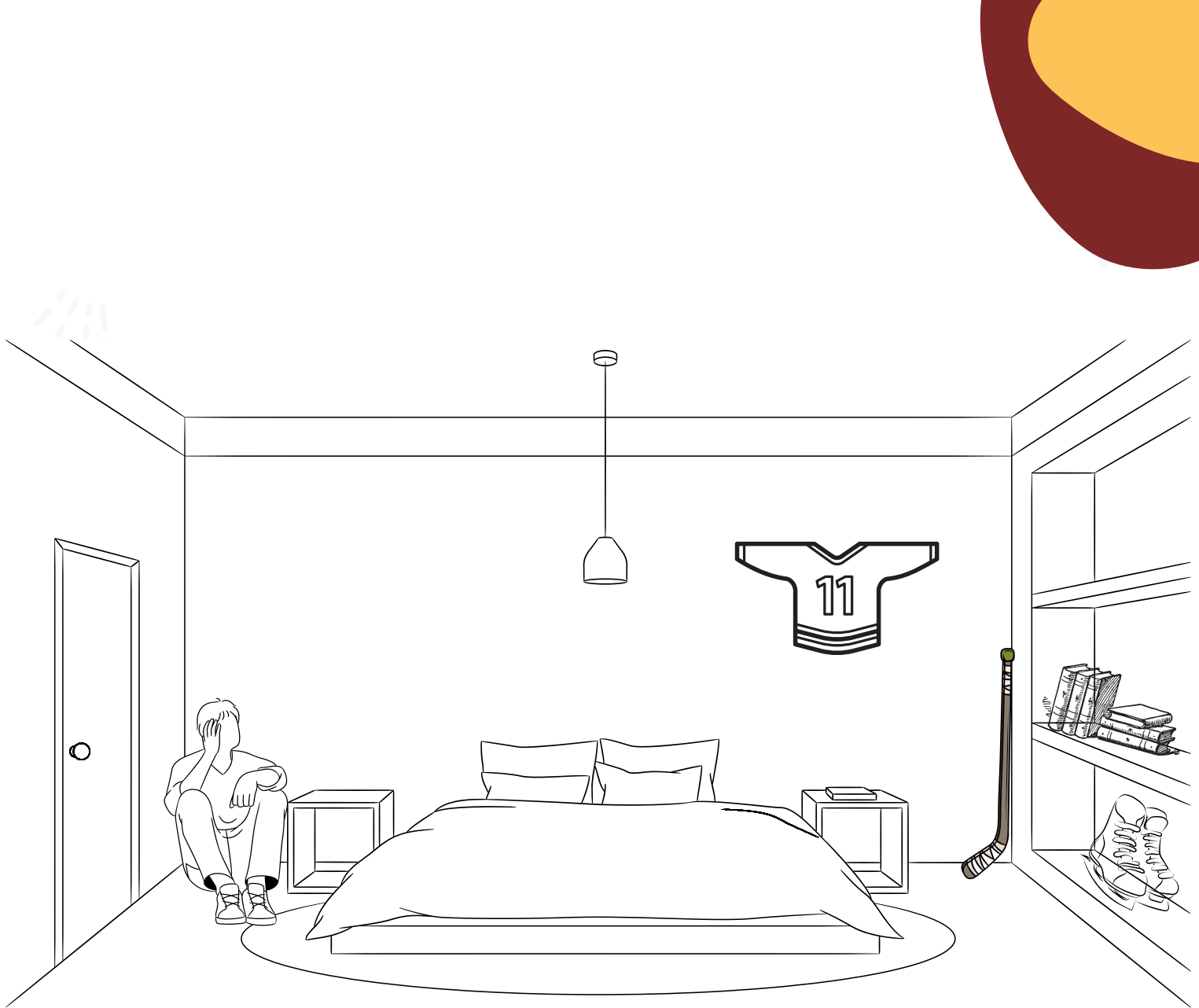


Drew's healing journey through anxiety and calmness

Drew is 13-years-old. She lives in a closely connected and supportive First Nation community. She lives with her mom and two sisters. Some of her favourite hobbies include hockey, using social media, and going out on the trap line with her uncle.

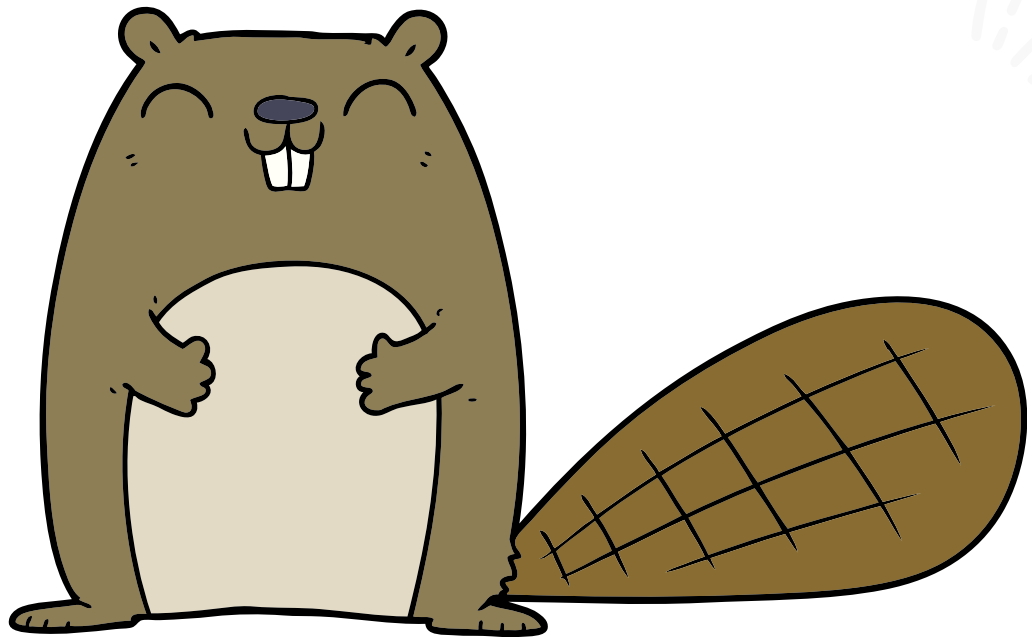
When she goes to school, sometimes she feels a little anxious because she is shy. She feels her heart beating faster and breaths very shallow. Once she gets to the classroom, she feels better after a few deep breaths and is able to carry on throughout the day. Drew feels similar when she goes to the arena, especially if she has a hockey game. She gets anxious because she thinks of all the people watching her. But once she starts playing, she is able to use this extra energy to skate faster and shoot harder. By the end, she feels better, even drained.





Help decorate Drew's room. What stuff does she like?

One day on her way home from school, Drew was pushed by one of her classmates and called a 'loser.' The following day, Drew's heart was beating even faster, and she was breathing very shallow and felt nausea. All day at school, it was much harder for her to slow down her body. She felt like she barely survived the day. When she got home, she ran to be alone in her bedroom. Her mom noticed she was upset and knocked on her door. Drew told her mom about her feelings and they decided to go to the Nursing Station to meet with a counsellor, which is a helper that knows how to deal with anxiety and her emotions.



Breathing exercises

When Drew arrived at the Nursing Station with her mom, she was not sure what to expect. Her friends were already in counselling and they said it can be scary at first, but really helpful. Her mom told the receptionist that they wanted to see a counsellor. After a few minutes of flipping through old magazines and checking her social media feed, Drew met Kelly, one of the counsellors. Together, the three of them walked to a quiet room in the back.

After sitting down, they talked about some of her feelings. Drew shared how her hands and face feel sweaty and how she has a hard time sleeping the day before her hockey games. Together, they agreed to meet a few times and try some exercises that could help. Since Drew's biggest difficulty was fast shallow breathing and an increased heart beat, they decided to start by practicing breathing exercises.



"Make yourselves comfortable on your chairs and take a look at your hands," Kelly began. "Place one hand on your chests and the other one on your belly. Just notice how they move up and down as you breathe. Take a deep, slow breath counting to five and feel how your hands rise."

Drew glanced over at her mom; her eyes were closed and she was mouthing the numbers. She decided to give it a try.

"Then breath out counting to five and feel your hands moving down as you breathe out. Breathe in slowly again and think of breathing in peace. Breath out slowly and think of stress leaving your body. Just focus on your breath and how it feels taking in a breath, then how it feel when you breathe out." They took five breaths, and it made Drew feel more relaxed.

Drew noticed how there was coolness in her nostrils as she inhaled. She noticed her lungs filling with air and her belly expanding. On the exhale, she noticed warmth on her lips and her lungs and belly returning to a relaxed state. Then Drew started thinking about her test tomorrow.

Kelly added, "You will likely notice thoughts coming into your mind. When this happens, just acknowledge the thought without judgement, then return your focus to your breathing."

By the end, Drew agreed to come back a few more times to learn and practice more relaxation techniques.



Using your senses

Drew met Kelly again. This time they decided to use their senses to see how their own bodies can help them relax and experience joy.

“Your own senses can help you when anxiety gets really bad, especially if you’re remembering difficult moments, and turn them into moments of joy,” Kelly explained. “You can pay attention to little details throughout the day. Kelly explained whenever Drew started to feel anxious, she should try focussing on what her senses using the 5,4,3,2,1 technique.

“Using your sense of sight, you can go into the bush and look around you. Notice colors, sizes, textures and movements. Watch the sunrise and the sunset, the snow, or the grass depending on the season, the lake. What else do you notice, can you mention five things you can see?”

Drew named five things in the room: the desk, the chair, the clock, the poster, and the computer.

“Touching things that make us feel joy can fill our hearts. You can hug a love one or squish a stress ball. Can you tell me four things you can touch or notice now with your sense of touch?”

“The chair, my cold hands, my skin, and my clothes,” Drew answered.



"Our sense of hearing can bring memories. Music is one way we have to bring joy and relaxation to our hearts and bodies. You can create playlists with upbeat songs to cheer your heart. Tell me three things you can hear."

"Your voice, the clock ticking, and the wind outside."

"Our sense of smell is very powerful. It can bring strong emotions very quickly and connect us to old memories of people we love, places we've been or situations we've experience, like smelling freshly baked goodies.

"Finally, our sense of taste. We can taste flavours, like sour gummies, or your kookum's bannock. Even their temperature, like ice cream or hot tea. Having a good meal, baking cookies or drinking chocolate are some examples of things you can taste to bring you joy and relaxation. What's your favourite flavour?"


"Chocolate ice cream!" Drew replied, smiling.

Said Kelly, "So, as you can see, you can use your senses to bring many little moments of joy throughout your day."

Mindfulness walks

When Drew and Kelly met the third time, the weather was really nice outside, so they decided to go for a walk. As they headed into the bush, slapping away black flies, Drew told Kelly how some of the things she was learning were working better than others.

Kelly reassured her. “Everyone is different. What works for you may not work for your friends. We’re all different and this is okay. You can stick to two or three techniques and that’s good. We’re just exploring a few to see what’s best for you.”

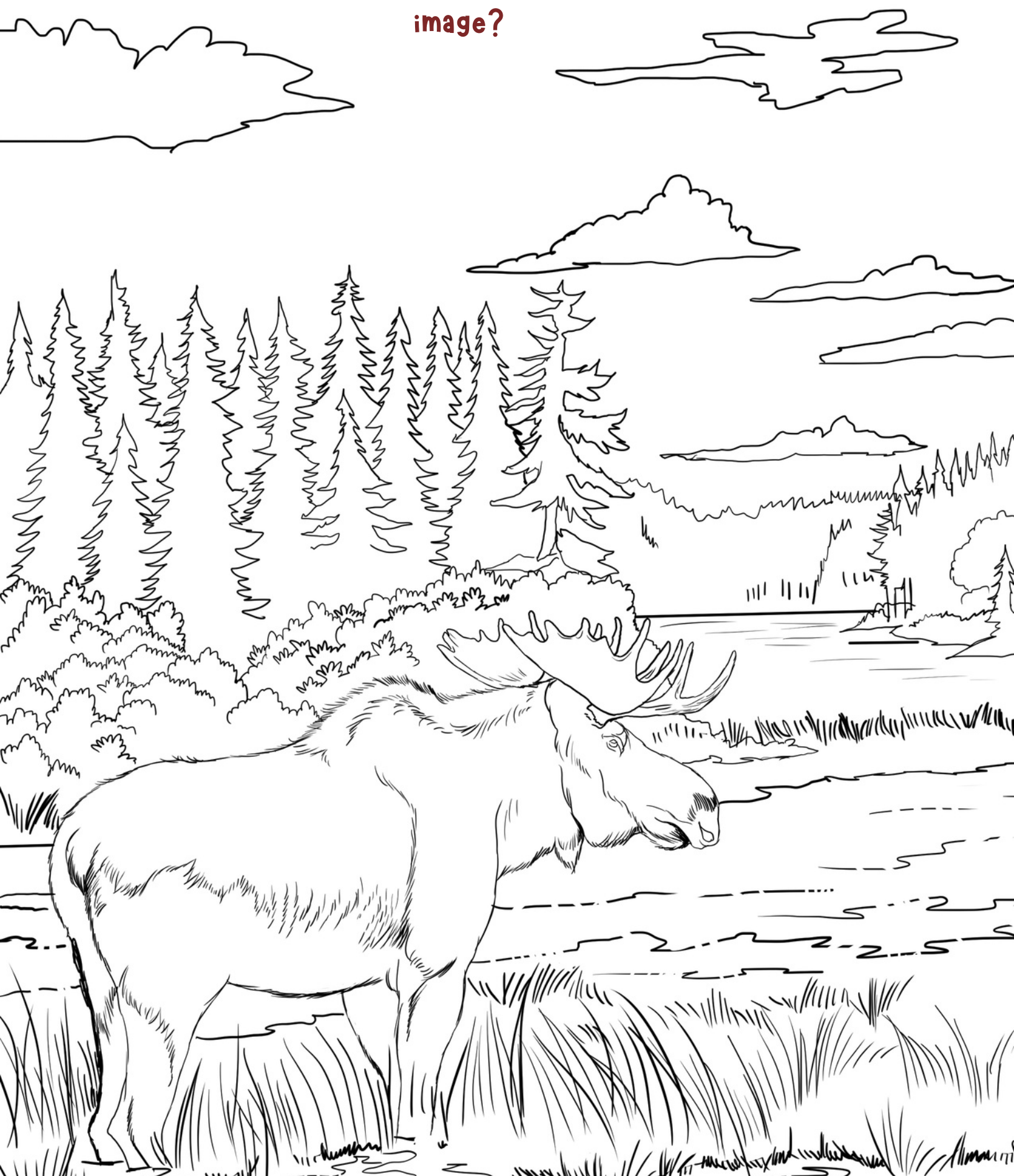


As they walked towards the lake, Kelly invited Drew to use her senses again. “Feel the breeze on your face and the cold air in your nostrils. Feel the grass under your boots. Take a look at the cedar trees and how their tops move with the wind.”

They sat down on a dead tree laying horizontally on the ground. “Take a look at how smooth the water looks on the lake and how blue the sky is today. We can even acknowledge the hardness of the tree, even if it’s not a pleasant feeling.” They both laughed.

Kelly added, “Being mindful means being present in the moment. You will likely have thoughts about the past or future that come to mind while you are walking. When this happens, just notice them without judgement, and return your focus to the walk.” They both enjoyed their mindful walk until a partridge burst into view and flew into a tree. They were both startled, but then started laughing again.

**Drawing or colouring can help calm us down when we
feel anxious. What colours would you use for this
image?**



Progressive relaxation

During another time that they met at the Nursing Station, Kelly and Drew practised progressive relaxation for youth with body tension.

"Sit on this chair and make yourself comfortable. If you want to practise this at home, you can lay down on your bed, too. I'm going to ask you to listen carefully." Kelly pulled out her phone and soft, relaxing music began to fill the room. "We're going to tense a group of muscles for 10 seconds and then we will relax them. I want you to pay attention to both feelings, the tension and the relaxation. Then we take two deep breaths and work with another group of muscles. We will start with your feet all the way up to your head and face. Ready?"

Drew nodded.

"Let's start by squishing your toes like you were in a big, warm puddle. Try to get your toes all the way to the bottom of the puddle. You can use your legs to help yourself. Count to 10 while you push down spreading your toes. Now, imagine you're pulling your feet out and relax them. I want you to pay attention to how your muscles feel... all the tension going away.

"Let's try your stomach muscles. Imagine that you're trying to get through a fence. Suck in your stomach like trying to squeeze it against your backbone. Let's count to 10. Then relax. Can you notice how it feels now?

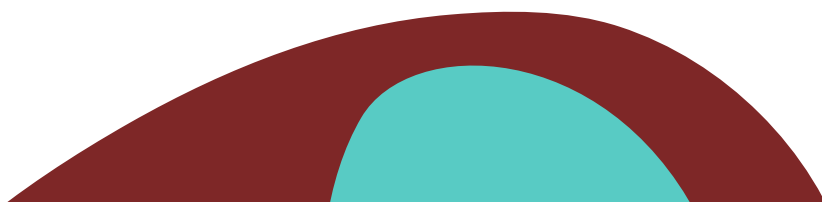
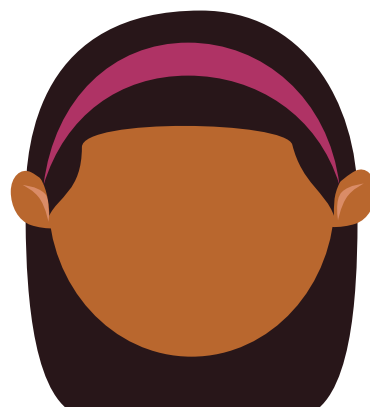
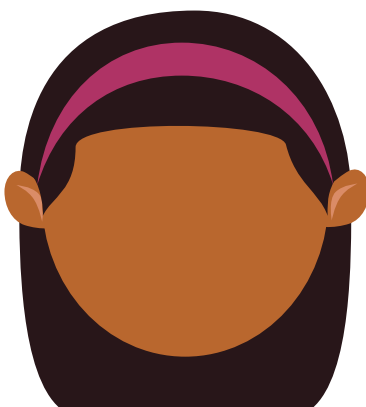
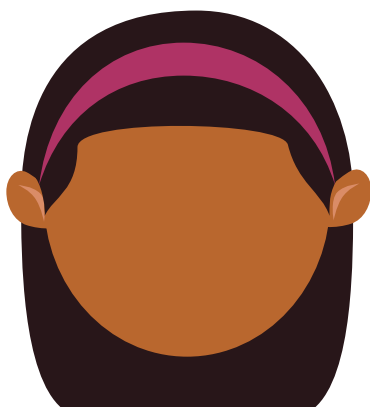
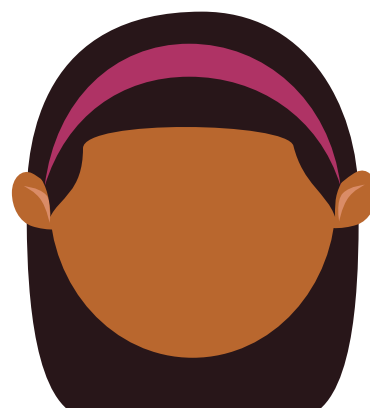
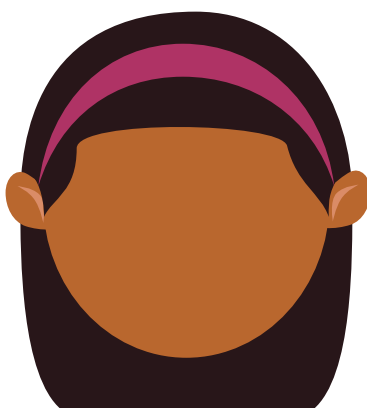
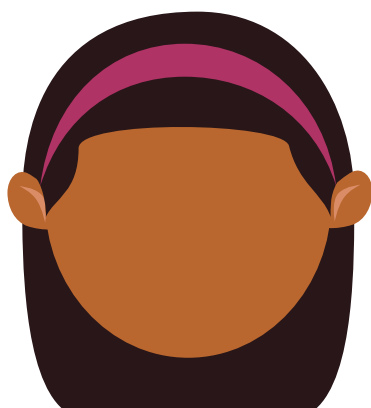
"Let's work on your arms. Imagine you're a tree and you're trying to reach the sky. Stretch your arms up really high and hard. Stretch your hands and fingers out, count to ten feeling all your muscles tense... and then relax, shake them and take a deep breath."



“And now your face. Imagine you have a giant wad of bubble gum in your mouth and inflate your cheeks and count to 10.” Drew tried, but she burst out laughing. She took a deep breath and tried again. This time, she was able to do it. “And now relax and focus your attention on how your cheeks feel loose.”

“Now imagine there is a fly on your nose and your forehead. Wrinkle them, close your eyes and count to 10...and then relax them. Always pay attention to both feelings, when you tense your muscles and when you relax them and feel the tension melting away”.

Draw some funny faces you or Drew would make.



Body scan

After returning from the Little Bands hockey tournament a few weeks later, Drew and Kelly met again to talk about something to help her relax at bedtime. Kelly explained that sometimes people have a hard time relaxing when they go to bed because there are no distractions to keep their mind occupied.

“Listen carefully and just focus on my voice,” Kelly instructed. “Make yourself comfortable, close your eyes, and take a deep breath. While breathing slowly, bring your attention to your feet. Take in the sensation inside your shoes. Allow yourself to be curious about the sensations of the different parts of your feet: your toes, arches and heels. Then, picture your ankles and the lower part of your legs all the way up to your knees all around.” Drew followed the instructions, squirming a little on her chair and taking deep breaths.

“You can open your eyes and take a look at your thighs and how they connect with your hips, back and front.” Drew tried looking under her legs and they both laughed. Kelly continued, “Feel the chair under them. Putting your hands on your belly and chest, notice how they rise and fall as you breathe. You don’t need to change the way you’re breathing, just notice it. Also, notice how your lower back feels and how the chair is supporting your mid and upper back.

“Now, focus your attention in your upper arms, lower arms, elbows, wrists, hands and fingers. Notice your shoulders and your neck, and how your head rests on your neck. Now your chin, cheeks, mouth, nose, eyes and forehead. Do you notice any tension in any of these body parts? Finally, bring your awareness to your whole body, and notice where you feel relaxed and light or where you feel tension.”

Since Drew felt a little tension around her shoulders and neck, they did a few stretching exercises, which was normal for her since she always stretched before hockey.



Dear reader, tell us about yourself. Would you practise a body scan? If so, how did it feel?



The strength of being still

A few weeks later, Drew and Kelly met again at the nursing station. Kelly explained to Drew the strength of being still. "Sometimes, especially when we feel anxious, we can react to difficult situations automatically without thinking of consequences. When you practice the strength of being still, you can create a parenthesis before reacting."

"What does 'parenthesis' mean?" Drew asked.

"It's like creating a break, or a pause before we act," said Kelly. "First, find your attention. Notice how you can become aware of your attention and then focus it on the trees, for example. Take a moment and bring your attention to this place in this moment."





Dear reader, please let us about how you focus your attention.

Dear reader, please tell us about the stillness in front of you. What do you see in the room you are in right now?

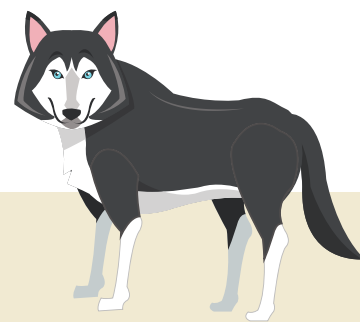




Dear reader, please tell us about spaces without distractions that you find comfortable.

“Let’s talk about time, Drew. I trust this is a good time to let go of worries about school and anxious thoughts or emotions. It can be as short as a few minutes.”

Dear reader, what about your time? Tell us about it.



“Think about your posture Drew. You can stand, lie down or walk around. You can find a comfortable posture that allows your back to be upright to help you feel at ease.”

Dear reader, what about your posture?



“Your eyes are very important, they can be close or open, whatever feel comfortable with you”.

Dear reader. How do you feel if you close your eyes and when you keep them open? Is there a difference?

Fighting back negative thoughts

During one of their final sessions, Drew and Kelly met at the Nursing Station to do some writing and drawing about her feelings and thoughts. "Sometimes, it's hard to understand our feelings in words," Kelly said. "What we can do is colour about them." Kelly gave Drew a drawing called a *mandala* and a set of 12 crayons, and instructed to put her right hand on her chest, close her eyes and take a deep breath. "Focus on how your heart feels today, then look at the colours and pick the ones that represents the feelings in your heart. Now look at the *mandala* and start colouring."

When Drew finished colouring, Kelly asked her what feelings represented in the colours she chose.

Kelly explained to Drew that there are things she can do to distract herself from anxious bodily feelings. She used this chart and the acronym ACCEPT for her to remember easier what to do.

Letter	Explanation	Example
A ctivities	Engage in activities that require thinking and concentration. This could be a project, a hobby or school work	Beating, coloring, looking for medicine plants, cleaning fish
C ontributing	Focus on something or someone other than yourself. You can volunteer, do a good deed, or do anything else that would contribute to a cause or a person	Gathering wood for elders, cleaning their yards, shovelling their snow or cut their grass (depending on the season), walking someone's dog, picking up garbage
C omparisons	Remember times when you went through something harder or heard of someone going through something harder than your current situation	The time you went to the dentist and you were afraid but you still did it
E motions	Do something that will create a competing emotion.	Watch a funny movie when feeling sad or listen to relaxing music when you're feeling anxious
P ushing away	Pushing your negative thoughts out of your mind	Write a worry on a piece of paper and then, together with an adult, burning it. Color a mandala while focusing on anxious feelings and then burning it
T houghts	If your emotions take over because they are very intense, try to focus on your thoughts	Read a book, count to ten, remember that you're stronger than your feelings
S ensations	Find physical sensations to distract you from intense negative emotions	Use your senses to help yourself. Use the 5, 4, 3, 2, 1 technique, jump a rope, go for a walk

Colour the mandala.



DEARMAN-GIVE-FAST

Knowing that Drew is kind of shy and feels comfortable around others, Kelly thought it would be good to help Drew overcome this. Kelly said, "Drew, I'd like to give you a few ideas to help you when you're around people. Let's take a look at this acronyms and charts. The first one is called **DEARMAN** and it will help you express what you need, the second one is **GIVE** and it will help you understand the needs of others, and the last one is **FAST**."

Letter	Explanation	Example
D escribe	Use clear words to describe what you want	Say “please don’t grab my color pencils” instead of “live me alone”
E xpress	Use clear words to express your feelings	Use a sentence like this: “I feel _____ because _____”
A ssert	Say what you need to say instead of hinting it	Say “I won’t be able to help you with your homework” instead of “I’ll see if I can make some time to help you with homework”
R einforce	Reward people who are nice to you	Smile when you say thank you
M indful	Remember the goal of a conversation, don’t get sidetracked	Keep in mind a conversation about healthy boundaries, like asking back a sweater someone borrowed
A ppear	Appear confident by using your body language	When talking about your needs, look at people in their eyes and keep a straight posture instead of looking down to the ground
N egotiate	People don’t always get what they want. Try to negotiate	Say “if you wash dishes I’ll put them away”

Dear reader, you can write your own examples here.

Letter	Explanation	Example
G entle	Don't attack, threaten or express judgment. Accept occasional "no" to your requests	If your friend is refusing to return your sweater, you can talk to your mom instead of getting mad at your friend
I nterested	Show interest by listening without interrupting	Put your phone away when a friend is talking to you
V alidate	Try to understand how other people feel, why they feel that way and their opinions	If a friend lost a ring, you can help them find it even if the ring does not seem important to you
E asy	Have an easy attitude	If a friend is having a hard time, wait until they feel better to invite them to come home, give them time

Dear reader, you can write your own examples here.

Letter	Explanation	Example
F air	Be fair to others and yourself	If you and your sister want to play a video game but only have one remote control, take turns
A pologies	Apologize when you do something wrong, not when you request something, express your opinion or disagreement	It's ok to ask someone to move their chair to respect your personal space if someone sits too close to you. Apologize if you raise your voice to someone
S tick to values	Be who you are instead of changing to be liked by others or to get what you need	It's ok to like different video games or music. People can have different likes and dislikes and still be friends
T ruthful	Avoid dishonesty by exaggerating feelings, acting helpless to manipulate others or lying	Ask for help with homework when you really need it, instead of asking for help when you don't want to do it.

Drew, her mom and Kelly met one last time to review together all these ideas that they practice the last few weeks. Drew said she found most of them to be very helpful. Drew and her mom also practiced them at home. Kelly explained “learning how to relax our bodies, minds and hearts is like learning how to ride a bike, it’s hard at the beginning but it gets easier as you practice them again and again. They work better if we practice them together with someone we feel comfortable with. Also, remember you can always come to the Nursing Station if you find yourself having a very hard time and can’t settle down”. Kelly also gave Drew this card with phone numbers, apps and websites she can get help from at any time.



TAKES IS A WEBSITE FOR CHILDREN AND YOUTH OF ALL AGES, FROM ONTARIO, WHO ARE LIVING AWAY FROM THEIR PARENTS IN FOSTER CARE, GROUP HOMES OR WITH RELATIVES. THROUGH TAKES YOU CAN LEARN AND CONNECT WITH OTHERS AROUND WAYS TO KEEP YOUR MIND HEALTHY.

Kids Help Phone

Phone number:
1-800-668-6868

Facebook chat or Live chat at
kidshelpphone.ca



Youth against violence
youthagainstvviolenceline.com
The YAV line is available 24/7.
Call 1-800-680-4264



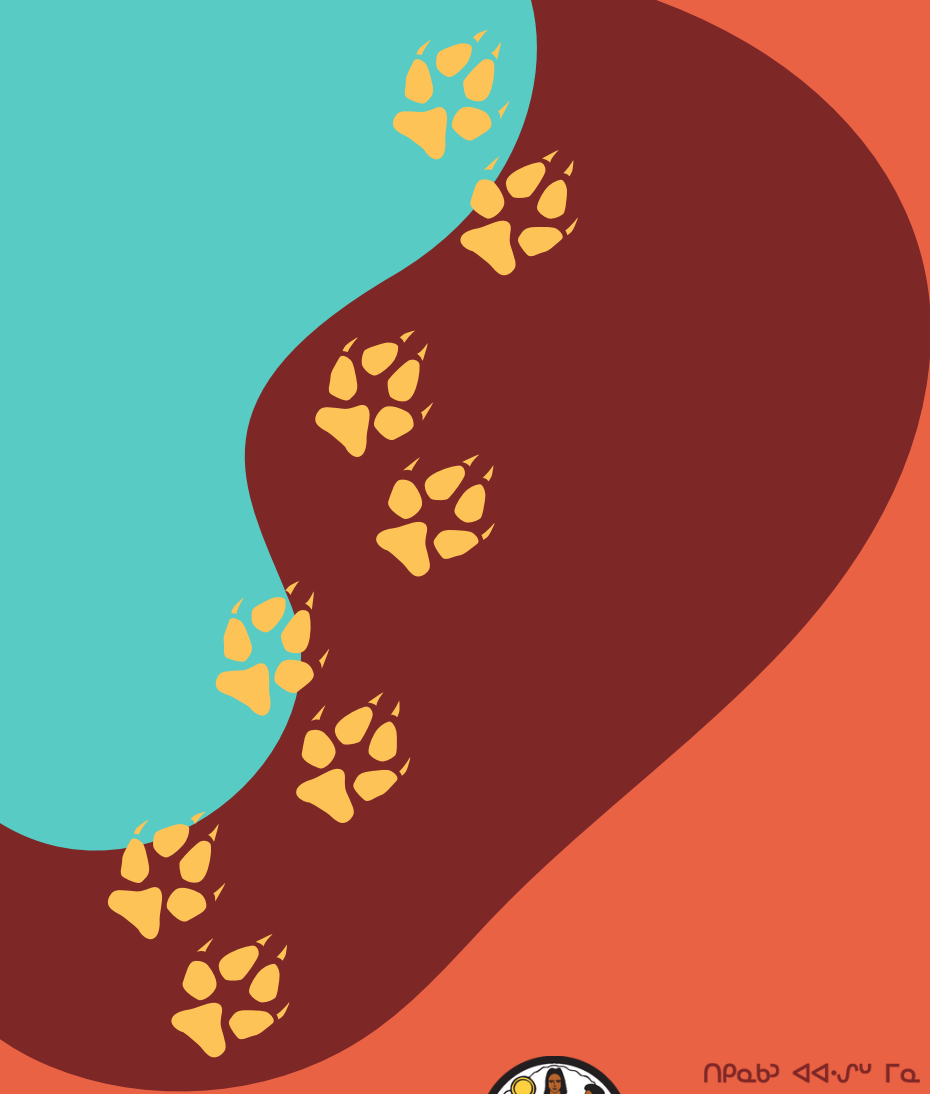
Nishnawbe Aski Nation
ᑎᑦᓴᓂᓄᓐ ᐱᓴᓴᓐ ᑕᓴᓐ

24/7 support 1-844-NAN-HOPE
Live web-chat and text support
through the website at nanhope.ca
or Facebook



Be safe app
besafeapp.ca

Youth space
online support
youthspace.ca
Open 6pm-Midnight



ᑎᑭᑦᑦᑦ ᐱᐱᑦᑦ ᑭᑦ ᑎᑭᑭᑭᑦ ᐱᑭᑭᑦ

Tikinagan

Child & Family Services

Tikinagan.org

