

MENTAL HEALTH

Resource List

EMERGING YOUTH CONSULTANCY (EYC)

Amplifying youth voice, one board at a time.

FINDING YOUR PASSION



"I have no special talents. I am only passionately curious."

ALBERT EINSTEIN

if you love what you do...

Kaitland Cooper-Parent, EYC Director of Mental Health & Wellness

You know what they say... *"If you love what you do, you'll never work a day in your life."* Clichés are clichés for a reason, but are they always true? Some days are better than others, even when you're invested in a hobby or career that you're passionate about. The *work* of life never stops but it can become more manageable in your day-to-day life if you start making use of your time wisely. Finding hobbies or tasks that bring you joy and satisfaction can be challenging and tedious sometimes but it can help lead you to uncovering your passion(s) and desires. Learning yourself from inside-out is the first step to overcoming many barriers in your mental health journey. Uncovering your passion(s) is no exception - commit to doing the personal work and everything will eventually fall into place.

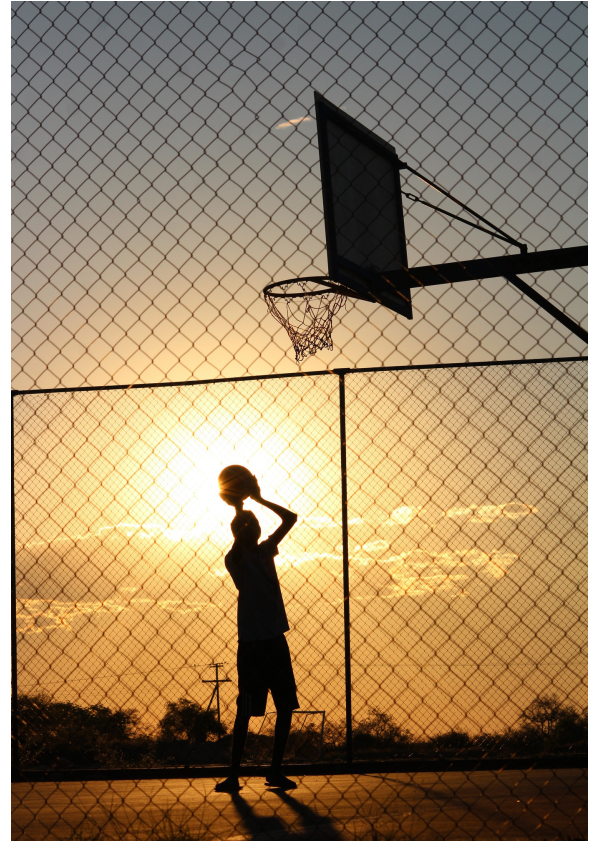


resilience goes a long way

The road to success and fulfillment is not just about passion and pursuing what you love. It can be quite easy for newfound passions to fizzle out if you lack grit, determination, and resilience. You can't become an NBA superstar overnight even if basketball is your deepest passion (not to say that reaching the NBA would be equivalent to success and fulfillment). With passion comes both the self-confidence to keep you motivated and the enthusiasm to keep learning more. Let's take a deeper look at basketball players. At the highest level, NBA players dedicate their entire days and lives to the sport they are passionate about. Enhancing their skills and improving their game is not only a requirement of the industry but a product of their determination to be the best in the game. To be the best in the game, however, takes grit and resilience—staying consistent in the gym and facing opponents who challenge your current skillset is integral to becoming a better basketball player.

Failure is inevitable when you challenge yourself but it's important to not let failure impede on your passion(s). The more you fail, the more resilient you become. If you think that you're going to succeed on the first try, or even on the first few tries, you're likely setting yourself up for a far more painful failure. In order to achieve success, you must know resilience, and know it well. Let it be the force that keeps you going rather than hold you back.

To help learn from your failures and strengthen your resilience, check out this article and worksheet created by John Richardson from [Fire Up Today](#).



lead with curiosity

Passion is a feeling of intense enthusiasm towards or compelling desire for someone or something—if you notice a rush of joy related to an activity, hobby, or task, it's worth exploring that emotion further. Be curious about why you are feeling excited and enthusiastic about what you are pursuing and look beyond the activity itself. Questioning exactly what brings you joy in that moment can help translate the same feeling among multiple activities, leading you to uncover something or things that you never knew you were passionate about. As Albert Einstein once said, *"I have no special talents. I am only passionately*

curious." Being openly curious can fuel your passion just as being truly passionate about something will enhance your curiosity. When building on these feelings and digging deeper into your emotions, it's important to put yourself at the centre of the activity rather than focus on the activity itself. If you invest your time and energy into something that is conditional or dependent on external factors, you might lose sight of your passion or vision. Personal development is a lifelong process, and to reach new heights, you must be ready to take on new challenges with an open mind.

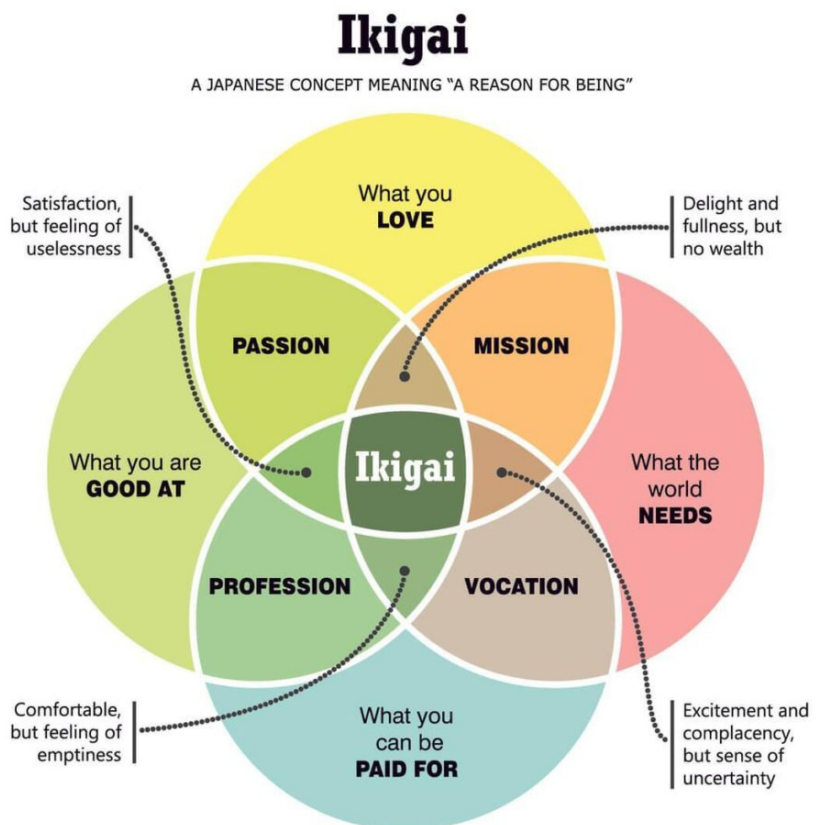
Starting small and tweaking your daily habits can help you in this process. Check out this blog post [10 Great Habits of Curious People](#) by Natural Training.

discovering your ikigai

Ikigai (*ee-key-guy*) is an ancient Japanese philosophy that has enveloped the way Japanese people live, roughly translating into *reason for being*. 'Iki' in Japanese means 'life,' and 'gai' describes value or worth. Apart from living a longer and happier life, knowing your ikigai can help you design your ideal work lifestyle, create strong social connections, create a healthy work-life balance, pursue your career dreams, and enjoy your overall work. The western adaptation of the philosophy encompasses:

- What you love
- What you're good at
- What you can be paid for
- What the world needs

The centre point on the Venn diagram where all four circles overlap (pictured to the right) is your ikigai. When you know your ikigai and understand its meaning, you're aligned with the work you've longed to do and the work the world needs you to do. Don't mistake this for being an easy task—finding your reason for being comes with many challenges and obstacles. This is just one method to help you along way. Perhaps Japan is ranked second in the world in life expectancy for a reason? (Read more about global life expectancies from [Worldometers](#)).

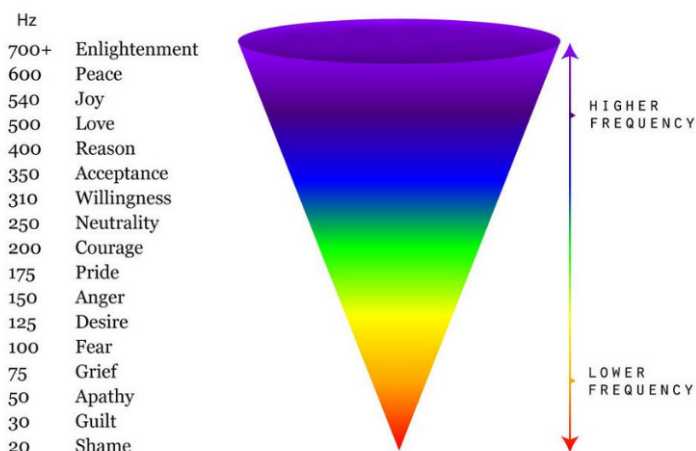


Once you recognize and understand your ikigai, you have a starting point from which you can begin to make decisions and live according to your values and goals (see [January's MHRL](#) to help determine your core values). The philosophy of ikigai shows that many things are connected. It is your job to find how you can create something unique to you that helps connect these dots. It can be difficult to embark on this journey alone, and the great thing is—you don't have to. There are coaches and mentors out there who can help guide you in the right direction but no one is here to give you all the answers. You know yourself best and you will have to commit to exploring deep within yourself to uncover what you are passionate about.

For a digital translation of your ikigai, check out [Ikigai Test](#). This online questionnaire will provide you with many factors of your ikigai, however, there is a cost associated to unlock the main ikigai finding. It is still worthwhile to complete the online test to help kickstart your quest to discovering your ikigai and learn more about your passions. Alternatively, complete this free worksheet from [Positive Psychology](#) to get started.

managing your emotions

Emotion Frequencies



Frequency Chart:
<https://freeyourmindyp.wordpress.com/>

All of our emotions can be translated into a corresponding vibrational energy. If you can recall your grade nine science class, you would know that the earth spins at a remarkably fast pace and that every piece of matter is made up of continuously vibrating molecules from the periodic table. The same goes for everything about us as sentient beings (not the spinning remarkably fast part.) Take a look at the emotion frequencies chart to the left. Enlightenment, peace, and joy exhibit the highest frequencies whereas guilt and shame exert the least. Finding activities and hobbies that encourage emotions which resonate at higher frequencies will allow more mental space for joy and fulfillment. Acknowledging these emotions, however, will not eliminate those of lower frequencies, but becoming more aware of your emotions and how they affect your everyday life will help you

cope in moments of heightened stress and adversity (remember the resiliency we talked about earlier?). Living your life passionately does not mean that you will never come across anger, fear, grief, or shame; it's important to acknowledge and accept all emotions that you encounter. When you are more self-aware you are able to recognize your strengths and weaknesses which can guide you achieving the goals you set for yourself. If you find yourself continuously dealing with negative emotions, consider checking out [October's MHRL](#). Keeping a thought record and practicing cognitive reframing can help you recognize and reshape your emotions.

recommendations

For the Watchers



How to Ikigai
Tim Tamashiro

For the Readers



101 Questions You Need to Ask in Your Twenties
by Paul Angone

For the Listeners



3 Myths About Finding Your Purpose and 3 Ways to Align With It
On Purpose with Jay Shetty

don't be afraid to ask for help

Greenspace

If you are looking for a therapist, Greenspace will help to intelligently match you with a therapist that is best suited to your specific needs. The therapist you are matched with will charge a fee for their services, as psychotherapy is not publicly funded by Provincial health plans.

Stella's Place

THE place for young adults in Toronto, aged 16 to 29, who are experiencing mental health challenges to get the support they need. Stella's Place works to help young adults learn skills, build community and be empowered to manage their own mental health.

BounceBack

A free, guided self-help program that's effective in helping people aged 15 and up who are experiencing mild-to-moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry.

MindBeacon

Through secure direct messages, readings and activities, your therapist will help you develop the skills you need to thrive. MindBeacon's Therapist Guided Program is based in Cognitive Behavioural Therapy (CBT) and consists of readings, exercises and activities that will help you learn and practice new skills.

mindyourmind

Where mental health, wellness, engagement and technology meet. mindyourmind works with young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience.

Black Youth Helpline

Black Youth Helpline serves all youth and specifically responds to the need for a Black youth specific service, positioned and resourced to promote access to professional, culturally appropriate support for youth, families and schools.



(cont'd)

Kids Help Phone

Canada's only 24/7, national support service offering professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.

Toll-free crisis line: 1-800-668-6868

Text CONNECT to 686868

Good2Talk

A free, confidential support service for post-secondary students in Ontario. Students can receive information and referrals about services and supports for mental health, addictions and well-being on and off campus and speak anonymously with a professional counsellor.

Toll-free help line: 1-866-925-5454

Text GOOD2TALKON to 686868

Kids Help Phone Resource Galaxy

Your well-being is like a connected cosmic system, a galaxy of thoughts, feelings and experiences that make you who you are. Explore resources to support you no matter how you're feeling in this moment.

African Community Services of Peel

Offers mental health programs to enhance youth's personal and professional development while promoting community engagement and participation particularly among black/African Canadian youth in Peel.

Hope for Wellness

Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada through phone or chat counselling. On request, phone counselling is also available in Cree, Ojibway, and Inuktitut.

Toll-free help line: 1-855-242-3310

LGBT Youthline

A Queer, Trans, Two-Spirit youth-led organization that affirms and supports the experiences of youth (29 and under) across Ontario. Youth of all sexual and gender identities are celebrated and supported.

Toll-free help line (6 PM – 9 PM): 1-800-268-9688

Text (4 PM – 9:30PM): 647-694-4275

Chat: 4 PM-9:30 PM

Horizons for Youth

Horizons for Youth is more than a youth shelter. We not only give homeless and at-risk youth a safe place to stay and daily meals, we also provide our clients with many programs to help them improve their mental health, find employment, learn important life skills and secure stable housing.

Talk4Healing

A culturally grounded, fully confidential helpline for Indigenous women available in 14 languages all across Ontario.

Toll-free crisis line: 1-888-200-9997



**Kaitland Cooper-Parent***Director of Mental Health & Wellness, EYC*

Kaitland Cooper-Parent (she/her) is a mental health advocate, aspiring well-being coach, and social entrepreneur. Kaitland is a first-generation graduate in her family holding a BSc. in psychology with a double major in linguistics from the University of Toronto. As a life-long learner, she is currently pursuing a post-graduate certificate in Addictions & Mental Health, specializing in mindfulness and self-awareness. Kaitland's lived experiences and training in psychological first aid and crisis intervention give her the confidence to address mental health concerns and needs within our communities.

Kaitland's passions include mental health, youth empowerment, and autonomy advocacy. A few of Kaitland's favourite self-care activities include reading, listening to podcasts, drawing/anything creative, basketball, and being in nature.

Want curated, youth-centric job opportunities and resources (plus even more ways to get engaged with EYC) delivered straight to your inbox?

Join EYC's Youth Hub today!

Visit <https://www.emergingyouth.info/youthhub>

