

# I A M M E

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*MINI MAG*

Spotlight On

# JARED PADALECKI

Star of the television show "Supernatural," Jared Padalecki was diagnosed with clinical depression after having a breakdown on set in 2007. The experience led to a t-shirt campaign intended to raise money for specific charities and, more importantly, get people talking about mental health!

The campaign is called #AlwaysKeepFighting. The message? "I want people to say to themselves, 'I'm going to win this fight.'"

Just past its third anniversary, it has sold over 500,000 items and donated all of the proceeds to various charities.



**Having a crisis?**

**Contact Crisis Services  
Canada by:**

**Phone: 1-866-277-3553**

**Chat: [http://www.crisisser  
vicescanada.ca/en/](http://www.crisisser<br/>vicescanada.ca/en/)**

**Text: 45645**

**(Phone 24/7, chat and text  
between 5 p.m. to 1 a.m.)**

# Build Your Team!



WORK WITH YOUR FRIENDS TO  
CREATE FOREVER RELATIONSHIPS

Friendships take work, so why not make that work fun? These simple team building games can help you get to know each other better, create trust in your group, and form a foundation that will truly allow you to be 'friends forever.'

## Things I Do Well:

- Divide into pairs
- Each person has 15 seconds to tell the other all of the things they do well, while the recipient writes them down. Then switch!

**This creates trust and shows your friends you pay attention to them and to their lives**

## Winner/Loser

- Sit in a circle
- One at a time, go around the circle and share an experience that you have had that left you feeling bad, but that no longer bothers you
- Once everyone has had their say go around the circle again, but this time talk about and discuss the good things that came out of each person's bad experience

**This helps you to put bad experiences into perspective and gives your friends an opportunity to support you**

## Friendship Rules

- As a group, get together and decide what the rules are that help you get along - like no name calling and shared interests
- Then, think about what you want your group to be in five years and how to get there. For example: if you all live in different cities, how will you stay close?
- Embrace these as the rules that help you remain buds and try to keep them in mind!

**This helps you see how your group works and gets you thinking about what will keep you all together**

An underwater photograph of a coral reef. The scene is filled with various types of coral, including branching and table corals, in shades of yellow, green, and brown. Several small blue fish are swimming in the clear water. In the foreground, a large, dark, pointed object, possibly a shark's snout, is visible on the left side. The overall lighting is dim, typical of an underwater environment.

PROTECT YOUR WORLD

# REDUCE YOUR PLASTIC

by making these easy choices

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*Avoid using disposable razors - 2 billion are thrown away each year in the U.S.*

*Ditch the straw or invest in a reusable one - 550 million are thrown out each year in the U.S. and U.K.*

*Keep a Zero Waste kit in your backpack with a fork, spoon, napkin, and cup so you can avoid using plastic cutlery*

*Whenever possible, avoid using ketchup and other packets - Heinz alone produces 11 billion each year!*

Demi Lovato: Actor, singer, songwriter, X-factor judge, author, entrepreneur, flimmaker.

Demi Lovato: Victim of bullying, diagnosed with bipolar disorder, and recovering from: eating disorder, addiction, self-harm

Demi Lovato: mental health advocate, founder of Be Vocal, Speak Up, activist



Kids Help Phone

Online Chat:  
<https://kidshelpphone.ca/>

Phone: 1-800-668-6868

Clearly a person with a variety of talents, Demi Lovato is well known for her music - but she's also known as a mental health advocate.

One of her most amazing features is how she empowers herself and others by sharing her journey. A child actor, she had to be home schooled due to bullying. As her career progressed, she self-medicated with drugs and alcohol to control her unknown bipolar disorder and struggled with self image and eating disorders.

Now, she uses her celebrity status to educate, support, and inspire others to come forward and seek help.

## Spotlight On

# DEMI LOVATO



# HAVE HEALTHY RELATIONSHIPS

Having a healthy relationship means you work together to create a safe place for each other where you can be you. This is true of the relationships you have with your friends, your parents, your siblings, in your romantic life, and so on.

It's important to remember that close bonds with others don't just happen. You need to make them happen! Here are some things that you can do to have a healthy relationship. They are also a basis for looking at the relationships you have now.



**AND**

Build each other up,  
don't take each other  
down

**TALK**

Take all  
feelings seriously and  
listen to others

**TO EACH**

Respect limits and  
don't push when the  
answer is no

**OTHER!**

Trust that you give  
and trust that you  
receive is key

5.

SIMPLE

# Origami Projects

What you need: A regular sheet of paper

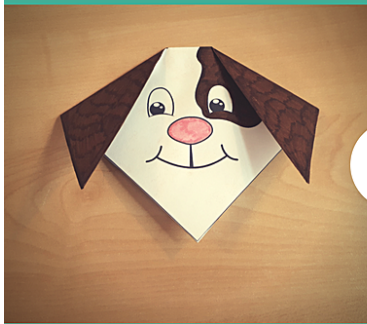


1

Bend one corner of a regular sheet of paper until it meets the opposite side and fold. Fold up the rectangle underneath the triangle and gently tear or cut it off. This will give you a square piece of paper

Refold your paper along the seam you created when making your square. Draw a dog face on one side of your paper.

2



3

With the point of the triangle facing down, bend the top corners over, a couple of centimeters beyond the bottom of the triangle. Make sure to leave space between the ears!

Now, fold the bottom point behind the dog face. You can make this fold as high or low as you would like.

4



5

Make a bunch more - enjoy your origami puppies!

Check out page 8 for more origami ideas!

# Broaden Your Horizons

Making good origami means making very careful, crisp folds. A good trick is to use a popsicle stick or the edge of a ruler to run over the fold once you have made it. Make sure your paper is perfectly lined up first!

Please note that templates (like the one used here) are available online. And you can skip step 1 if you have origami paper.



What problems weigh on your mind?

Do you feel you don't have anyone to talk to?

The I AM ME Mini Mag is offering you advice. Just send us your questions and we will have them answered by a professional. The answer will appear in the following issue of the Mini Mag. Your identity will remain confidential.

Contact us:

[visiongaspeperce@gmail.com](mailto:visiongaspeperce@gmail.com)

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*The views expressed herein do not necessarily represent the views of Health Canada.*

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# OUR SPONSORS

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This Mini Mag would not be possible without the partnership of these groups



# SOURCES

This issue used the following sources of information

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- "Depression awareness on the red carpet" by Henry Hanks. Find it here: <https://www.cnn.com/2015/07/29/health/jared-padalecki-depression-charity-feat/index.html>.
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- 32 Team Building Activities for Teens: To Improve Leadership and Teamwork Skills. Find it here: <http://www.mypicadventures.com/team-building-activities-for-teens/>.
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- "20+ Cute and Easy Origami for Kids," Find it here: <https://www.easypeasyandfun.com/easy-origami-for-kids/>.