

# ALICE

## Getting Unstuck

Ever felt hopeless? Like you can't cope and nothing will ever change?

Everyone "falls down a hole" at some point, so what's your plan for the next time you find yourself in a place or situation that stresses you out?

Fill in the blanks to create your own guide to help you in the future.

List some things that can stress you out and put you in a hole:

A person \_\_\_\_\_

A place \_\_\_\_\_

A situation \_\_\_\_\_

A thing \_\_\_\_\_

### Reminder

you're allowed to leave any place, person or situation that is negatively affecting your wellbeing.



When you're feeling stressed out and aren't sure what to do, take some time to review the information on this page to help you get back on track.

People you can turn to for support:

---

---

---

---

---

---

Five things you can do to improve your mood or situation:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

**Reminder**  
mental health is not  
a destination but a  
process.

Visit  
[mindyourmind.ca/wellness](http://mindyourmind.ca/wellness)  
for more helpful tips.

Four professionals you can go to for help:

Crisis Service: \_\_\_\_\_

Family Doctor: \_\_\_\_\_

Other: \_\_\_\_\_

Other: \_\_\_\_\_

