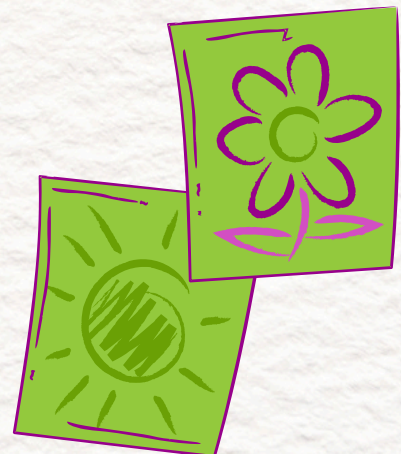


# a kind mind *journal*



By the CRDS Students Association



# Acknowledgements

This workbook is part of *the stillness project*, a mental health initiative within the Community Rehabilitation & Disability Studies program. It was created to improve access to mental health services, providing students with an accessible and free self-help resource to reflect and destress. This would not have been possible without the support and work from:



Instagram: @joannamae.mones

Our partnership with local artist **Joanna Mae Mones**, who designed all the colouring pages. Joanna is an emerging artist and a recent graduate from Alberta University of the Arts with a Bachelors of Fine Arts in Drawing, specializing in both abstract and representational processes of painting. Originally from the Philippines, her practice explores themes of belonging and identity, reflecting her personal experiences of migrating to Canada. Joanna finds gratification collaborating with diverse groups of people and is motivated to continue expanding her skills, seeking to continuously find communities that shares her enjoyment for all types of the Arts.



Instagram: @thehealinghive.therapyco

The **Healing Hive Therapy Co.** is a modern private therapy practice (founded by CRDS alumni & past CRDSSA president Stephanie Feldman) in Calgary, AB transforming traditional mental health care through relatable, down-to-earth, expert-driven support. They're passionate about providing mental health care for millennials and Gen Z to normalize the human experience. A special spotlight for their support has been pivotal to furthering this initiative and giving students the space to be crisis-ready and ask questions about working in the field of psychology.

Scan the QR code to view a list of mental health resources.





Hey,  
look at you go!



The world deserves  
to see your full potential.

BREATHE  
IN...



BREATHE  
OUT...



# When you feel....

5-4-3-2-1  
Grounding

Lay in a  
dark room

Dance it out

**ANXIOUS**

Turn off  
notifications

Break down  
the tasks

Unplug from  
technology

Pause &  
(re)prioritize

**Overwhelmed**

Big DEEP  
Breaths

Ask for help

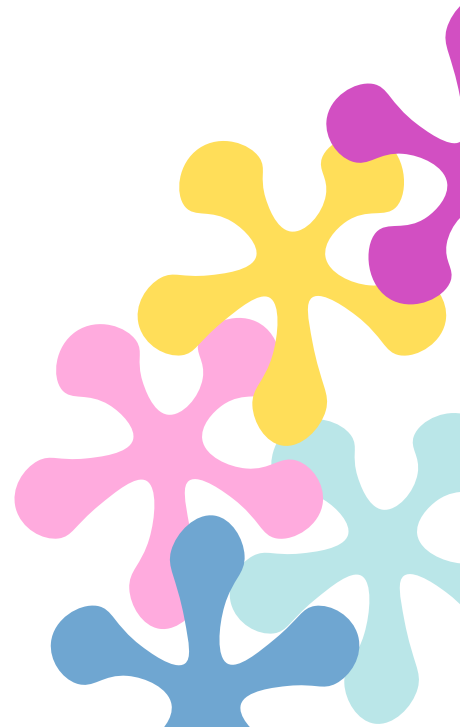
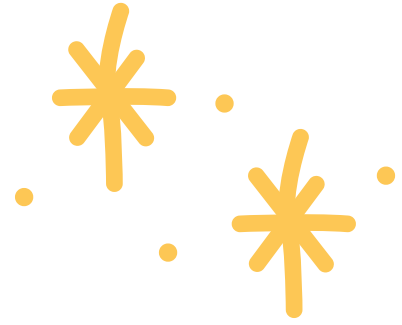
Go on a  
long walk

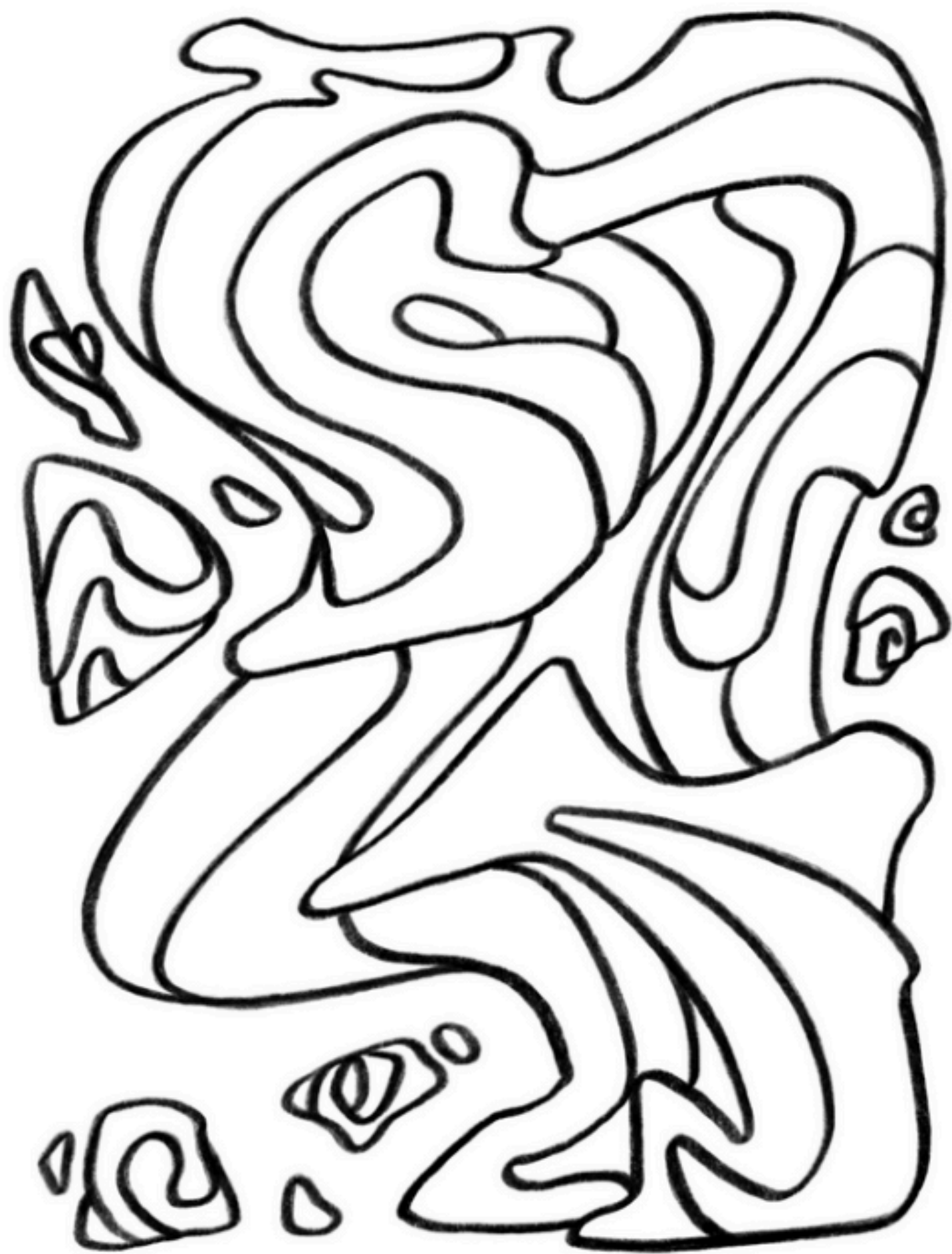
Cry/Scream..  
Let it all out

**Burnt out**

Watch your  
comfort  
show/movie

Change your  
scenery



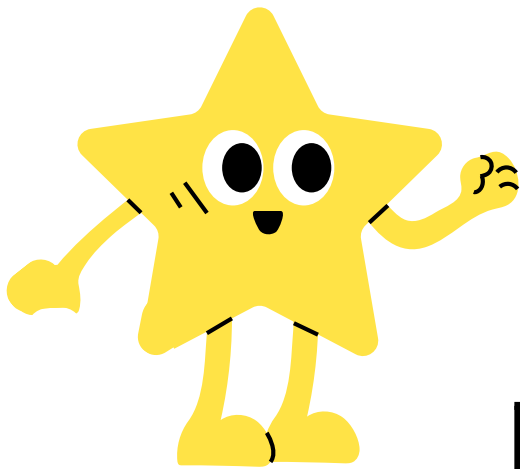






# Five

# Steps to Prevent Burnout



## Learn to say "no"

It's easy to take on too much, but overcommitting yourself can lead to burnout. Recognizing your limits and saying no when you're overwhelmed is a part of protecting your peace.

## Take a Break

Give yourself permission to rest and reset, whether that's a short walk, stretch, or lighthearted activity.

## Set realistic goals

Breaking big goals into smaller, achievable steps helps manage the stress and anxiety that lead to burnout.

## Practice self-care

Take care of your body and mind by engaging in activities that help you relax and ease anxiety.

## Practice mindfulness

Practicing mindfulness allows you to slow down, build resilience, and helps you maintain balance before burnout.

**Create a sign that brings you comfort**



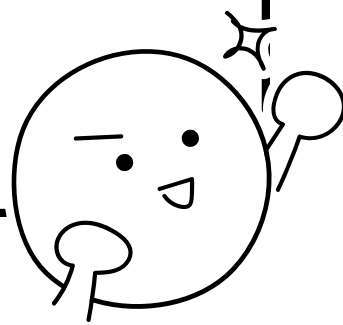
# What are three things that keep you motivated?

*When everything else feels hopeless and overwhelming, use this as a reminder for 'why' you started*

1

2

3







THERE'S  
ALWAYS TIME

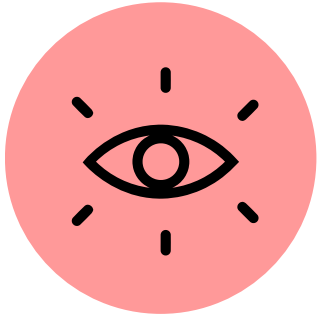


FOR A BREAK.

# 5-4-3-2-1

## Grounding exercise

- Taking some time to focus and center your mind, look for:



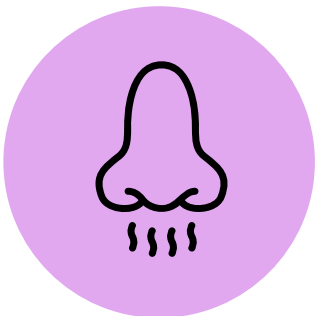
5 things you can SEE



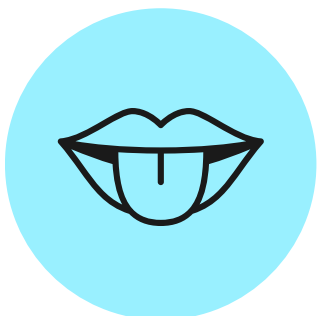
4 things you can TOUCH



3 things you can HEAR



2 things you can SMELL



1 thing you can TASTE





# Self-Care Bingo

Took a break	Went outside	Brushed my teeth	Cried.. a lot	Talked to someone
Drank water	Took a shower	Ate food	Meditate	Did a hobby
Exercise	Journal	Free space!	Watched a movie	Stretched
Tried a new recipe	Watched a TV show	Read a book	Brushed my teeth	Went on a walk/run
Coloured	Listened to music	Set a goal	Slept	Tried something new

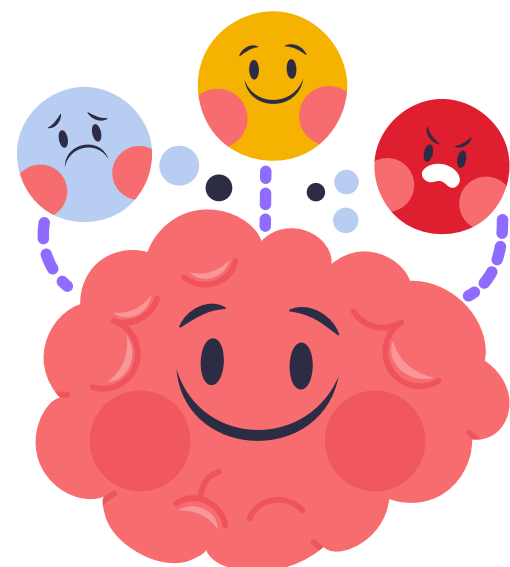




# Understanding Thoughts & Emotions



- Today I experienced the emotion of \_\_\_\_\_  
when \_\_\_\_\_
- I sensed this emotion in my body as \_\_\_\_\_
- I allowed myself to respond  
by \_\_\_\_\_
- After taking a mindful moment to reflect, I realized  
that this feeling  
meant \_\_\_\_\_



DO IT BECAUSE YOU  
WANT TO.





# 4-7-8

## Mindful Breathing Break

In overwhelming, stressful times, mindful breathing can create a space to pause, and centre yourself:

- 1** Find a comfortable position and relax your shoulders
- 2** Inhale through your nose for a count of 4 seconds
- 3** Hold your breath for a count of 7 seconds
- 4** Exhale slowly through your nose for a count of 8 seconds, releasing any tension
- 5** Repeat the breathing pattern 3-4 times









# Letter to myself

*Write something you've always wanted to hear and look back at it whenever you need.*

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting or typing. There are no margins, text, or other markings on the page.





# Brain Dump

Write about anything and everything that's weighing on you.

*This is your safe space*

ribbit...

ribbit...

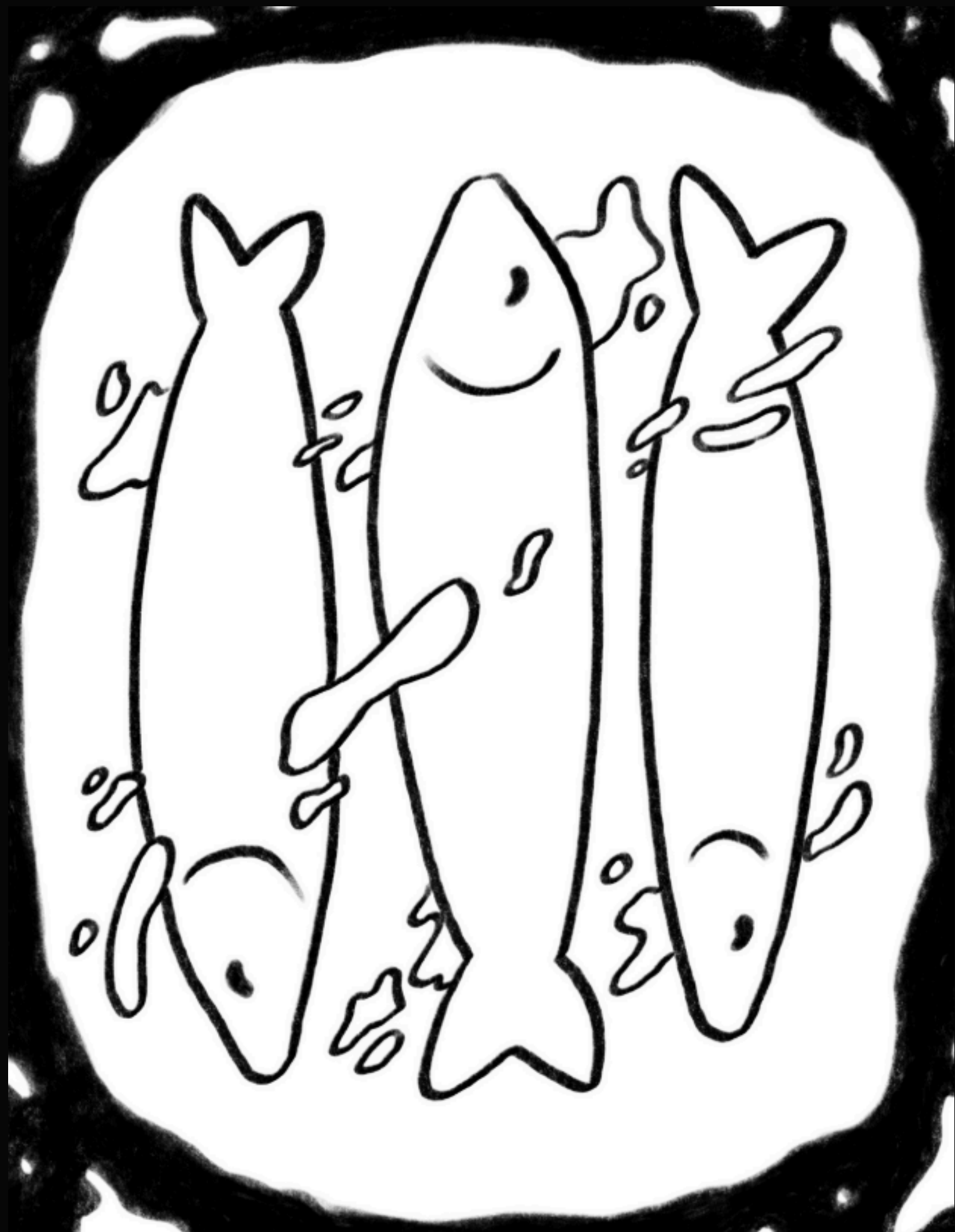
ribbit...



# Silenced Voices

This activity is about reclaiming your voice; expressing thoughts and emotions that are often silenced or dismissed in systems of authority. *Whether you've been told "no," "that's not possible," or "you're asking for too much," this is your space to speak anyway.*

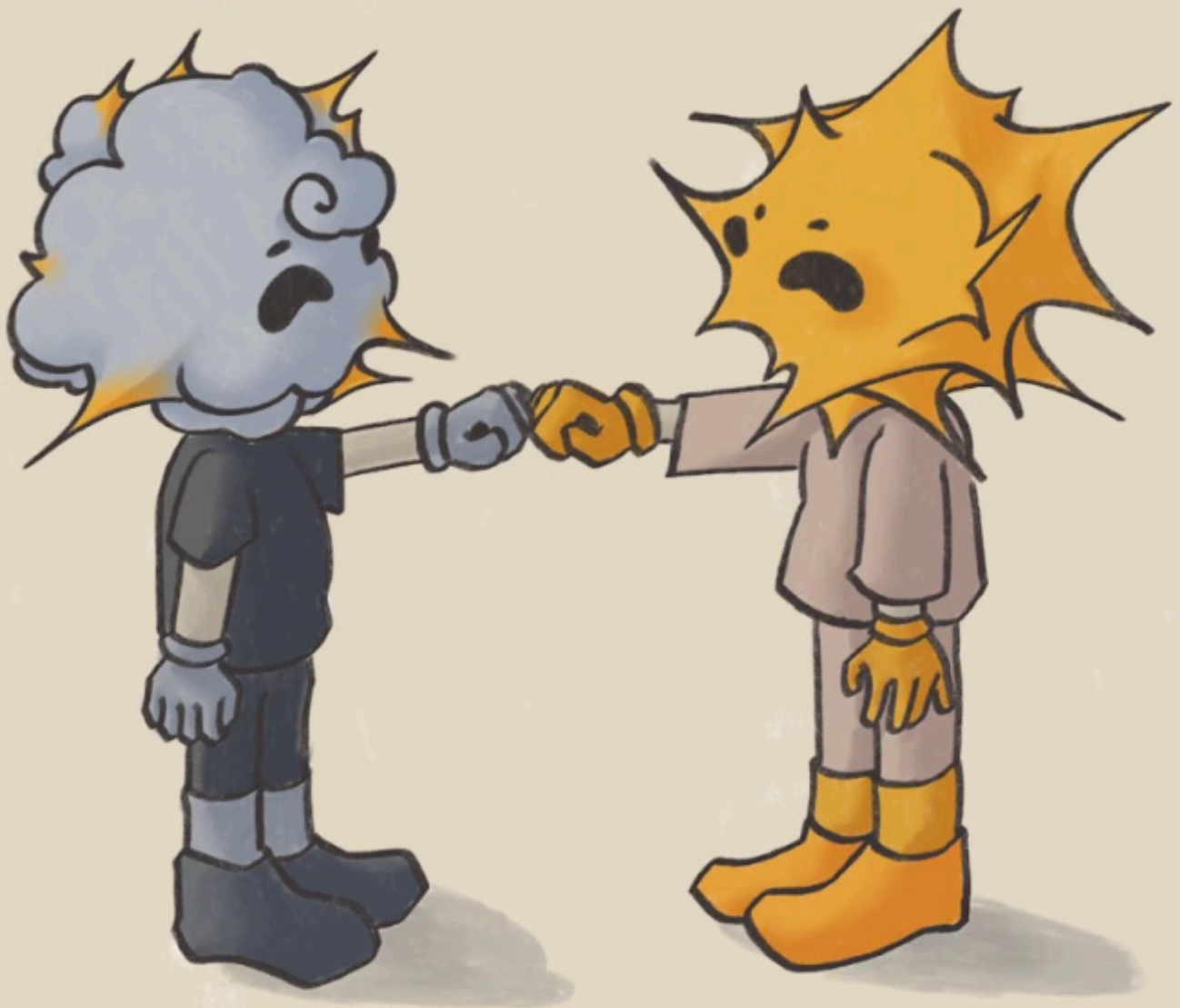
[illegible]





HEY!

there will be  
brighter days ahead



*so, let's keep going*



A special project brought to  
you by the CRDSSA  
2025/2026 Team