

What are some things you've been dealing with and how have they affected your mental health?

"I struggle with my academics and my anxiety has also affected my abilities to learn. I am just a worrier in general and I am stressed about what to do after I graduate"



How are you handling your mental health situation?

"Seeing the psychiatrist has made a big impact on my life and I wish I did this sooner. I also found the courage to speak to my parents. It was a challenge because their generation and my culture does not focus on mental health. They were very open and felt bad that they weren't aware. I wish I spoke to them sooner but I let my issues slide"


What are some things you've been dealing with and how have they affected your mental health?

"Sometimes I think about the what-ifs, the could-have-been's (e.g. If I had worked harder in the course), etc. Almost always I end up feeling bad mentally, as I know that I'm the one to blame for my unfortunate events that happened academically"



How do you take care of your mental health?

"I listen to music, started going to the gym a lot more frequently and I am trying to start new hobbies such as signing up for cooking classes. I also will make an attempt to eat healthy but I do treat myself to junk food sometimes"



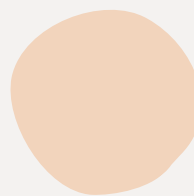


How are you handling your mental health situation?

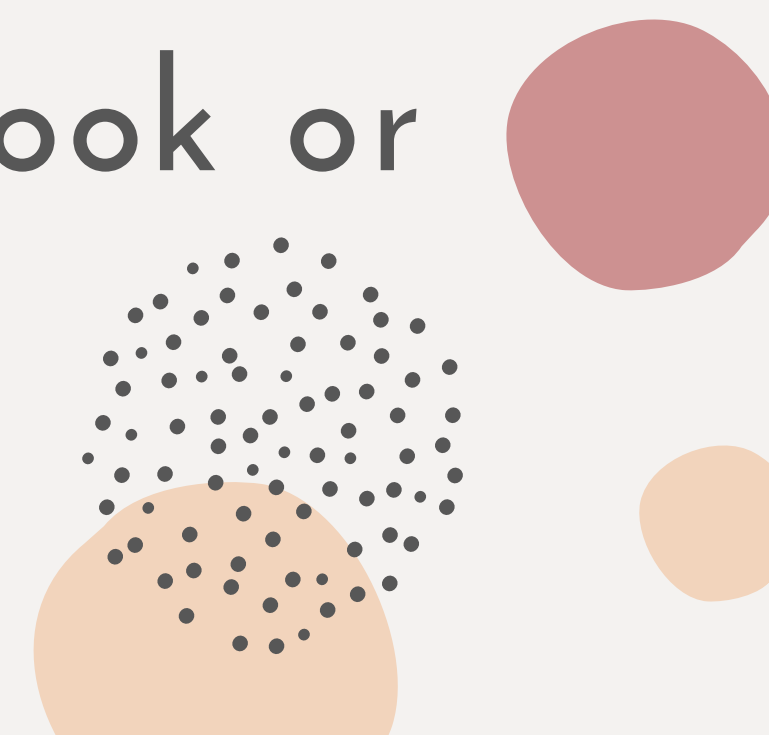
"I dropped out of my program for the time being so I could take a step away from the big rush to get into a career and look at all my options more in depth. I'm going to see a career counselor and take time to figure out a better idea of what I want to do with my career."



How do you take care of your mental health?



"I have an app that tracks how much time I spend on my phone and blocks certain apps over a certain amount of time; I realized that spending so much time on my device was worsening my mental health. More often, I find myself reading a book or finishing a task."



What are some things you've been dealing with and how have they affected your mental health?

"I just moved across Canada to Hamilton this year. I don't know anyone in this province except my boyfriend, my roommates, and a few distant family members. My boyfriend is on full scholarship to an elite program at a different school, while I am struggling academically, not because my coursework is challenging whatsoever but because I have lost my motivation to finish tasks"



How are you handling your mental health situation?

"I attend a weekly wellness group at the Student Wellness Centre. It has been deeply beneficial to me to make a weekly commitment that is dedicated JUST to working on my mental health."



What are some things you've been dealing with and how have they affected your mental health?

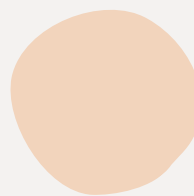
"I'm 21 and I've never been in a relationship. Even though it's not important, it still sort of affects my self-esteem"

What are some things you've been dealing with and how have they affected your mental health?


"Fear of ending up in a career that is unfulfilling. I have been so in my head for the past few months trying to figure out if my program is taking me down a path that I want to go. I haven't been myself lately because of this and haven't really been able to enjoy the present because I'm too worried about the future."

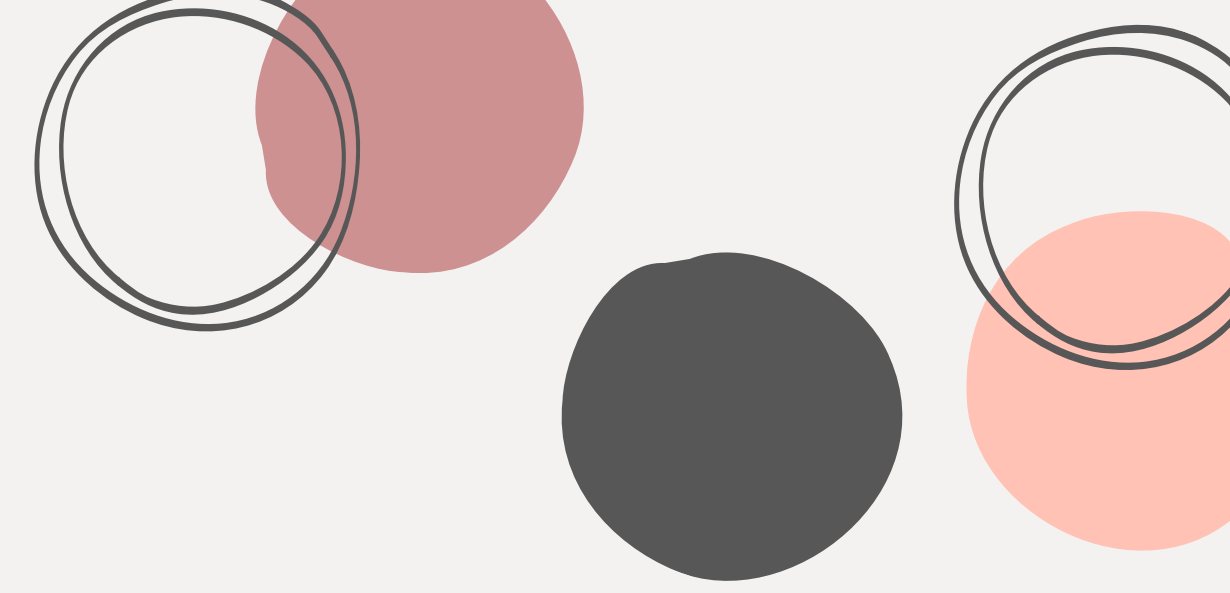


What are some things you've been dealing with and how have they affected your mental health?



"Failed a course earlier this year, and thus will delay my expected graduation date. I've already been in post-secondary for about 5 years now, and it just sucks seeing friends graduate and get jobs. It's hard not to compare yourself with others, no matter how hard you try"






How are you handling your mental health situation?

"Talking to friends and family and
starting group CBT"



How do you take care of your mental health?

"I make sure I write in my journal and/or read a book before I go to sleep. I make sure I get at least 7 hours of sleep. I put eating good food first when I have a stressful day"



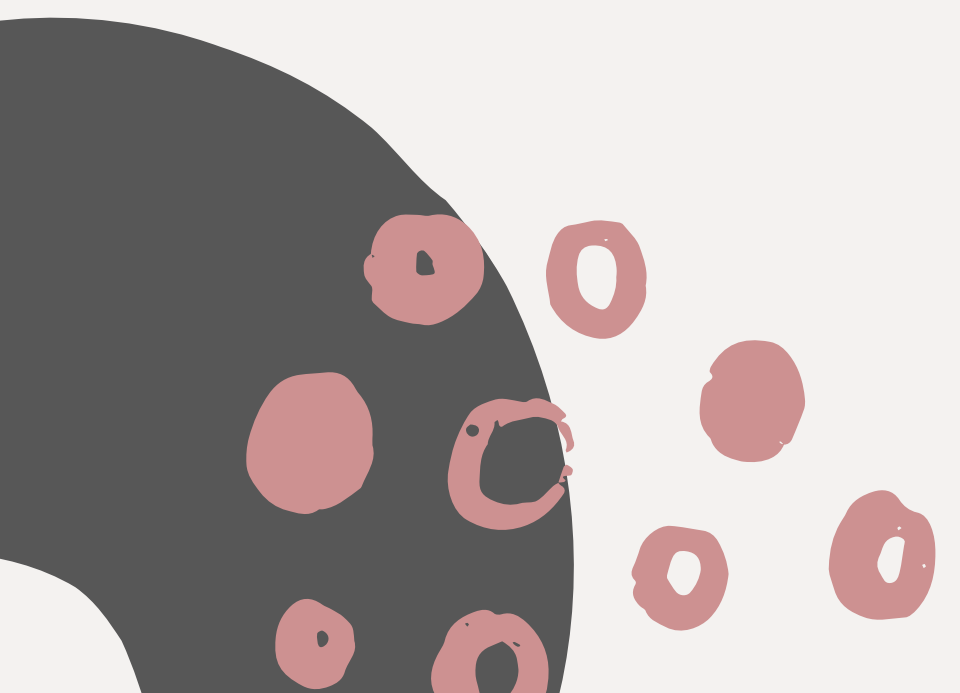
What are some things you've been dealing with and how have they affected your mental health?

"I don't really like parties but I feel like all my friends do, so when I don't go out I feel so boring. I just don't want to go"



How are you handling your mental health situation?


"I go to counselling at the SWC and it reassures me that my worth isn't defined by other people."





How do you take care of your mental health?


"Eating enough, visiting with friends and family, taking breaks, not pulling all nighters"





How are you handling your mental health situation?

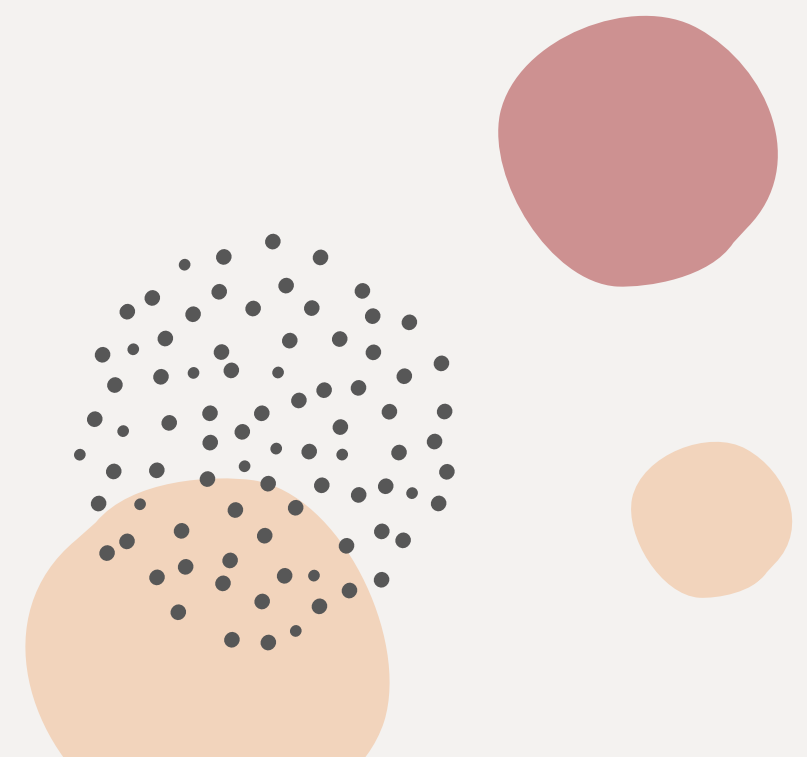
I've started to reach out to my friends and partner when I start to feel low, to remind myself that I am loved and deserve to be. I like focusing on good things my body can do, rather than how it looks when my body image gets really bad. I'm learning how to love my body and nourish it right.





What are some things you've been dealing with and how have they affected your mental health?

"I always worry that no one loves me. I miss my friends so much. I don't know anyone at Mac and I'm too anxious to try to get to know people"

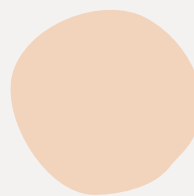


How are you handling your mental health situation?

Every day, I make sure I ask my roommates how their day was, even if it's just a brief conversation. This keeps me from fully isolating myself when I feel I am unable to do anything social. I do have friends from my hometown that I communicate with regularly over social media, and I call my boyfriend often/see him on weekends




How do you take care of your mental health?



Reaching out and spending time with people I love! I'm figuring out what self care means for me and how to be mindful of the choices I make.


Finding creative hobbies helped give me an identity outside my disorder. I love to knit when I'm feeling stressed or overwhelmed or upset. It helps to create something tangible





How do you take care of your mental health?

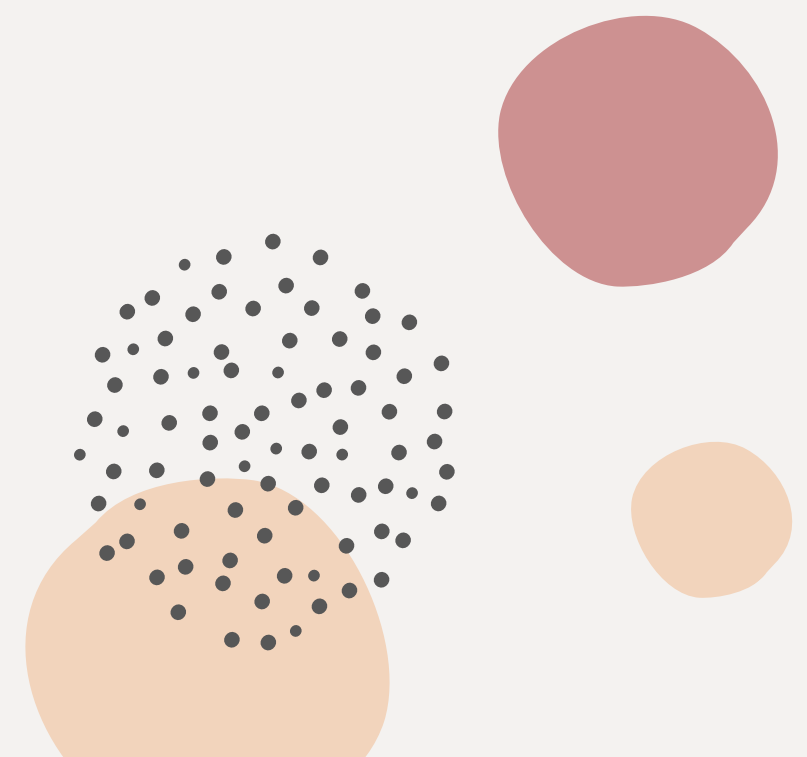
"I don't let myself work on homework past 11:30PM. I recognize how important rest is to me. It's not worth it to forfeit a good night's sleep to finish a little homework. Besides, I'm never productive that late at night anyways."





What are some things you've been dealing with and how have they affected your mental health?

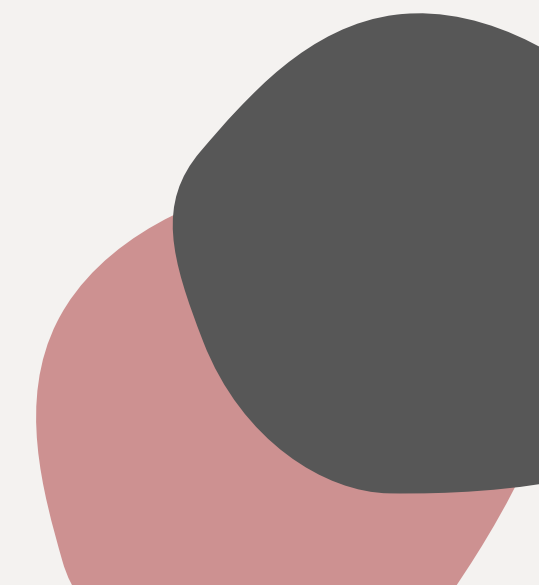
"Feeling like I'm a failure because my grades are not where I'd hope they'd be for the amount of effort and time I put into studying"





What are some things you've been dealing with and how have they affected your mental health?

"Feeling incapable and helpless in my academic courses; self-doubt and devaluing myself sometimes"



How are you handling your mental health situation?

"Even on the days I feel worst about myself, I try to notice things I find beautiful around me. I believe that there are these wonderful aspects of the world around me that are stable and unchanging: whether I feel on top of the world or terrible about myself, the sun rises and sets; the earth turns, people will go about their business; I will be here today and I must believe that (as far as I can help it) I will be here tomorrow."



What are some things you've been dealing with and how have they affected your mental health?

"I don't have any friends outside of my classes. I talk to 1 or 2 people in my classes but then I commute home and end up being too tired to do anything besides getting what I need to get done by various scheduled due dates. It makes me really sad and I feel really lonely"



How do you take care of your mental health?


"Meditation and surrounding myself
with loved ones"





How do you take care of your mental health?

"Putting more things in my calendar has helped me to regulate myself when I feel too mentally disorganized to remember what I need to do. Generally, any form of planning ahead has helped my mental health; on the days when I feel that I cannot be kind to my present self, I do something for the person I'll be tomorrow"





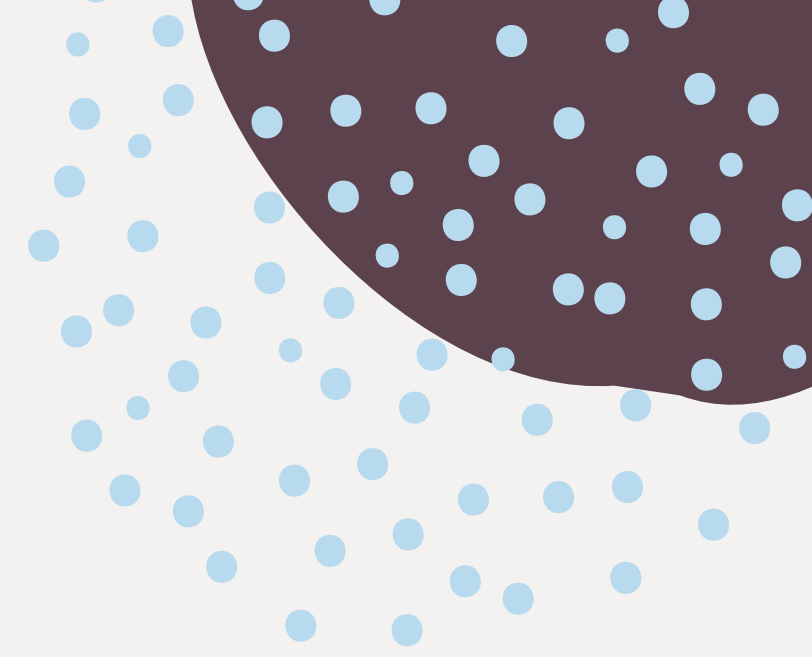
What are some things you've been dealing with and how have they affected your mental health?

"Stepping out of my comfort zone and joining a new sports team. I always make myself go to practice, even when I'm not feeling up to it. Having time to exercise and socialize on a team helps me forget about school and other stressful situations and return with a fresh mindset"

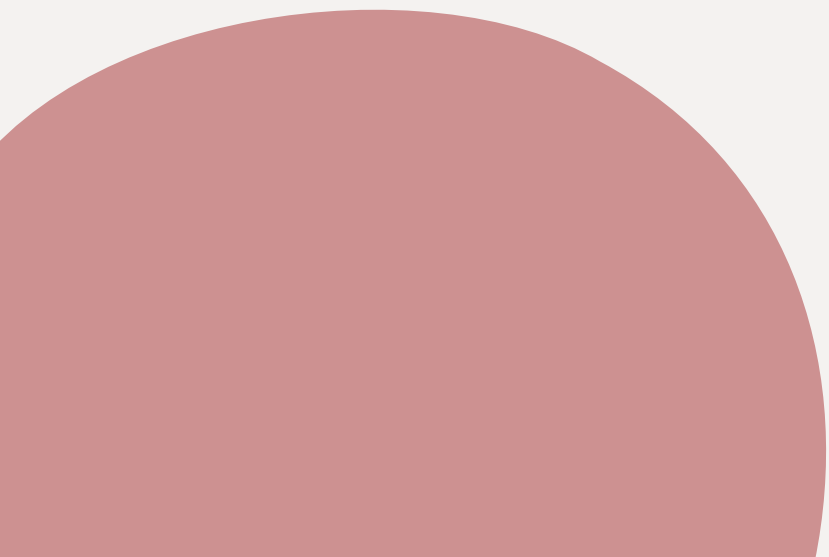
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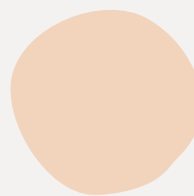


"Taking time off school to go to
residential treatment"

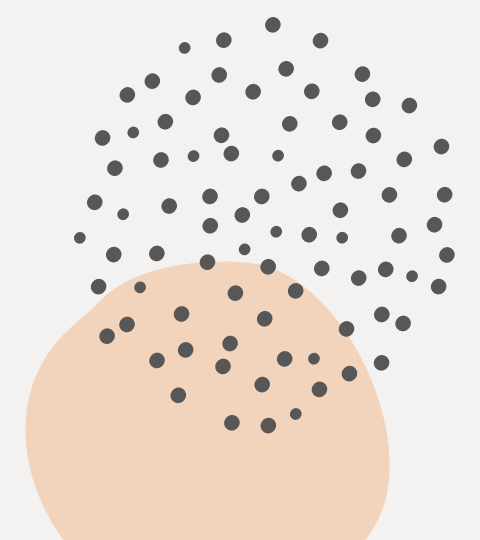
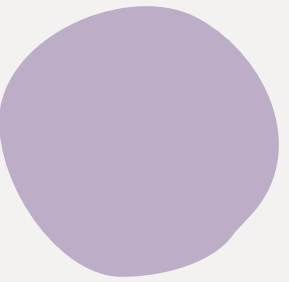




How do you take care of your mental health?

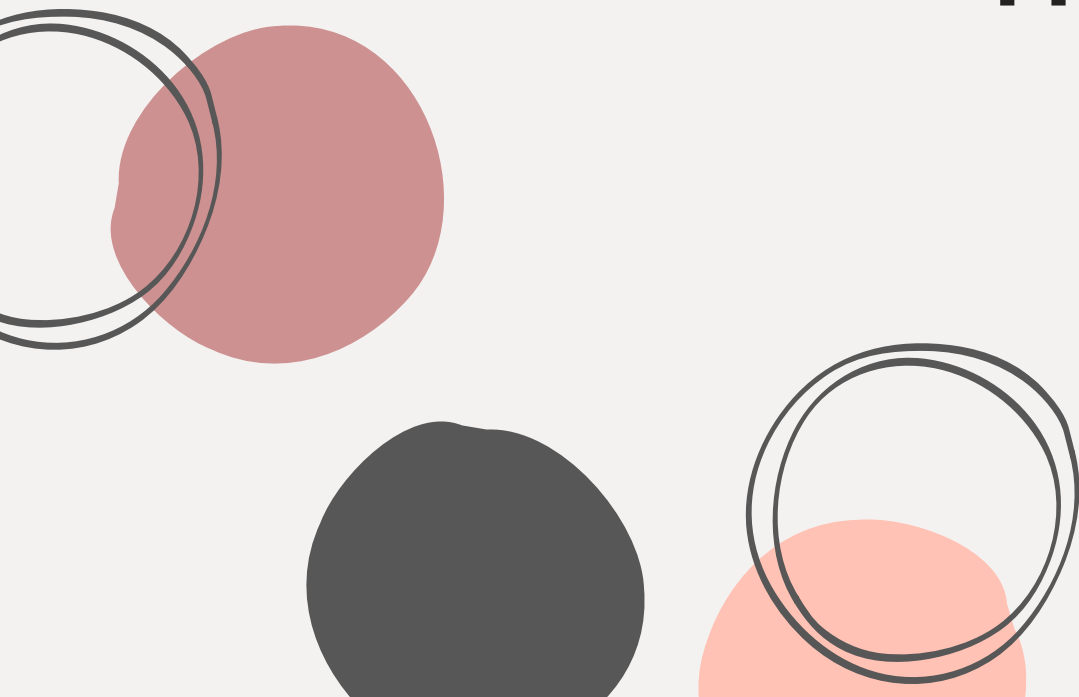


So much self care and self compassion!
get lots of sleep, eat well, do things I
love!



How are you handling your mental health situation?


"I am seeing a doctor this upcoming week, as well as my counsellor to chat about this and figure out more strategies."





How do you take care of your mental health?

"I write my thoughts down, I tell myself that I've gone through similar things before and I've come on top, I work out, I see my friends and share my feelings with them, I remind myself I am loved and I can push through this."





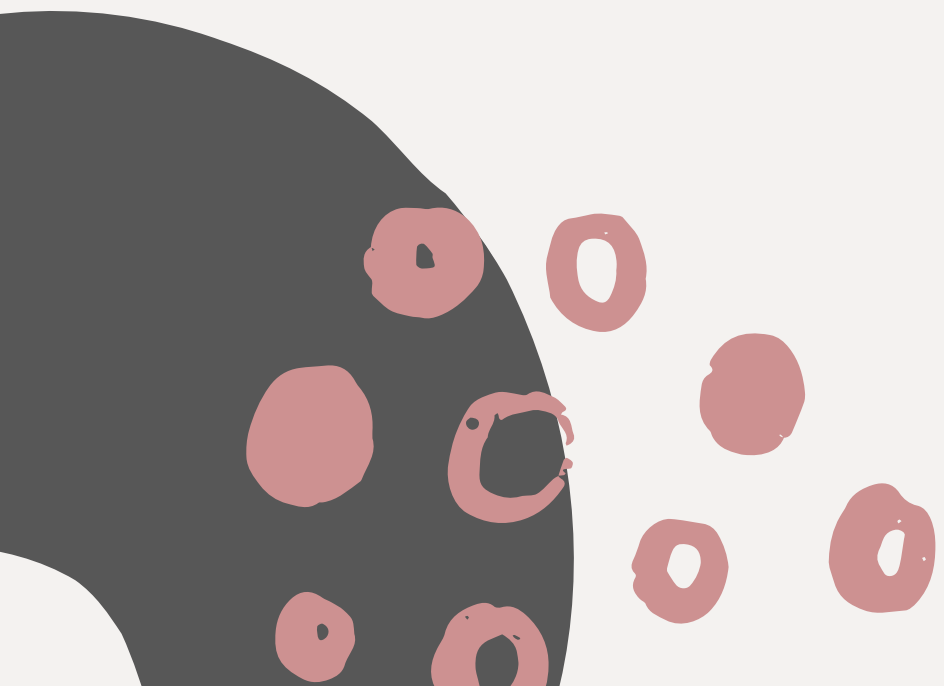
What are some things you've been dealing with and how have they affected your mental health?

"I have been studying really hard for my tests and I keep doing very poorly even though I study so hard - yet I am always below average! I have never done this poorly in school before, but this new program I switched into is so much harder."



What are some things you've been dealing with and how have they affected your mental health?

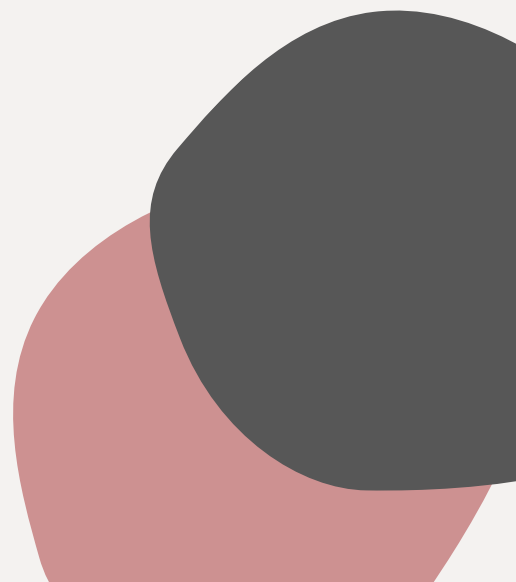
"Leaving school for anorexia"



What are some things you've been dealing with and how have they affected your mental health?

"I have been struggling with depression for the last few years and right now I struggle with the numbness of depression.

Everything has become plain and bland and the spark that I felt when I first started school this September is gone. "





What are some things you've been dealing with and how have they affected your mental health?

"I don't know if I like what I'm studying anymore, or if I like the friends I made or if I like the girl I'm dating."



How do you take care of your mental health?

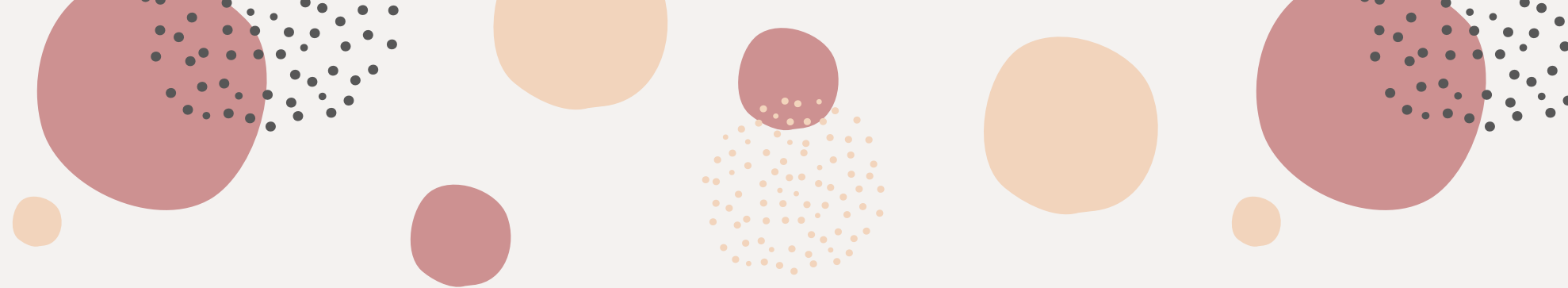
"I sleep and watch youtube to distract me from my problems."



How are you handling your mental health situation?

"I just sit home and be sad."






What are some things you've been dealing with and how have they affected your mental health?

"I have been at Mac for almost 3 months and I have no friends. Join clubs they say... but that does not help when I'm socially awkward and introverted. I feel so alone and I don't know what to do."



What are some things you've been dealing with and how have they affected your mental health?

"If you guys have ever seen Dear Evan Hansen, I am literally Evan. How do I be more outgoing and extroverted when i've been shy and awkward my whole life?"



What are some things you've been dealing with and how have they affected your mental health?



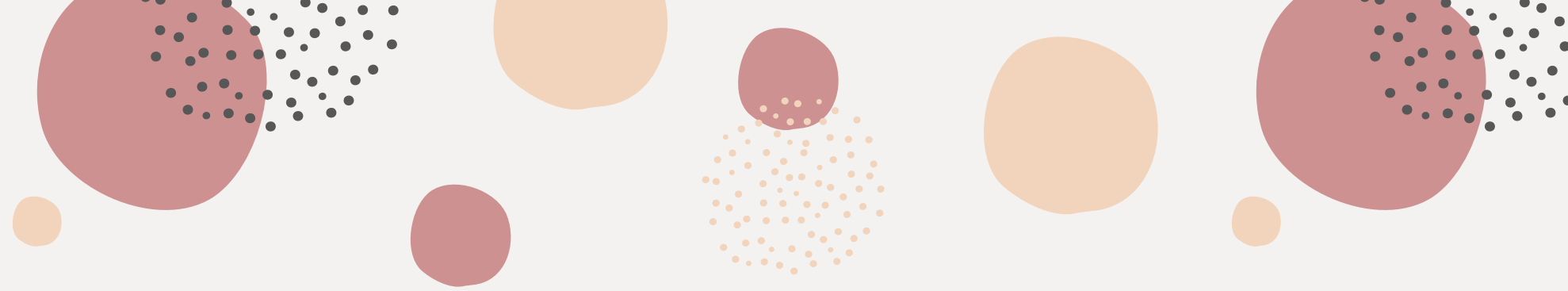
"Academics"





How do you take care of your mental health?

"Bottling it up until the exams are done"

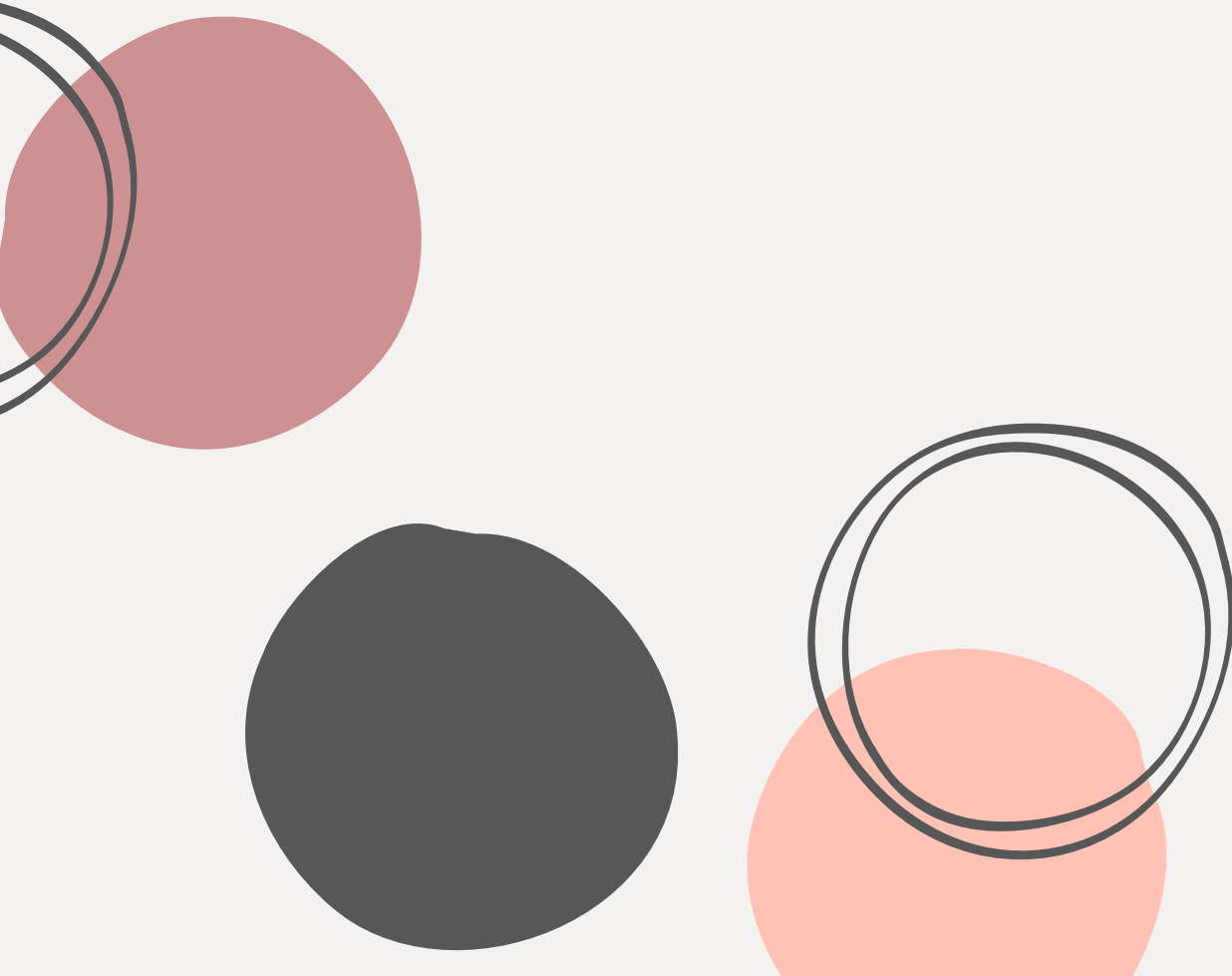


How are you handling your mental health situation?

"Just getting by day by day"

What are some things you've been dealing with and how have they affected your mental health?

"Loneliness"



How are you handling your mental health situation?

How do you take care of your mental health?



"Twitter"



What are some things you've been dealing with and how have they affected your mental health?

"Personal health, friends, academics, overthinking, anxiety, fear"



How are you handling your mental health
situation?

"Meditation, healthy eating, rest, seeing family and
friends, doctor visits"



How do you take care of your mental health?

"Taking breaks, watching Netflix, eating well, talking with people, balancing academics and entertainment, self-care practices, poetry."



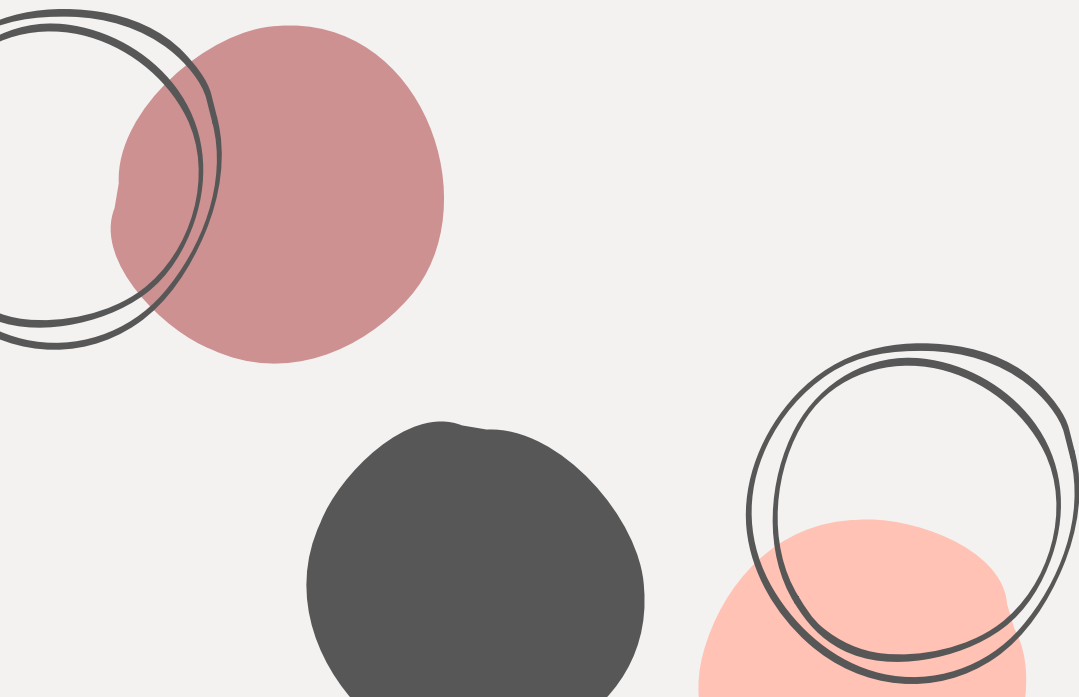



How do you take care of your mental health?

"Facetiming with my family"

How do you take care of your mental health?

"I take breaks, I read, I exercise. I write little notes for myself to keep going."



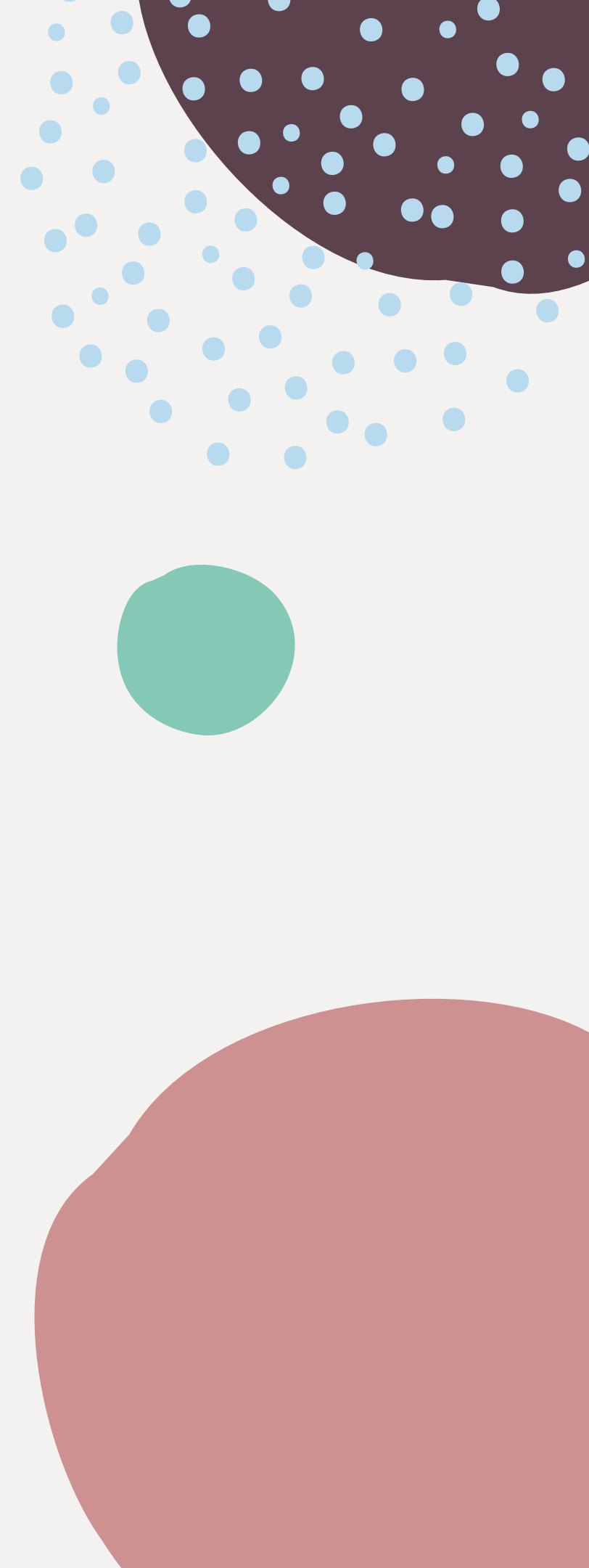


What are some things you've been dealing with and how have they affected your mental health?

"Having high expectations for myself academically and in all aspects of my life has led me to isolate myself out of a fear of not achieving these goals. This isolation, the stress I put on myself, and the lack of support I have have led me to often feel anxious and depressed."

What are some things you've been dealing with and how have they affected your mental health?

"Personal health issues, sadness without concrete reasoning, low motivation"





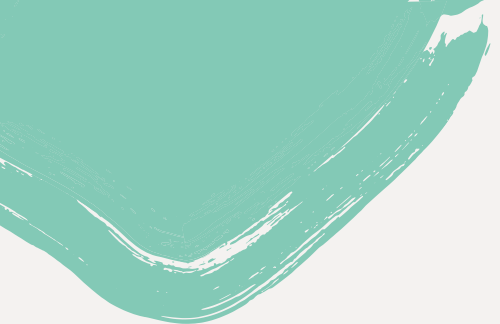
How are you handling your mental health situation?

"Going to group therapy, speaking with peers and family, practicing self compassion"

How do you take care of your mental health?


"Naps, speaking with friends, eating yummy food, taking warm showers, drinking tea"





How are you handling your mental health situation?



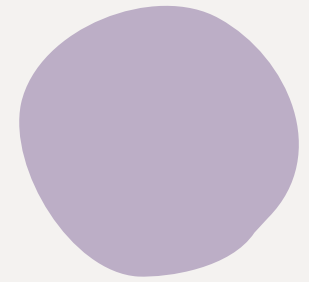
"Talking about it. As much as I can I voice my concerns to my friends and family and make sure my voice is heard. When I took the decision, I did it alone. But to carry through with it I realized I need a support system."





How do you take care of your mental health?

"Take breaks, physical self care such as taking a bath or using a face mask, try to incorporate a mindfulness of self compassion exercise into my day"





How are you handling your mental health situation?

"I am doing my best to practice mindfulness and take care of myself, but my main way of coping is just to isolate myself."



What are some things you've been dealing with and how have they affected your mental health?

"Family tensions and lack of close friendships have caused me to feel lonely and has contributed to the depressive episode I'm experiencing. I am anxious and overwhelmed at the amount of work I have to do and have been procrastinating because I worry it will be inadequate."



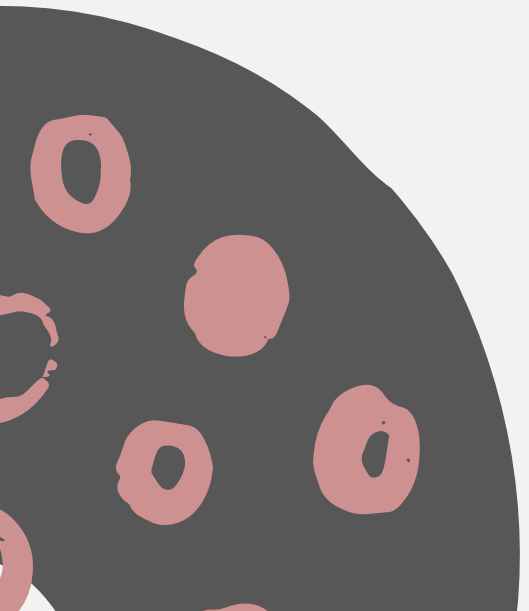
How are you handling your mental health situation?

"I've been attending therapy regularly. I've been working on forgiving myself for relapses. I've been trying to accept that even if I'm not able to spend mental energy on recovery, just surviving and little strides are just as good for me and important. But overall it still doesn't feel good."



How do you take care of your mental health?


"On days where my mental health is really bad, I allow myself to narrow down my tasks for the day. That may mean I sleep more and do homework the next day, but sometimes I just really need to use my energy on the one thing of the day that I'm struggling with instead of five things."





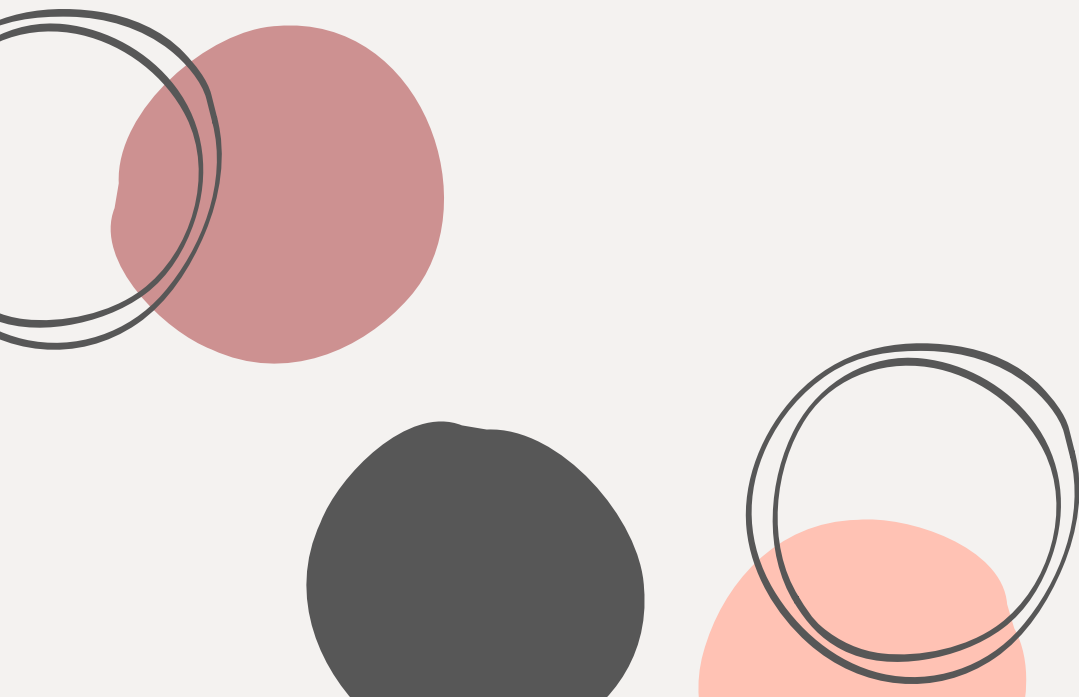
How do you take care of your mental health?

"Even if I don't need active help I try to let my friends know I'm not doing okay, that way maybe they can feel prepared if I need help later or maybe they'll know to do something else to support me that I don't know to ask for."



How are you handling your mental health situation?

"I am on antidepressants right now (nothing embarrassing about that), and I have regular therapist meetings. When I am in a significantly worse mood, I will sometimes use online or telephone-based helplines."





How are you handling your mental health situation?

"I have used nearly every resource provided by the school for academic, emotional and career help, and even though it isn't always enough, it feels good to reach out to people and admit that you need help getting back on track."



How do you take care of your mental health?

"The main thing I've learned is to let yourself do little things that make you more comfortable if they aren't counter-productive. I have weird sensory needs that make it hard for me to wear certain types of clothing, so I don't, even if it seems a little embarrassing."

How do you take care of your mental health?

"I have found ways to eat as healthy as I can, even with my weird food preferences, and not judge myself. The most important thing I learned is to respect yourself enough to do this, and to realize that just because your preferences and needs aren't typical or conventional, doesn't mean they're wrong or unhealthy."





How do you take care of your mental health?

"Shame is an important emotion, but you shouldn't feel ashamed of yourself for things you can't change or control."