

# The MindKit Chronicles

VOL 1



Illustrated by  BioHues  
Digital

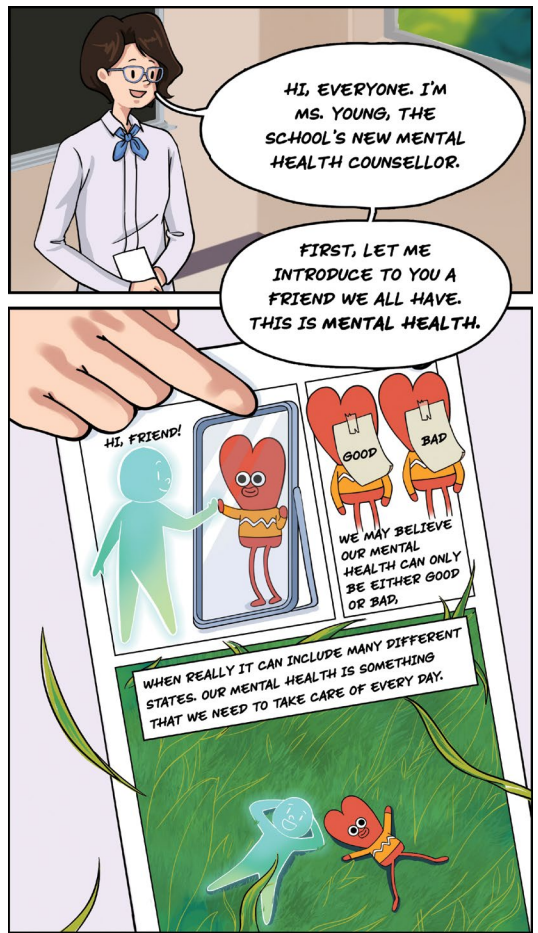
VISIT OUR WEBSITE TO LEARN MORE OR FOR AN  
ACCESSIBLE VERSION OF THIS COMIC:

**MINDKIT.CA**





THERE IS A NEW COMMUNITY COUNSELLOR WHO IS SPEAKING TO THOMAS'S GYM CLASS.



HI, EVERYONE. I'M MS. YOUNG, THE SCHOOL'S NEW MENTAL HEALTH COUNSELLOR.

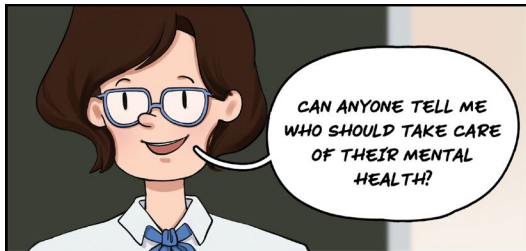
FIRST, LET ME INTRODUCE TO YOU A FRIEND WE ALL HAVE. THIS IS MENTAL HEALTH.

HI, FRIEND!

GOOD  
BAD

WE MAY BELIEVE OUR MENTAL HEALTH CAN ONLY BE EITHER GOOD OR BAD.

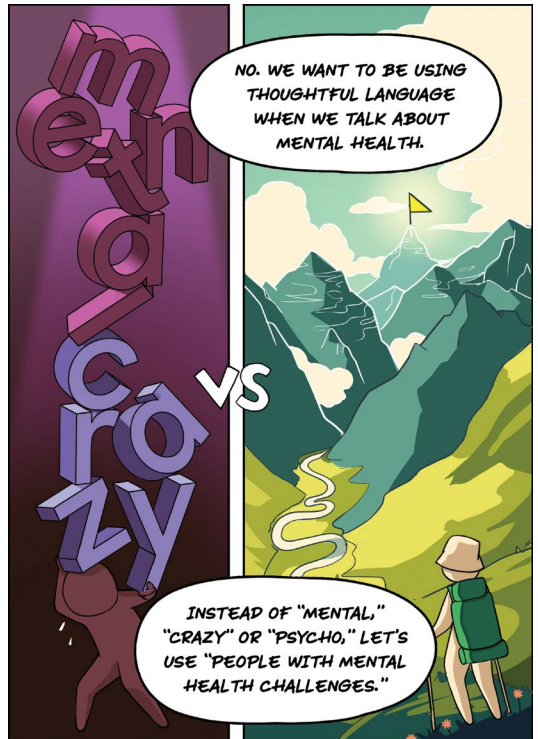
WHEN REALLY IT CAN INCLUDE MANY DIFFERENT STATES. OUR MENTAL HEALTH IS SOMETHING THAT WE NEED TO TAKE CARE OF EVERY DAY.



CAN ANYONE TELL ME WHO SHOULD TAKE CARE OF THEIR MENTAL HEALTH?



MENTAL PEOPLE?

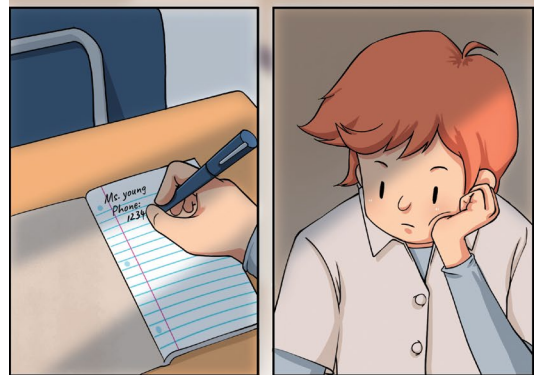
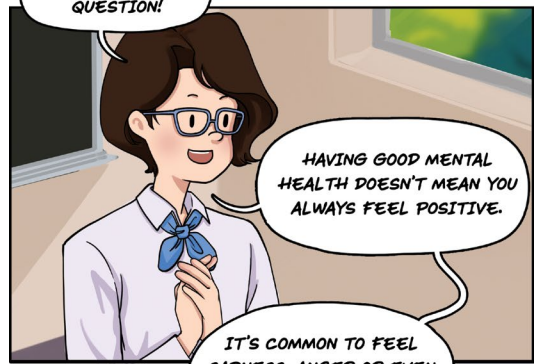
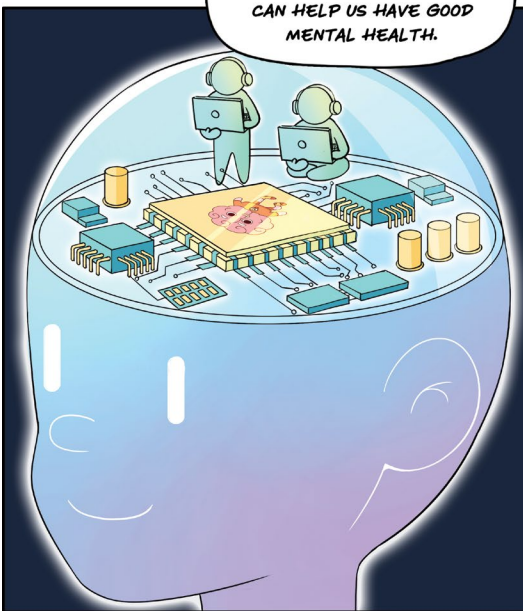
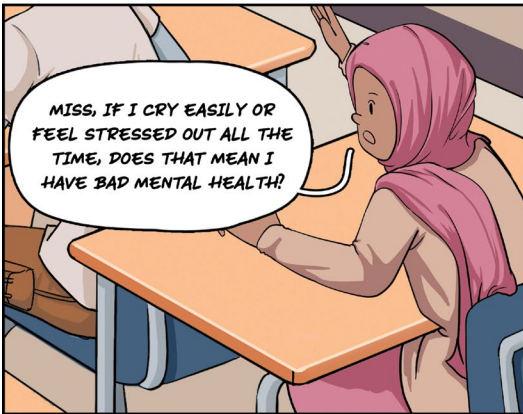
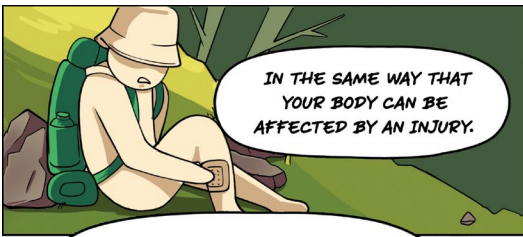


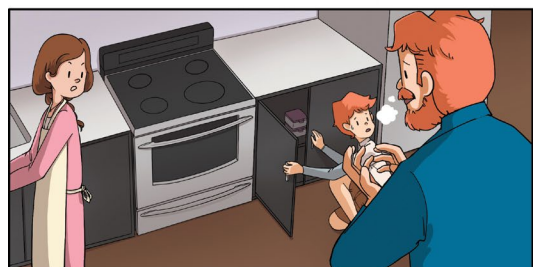
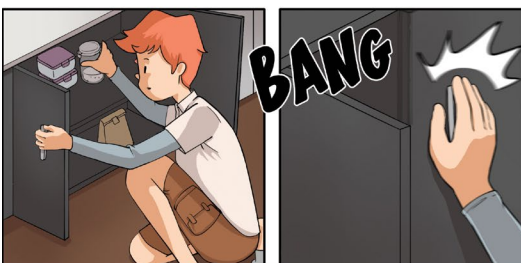
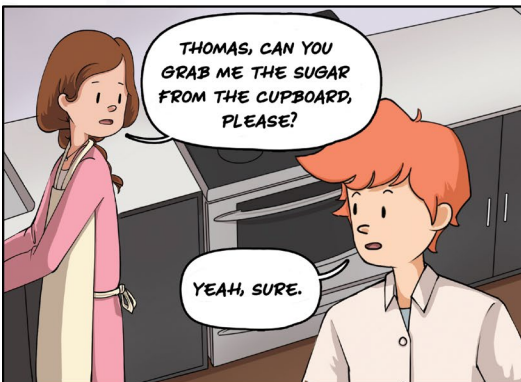
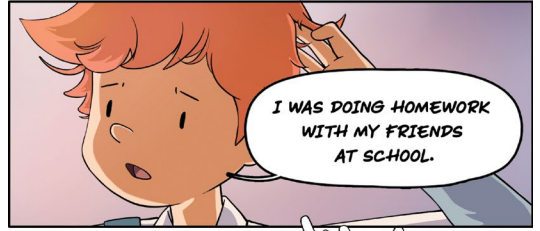
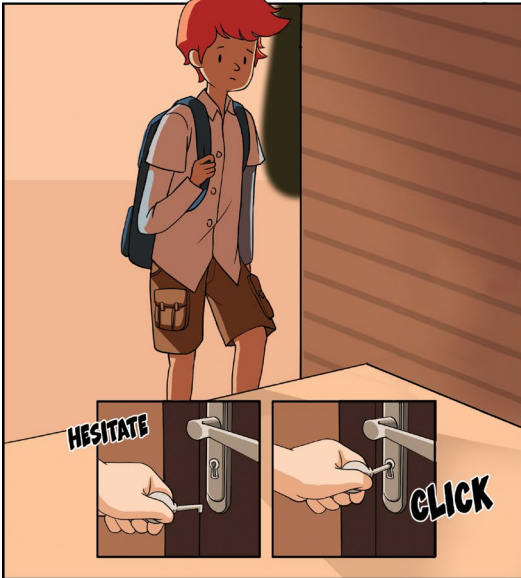
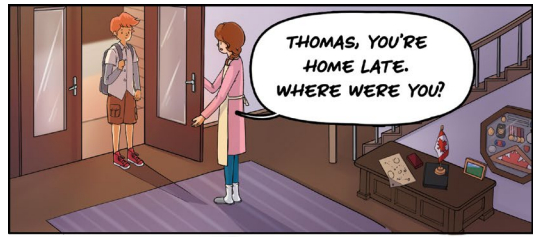
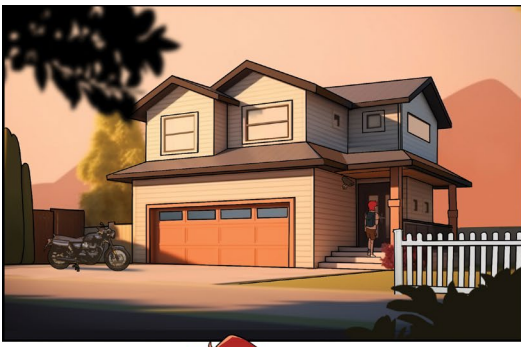
NO. WE WANT TO BE USING THOUGHTFUL LANGUAGE WHEN WE TALK ABOUT MENTAL HEALTH.

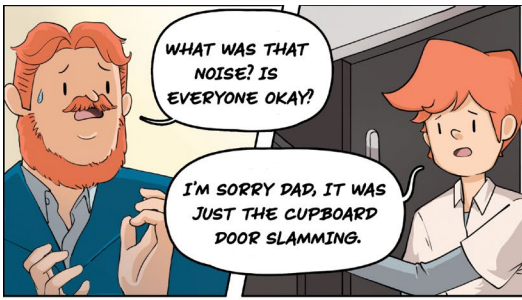
INSTEAD OF "MENTAL," "CRAZY" OR "PSYCHO," LET'S USE "PEOPLE WITH MENTAL HEALTH CHALLENGES."



YOU CAN EXPERIENCE MENTAL HEALTH CONDITIONS AND CHALLENGES,

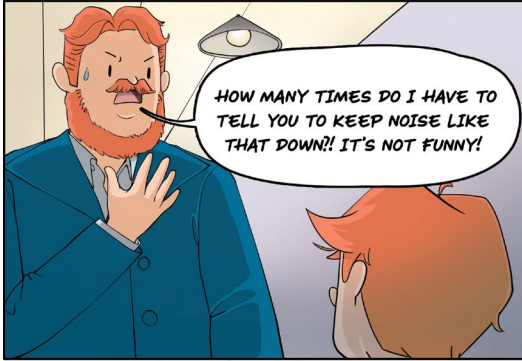
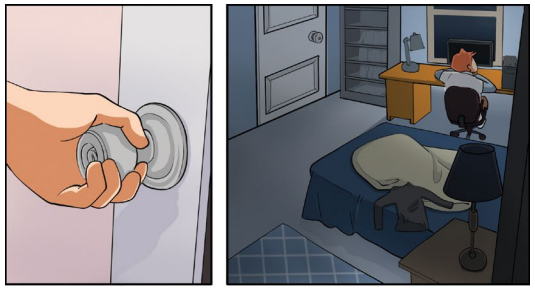




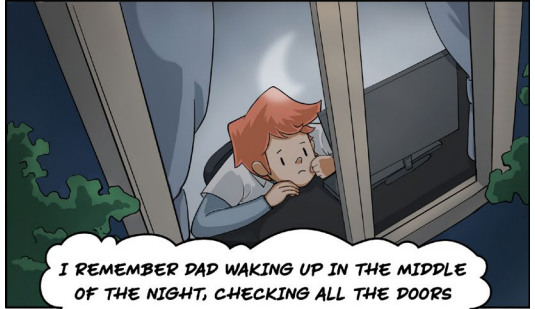


WHAT WAS THAT NOISE? IS EVERYONE OKAY?

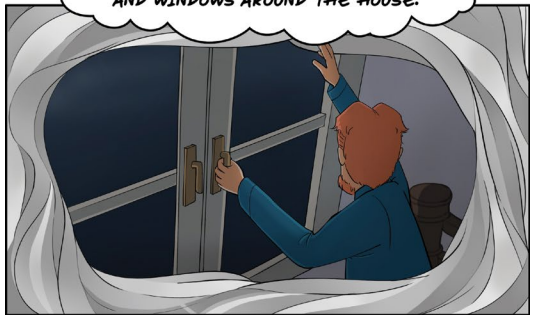
I'M SORRY DAD, IT WAS JUST THE CUPBOARD DOOR SLAMMING.



HOW MANY TIMES DO I HAVE TO TELL YOU TO KEEP NOISE LIKE THAT DOWN?! IT'S NOT FUNNY!



I REMEMBER DAD WAKING UP IN THE MIDDLE OF THE NIGHT, CHECKING ALL THE DOORS AND WINDOWS AROUND THE HOUSE.



SOMETIMES HE WAKES UP SCREAMING AND YELLING FROM NIGHTMARES TOO.

MOM'S STARTED SLEEPING IN A DIFFERENT ROOM.

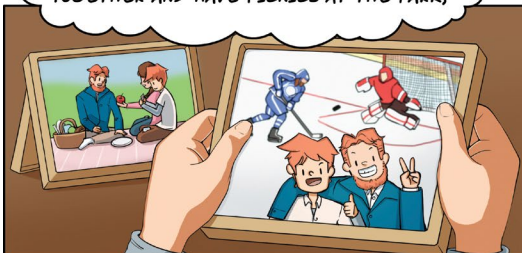
WE USED TO GO TO HOCKEY GAMES TOGETHER AND HAVE PICNICS AT THE PARK,

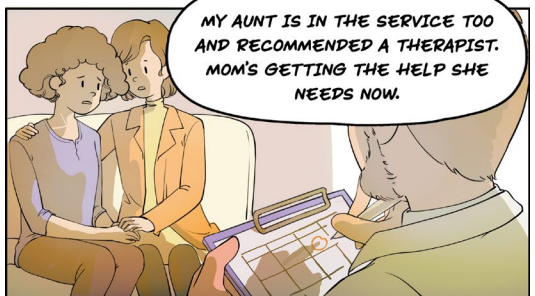
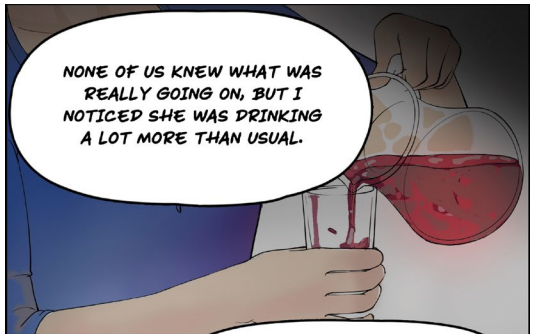
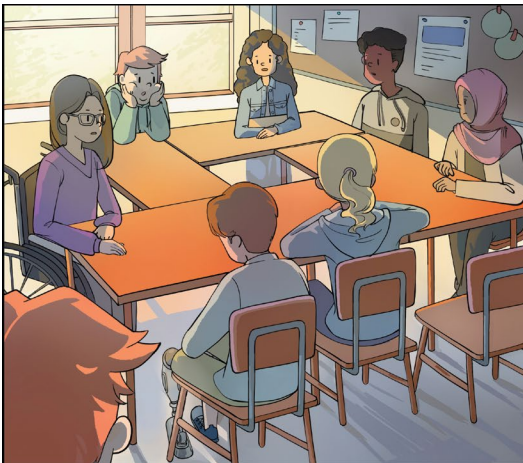
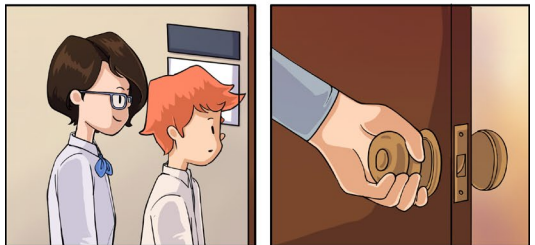
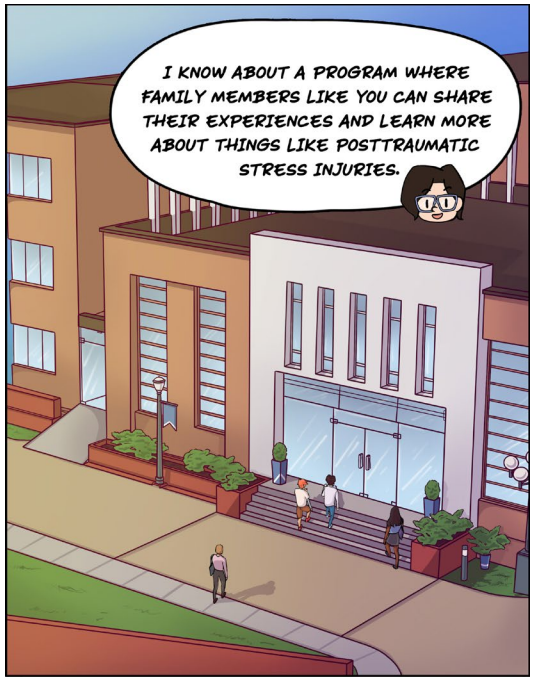
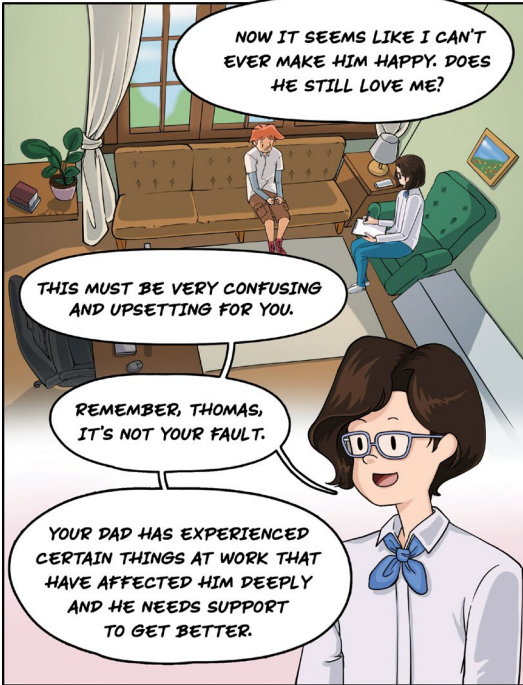
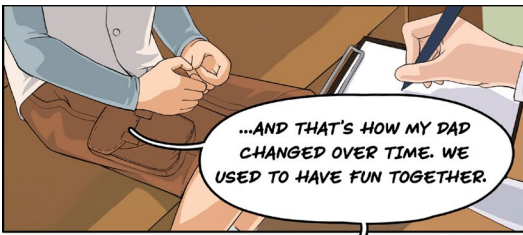


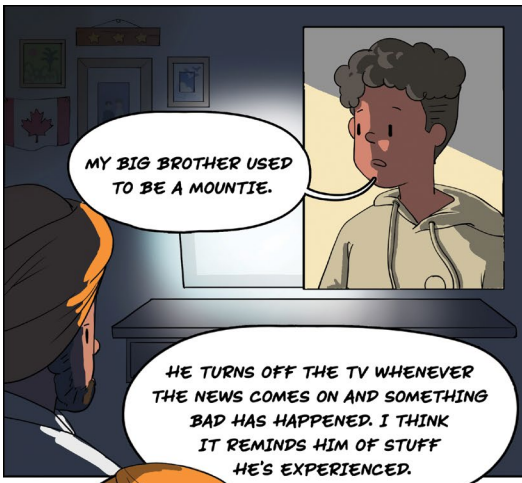
BUT THOSE THINGS HAVE BECOME TOO STRESSFUL. I FEEL LIKE I DON'T EVEN KNOW HIM ANYMORE.



THE LOOK ON HIS FACE IS STRANGE AND DISTANT. IT SEEMS TO BE SWALLOWING ME WHOLE.







MY BIG BROTHER USED TO BE A MOUNTIE.

HE TURNS OFF THE TV WHENEVER THE NEWS COMES ON AND SOMETHING BAD HAS HAPPENED. I THINK IT REMINDS HIM OF STUFF HE'S EXPERIENCED.



SUDDEN MOVEMENTS FREAK HIM OUT TOO.



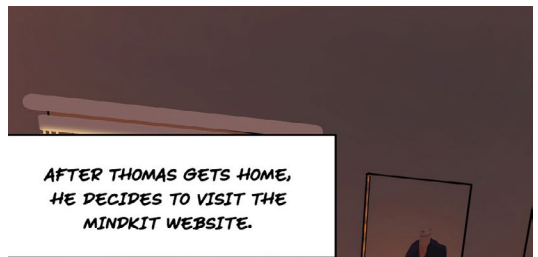
I FIND IT HARD TO FOCUS IN SCHOOL BECAUSE I'M WORRIED ABOUT HIM — I JUST WANT HIM TO GET BETTER.



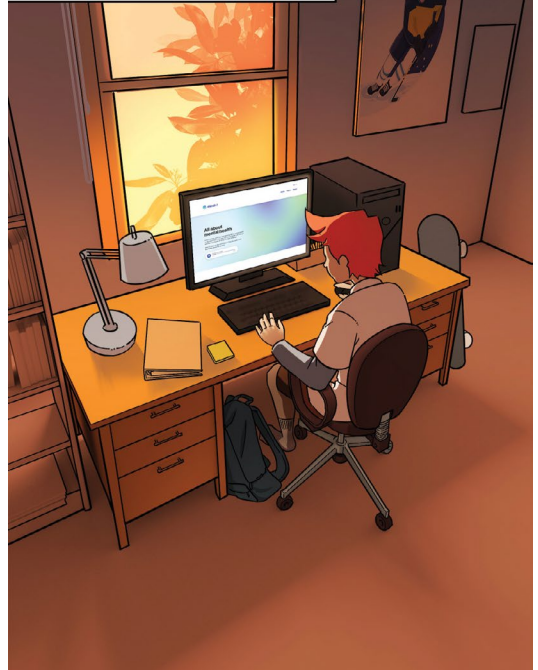
IT MAKES MY STOMACH HURT JUST THINKING ABOUT IT.



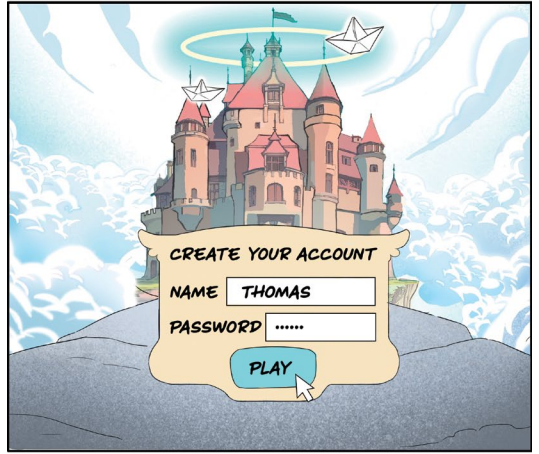
AT THE END OF THE SESSION, THOMAS RECEIVES A KEYCHAIN...

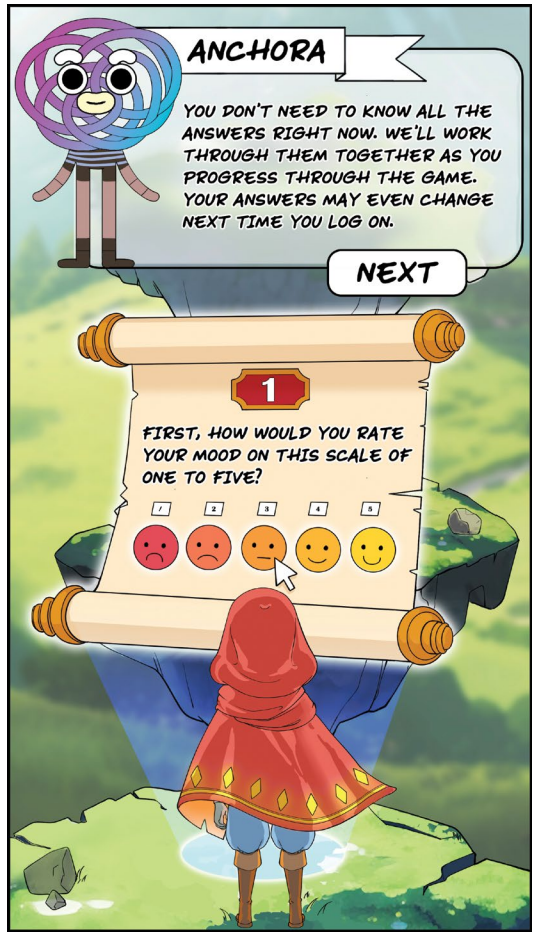
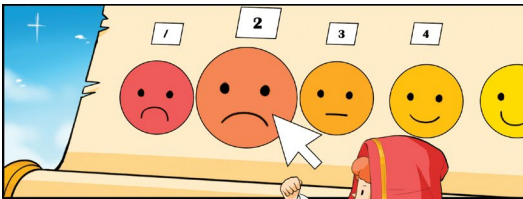


AFTER THOMAS GETS HOME, HE DECIDES TO VISIT THE MINDKIT WEBSITE.









5

WHAT CAN YOU DO TO CHANGE, STRENGTHEN OR KEEP FEELING THIS WAY? WE WANT TO CHANGE OUR NEGATIVE FEELINGS, LIKE JEALOUSY OR SADNESS, AND STRENGTHEN OR KEEP OUR POSITIVE ONES, LIKE GRATITUDE OR EXCITEMENT.

I CAN |

UM...



WE WANT TO CHANGE OUR NEGATIVE FEELINGS, LIKE JEALOUSY OR SADNESS, AND STRENGTHEN OR KEEP OUR POSITIVE ONES, LIKE GRATITUDE OR EXCITEMENT.

I CAN |

NEXT

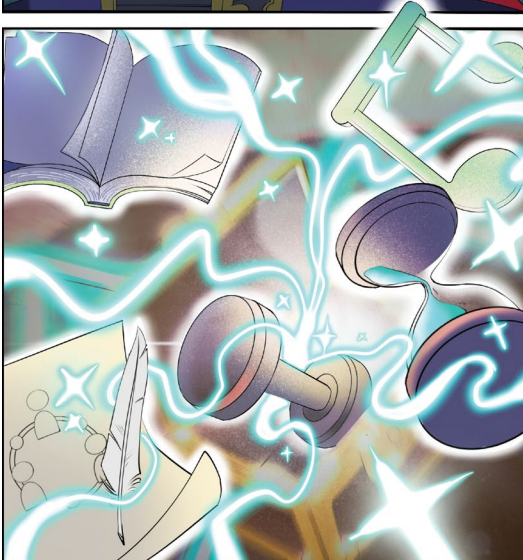
THOMAS'S AVATAR ARRIVES AT A CASTLE DOOR.



ANCHORA

LET'S LOOK AT SOME TOOLS YOU CAN USE TO HELP MANAGE YOUR EMOTIONS! YOU'LL FIND A TREASURE CHEST INSIDE THIS CASTLE — OPEN IT!

NEXT



POWER-UPS

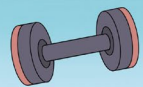


- POWER OF MUSIC
- INNER COACH
- POSITIVE SAYINGS
- SUPPORT NETWORK
- COUNTDOWN

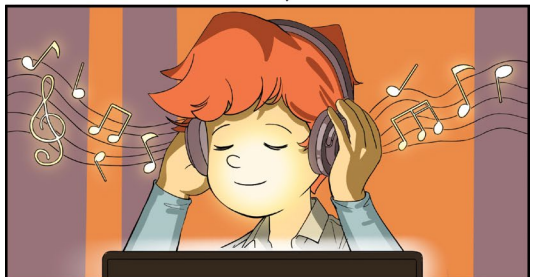
CONGRATULATIONS ON YOUR FIVE POWER-UPS!

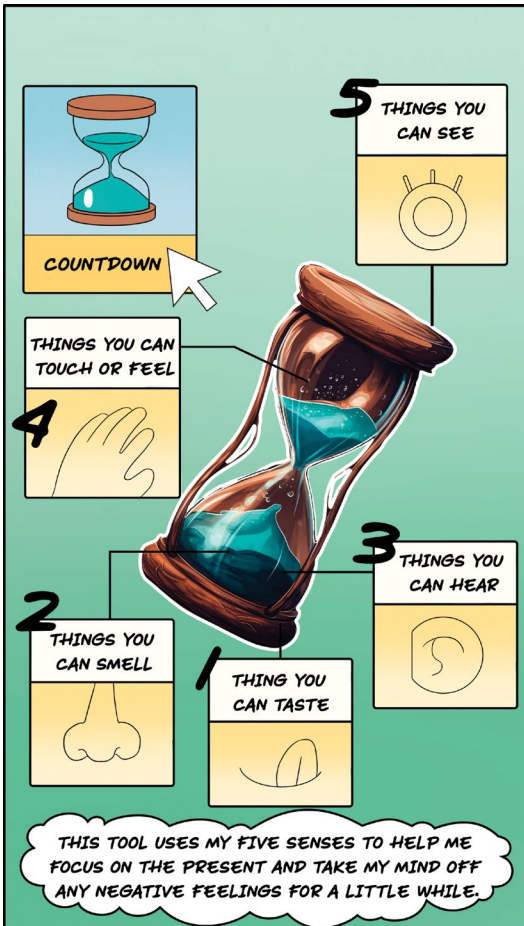
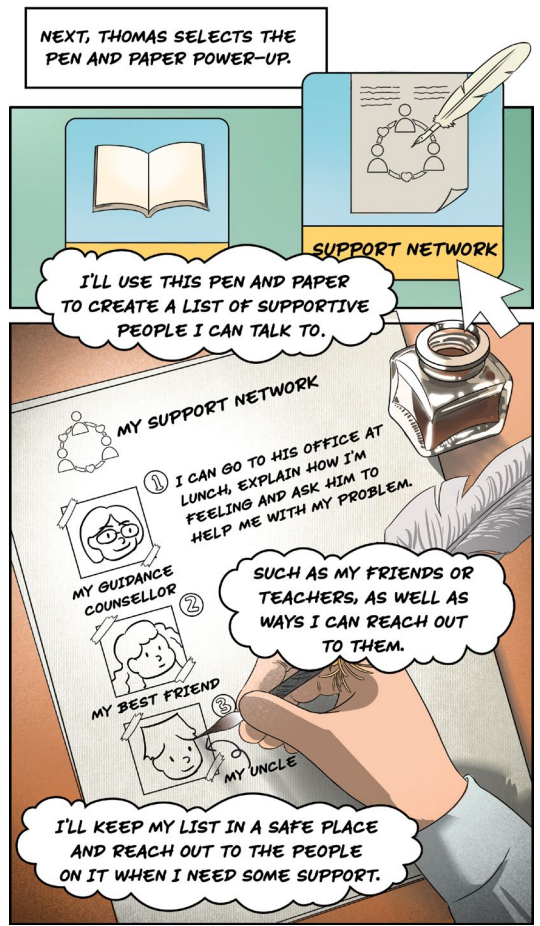


POWER OF MUSIC



INNER COACH

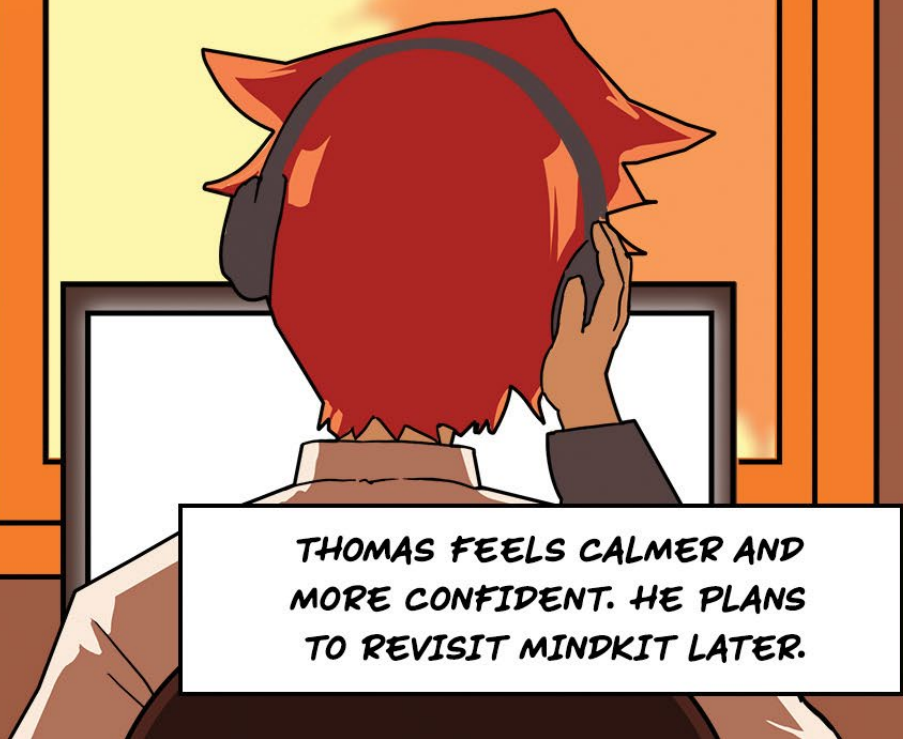






I CAN HEAR BIRDS  
CHIRPING TOO!

I WONDER WHAT ELSE  
I CAN NOTICE AROUND ME  
USING MY SENSES...



THOMAS FEELS CALMER AND  
MORE CONFIDENT. HE PLANS  
TO REVISIT MINDKIT LATER.

**THE END**



# LET'S BECOME EMOTIONAL SCIENTISTS USING RULER



## Recognize...

how you're feeling. *How would you rate your current mood on a scale of one to five? Think about your happiness and energy levels when you make your rating.*

## Understand...

why you're feeling that way. *What's happened to make you feel this way?*

## Label...

the specific emotion so you can talk about your feelings. *What words best describe how you're feeling?*

## Express...

your feelings in a way that others can understand and help you. *What actions or facial expressions can you use to show your feelings to others?*

## Regulate...

your emotions by using helpful coping tools and strategies. *What steps can you take to help change or reduce difficult feelings and strengthen or keep positive ones?*



MindKit is hosted by the Atlas Institute for Veterans and Families, which is funded by Veterans Affairs Canada.

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