

# Real stories by people like you:

## Questions to consider

Stories can offer hope and help you know you aren't alone in your experiences. These stories touch upon some the topics covered on MindKit, like what it's like to live with a posttraumatic stress injury (PTSI) in your Family and ways you can look after your own mental health.

As you watch each video, think about your own experience. Have you seen, felt or heard any of the same things or had the same stuff happen to you? Does anything make you stop and think "Wait, that sounds like my life"? What is different? Keep your eye out for any tools or strategies used to overcome difficult situations too. These may be helpful in your own life!

Here are some general guiding questions to consider:

- 1 What was the video(s) about?
- 2 What did you like most about the video(s)?
- 3 Did anything surprise you? Why or why not?
- 4 What types of difficulties did each person describe?
- 5 How did each person overcome these difficulties?
- 6 What can you share from the stories to help others who may be going through the same things?

## Ashton's story

- 1 Ashton describes how his mom got help for her mental health struggles, which included going to therapy. What are other ways to look after your mental health? Check out the section on coping tools and PIE in [Build your own MindKit](#) for some ideas.
- 2 Ashton talks about how he and his Family have gotten closer over time despite his mom's mental health challenges. What positive changes do you see or hope for in your own Family? Check out the section on changes to your Family life in [PTSI and you](#) for more information.

## Cameron's story

- 1 Cameron talks about taking on responsibilities that would be expected of a parent, despite being a kid. Have you ever experienced something similar? Try using [RULER](#) to describe how this makes you feel.
- 2 Cameron compares protecting his mental health to preventing a light or flame from being dimmed. What strategies do you use to look after yourself, to keep your mental flame burning bright? Check out the section on coping tools and PIE in [Build your own MindKit](#) for some ideas.

## Jennifer's story

- 1 Jennifer uses the term “storm watcher” to describe her experience living with her dad’s PTSD. Have you ever felt like a storm watcher? Try using [RULER](#) to describe how this makes you feel.
- 2 Jennifer describes her mom as an important source of support as a teenager.
  - a. Who’s in your support system that you can turn to when times get tough? Think about your friends, Family members and any trusted adults in your life.
  - b. What are some activities you could do to connect with other people? Check out the section on PIE in [Build your own MindKit](#) for some ideas!

## Samantha's story

- 1 Samantha shares the different ways she’s been impacted by her dad’s post-traumatic stress disorder (PTSD), such as stigma and taking on new roles and responsibilities.
  - a. Have you experienced similar or different things in your own life? Try using [RULER](#) to describe how this makes you feel.
  - b. What are some ways that Samantha experienced stigma from people in her life? Do these surprise you? Learn more about stigma in the [All about mental health](#) topic.
- 2 Samantha highlights the importance of knowing that it’s not her responsibility to heal her parent. What are other important things to keep in mind when your parent has a mental health condition? Check out the three important things to always keep in mind in [PTSI and you](#) for some ideas!

## Stephanie's story

- 1 Stephanie says she felt like the “Family taxi service” in her role of taking care of her parents after getting her driver’s licence. She mentions that this made her feel frustrated and angry at times. Have you taken on new roles and responsibilities in your Family after your loved one’s diagnosis? Try using [RULER](#) to describe how this makes you feel.
- 2 Stephanie describes getting professional help to better understand and come to terms with her dad’s mental health conditions.
  - a. Who are some people in your life that you can reach out to?
  - b. What are some other strategies or tools you could use to look after your mental health? Check out the coping tools in [Build your own MindKit](#) for some ideas.

## Tristan's story

- 1 Tristan talks about how his dad went to counselling for anxiety and PTSD after retiring from the military. Is your loved one getting help for their mental health? If so, have you noticed any changes in your life? Check out the section on [PTSD and you](#) to learn about what to expect when your loved one has a mental health injury.
- 2 Tristan’s story is all about learning to overcome challenges. What tools and strategies can you use to deal with stress and other difficult feelings? Check out the section on coping tools in [Build your own MindKit](#) for some ideas.
- 3 Tristan talks about using power of positive thinking after losing a baseball tournament. Which [coping tools](#) does this remind you of? Hint: it has to do with training your thoughts!