



Thrive:
Tips and tricks to master your mental wellness!



Community Resources & Student Supports

NIC Website Across all Campuses

NIC Counselling Service

students may seek free, professional, and confidential counselling support.
Book appointment through online or in person in campus.
<https://www.nic.bc.ca/student-life-support-services/student-wellness/counselling/>

Campbell River

Foundry

Drop in, Mental health and substance use support, primary care, peer support, and social services for ages 12-24.
140 10th ave, Campbell River, BC.
250-286-0611
Instagram-@foundrycampbellriver

Tranquility Holistics

A more holistic way of healing. This business provides clinical hypnotherapy which assists in anxiety and depression, self esteem and more. Reiki is also provided which is energy healing. 910 C Island Hwy, Campbell River, BC.
250-830-3325
Tranquilityholistics.com

Port Alberni

Canadian Mental Health Association - Port Alberni Branch

Offers services for mental health such as peer support, clubhouse, frozen meal services, housing with support services and outreach programs.
New Horizons Center, 3178 2nd Ave Port Alberni BC
250-724-7199.
<https://cmhaportalberni.ca/>

Comox Valley

West Coast Collective

Offers a full range of counselling, therapies and assessment services for families, couples, children and adults of all ages.
109-618 Anderton Rd.
info@westcoast-collective.ca
West Coast Collective | Mental Health Services | Comox Valley (westcoast-collective.ca)

Additional Resources- free mobile apps

Eternal sunshine

This app has guided meditations, podcasts, affirmations and more.

Law of Attraction Everyday

A guide to create affirmations and use them in your everyday life

Anytime Supports

Here 2 Talk (here2talk.ca)

Call this number to connect with your local BC crisis line: 310-6789

BC Mental Health Crisis Line:
1-800-784-2433

Canada Suicide Prevention Service:
1-833-456-4566
online chat: crisisservicescanada.ca





Gratitude

Act or an instance of affirming. A statement or proposition that is declared to be true. A practice of positive thinking and self empowerment

Affirmation

Appreciation of what an individual receives. Feeling thankful in every aspect of your life

Positive Self Talk

Self talk is your internal dialogue. It's the endless stream of unspoken thoughts that run through your head every day. The more positive self talk, the more positive you become. It enhances your well-being and helps you effectively manage stress.

We all have our way in coping but having positive coping skills reduces the effects of stress on your body.

Benefits:

- Healthier immune system
- Reduced pain
- Better cardiovascular health
- Improved mental health
- Improved self-esteem
- Increased vitality
- Greater life satisfaction
- Reduced stress
- Better physical well-being
- Increased lifespan



Watch me :D

Scan QR code
Watch: Stop Negative Self Talk

Health Benefits of gratitude and Affirmation

Mental

- People who practice gratitude before bedtime, whether it is in a journal, thinking about it, or speaking it aloud improves sleep, relieving anxiety.
- Using positive affirmations can alter the subconscious mind by repeating positivity to ourselves daily. Replacing negative words in our minds with positive can help to relieve anxiety and stress in many different situations

Spiritual

- Gratitude is healing. It expands your awareness and shifts your focus from something that is hurting you to something that is healing
- Self-affirmations require regular practice to make long-term changes and feel good.

Emotional

- It is also said to increase confidence and self-esteem which also increases mood. It also improves relationships and social relationships. It is proven that we are naturally attracted to positivity and other positive people.
- Affirmations allow those to acknowledge things that prevent happiness, which allows people to surround themselves with things they want in life.

Physical

- The more grateful a person is, is shown to take more care of their physical health. The Greater Good magazine shows that patients who journal with gratitude showed reduced inflammation as well as increased heart health.
- Those who use positive affirmations are said to have more positive moods, so optimism in individuals is said to reduce the risk of heart attack, stroke, and other cardiovascular events.

I believe in me I deserve good things
I matter I am kind I am loved

Self Care:

Prioritizing own health and making sure to be kind and gentle to yourself.

Prioritize your sleep

Giving yourself a break. Rest. Recharge

Eat Intuitively. Give body on what it needs

Work out. Exercise Go for a walk

Read a book or listen Audiobook

Challenge yourself. Try something new

Socialize with family and friends

Positive Self Talk

Meditate. Breathe and Release

Stand up and Stretch



Journal

Listen to Podcasts

Listen to music

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