

YOUTH BOOKLETS

Booklet 1. Write all over your bathroom mirror

This booklet makes the others work better. Learn 15 great tips on how to work with the other booklets and feel better sooner.

Booklet 2. Why do I feel so bad?

Want to know what makes you tick? This booklet helps you understand how your responses to outside events can affect your thoughts and feelings. It shows how just a single altered thought can lead to sadness, tiredness, and even illness.

Booklet 3. I can't be bothered doing anything

We've all said this to ourselves when feeling down. This booklet helps you break out of the cycle of low activity and sets out a simple plan for getting back in action.

Booklet 4. Why does everything always go wrong?

If that thought sounds familiar, this booklet will teach you how to stop it from taking control of your life. You'll be introduced to the Amazing Bad-Thought-Busting Program and learn how to swap bad thoughts for helpful ones.



Canadian Mental
Health Association
Mental health for all

Booklet 5.

I'm not good enough

How come other people seem so confident? Learn their secrets and get to like yourself again, with practical suggestions about how to build your self esteem.

Booklet 6.

How to fix almost everything

This booklet introduces the Easy 4-Step Plan—a straightforward way to fix your problems and achieve your goals that has worked for thousands of people. Do you know how to go up a climbing wall? This booklet will show you how.

Booklet 7.

The things you do that mess you up

When you're feeling low you can start to lean on things to get you through a bad time. This booklet helps you get back in control of hiding away, spending too much time on social media or watching TV.

Booklet 8.

1, 2, 3, breathe

This booklet teaches you the 1, 2, 3 breathe! system—everything you need to control your temper and improve your happiness and relationships. No complicated terms, no theory, just practical help.

Booklet 9.

10 things you can do to feel happier straight away

The booklet sums everything up and then shows you how to be happier, more active and able to see the positive side of life every day.

