



Recognizing your needs and developing healthy strategies to meet those needs will help you maintain healthy boundaries and relationships with others.

Our wants and needs change as we grow and age. Be gentle and check in with yourself occasionally to ensure you're getting what you need.

It can be hard to know what you want or need sometimes. Reaching out to a trusted friend, mentor, counsellor, or Elder can be helpful.

If you don't know what brings you peace, try something new! Take a class or volunteer in your community.

Think about what brings you peace, and do more of those things when you're feeling sad, scared, angry, or lonely.

Prioritize your relationship with yourself. It is okay to be alone and spend time nurturing yourself and your spirit.

# Tending Your Fire

Building healthy relationships with others starts with having a healthy relationship with yourself.

This resource was developed by a team of experts, including young people and a Knowledge Keeper, with support from Indspire, Youth Wellness Hubs Ontario and Shkaabe Makwa at CAMH.



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