

MOOD BUSTERS

A WORKBOOK FILLED WITH
FUN ACTIVITIES TO LIFT
YOUR MOOD



DEVELOPED BY

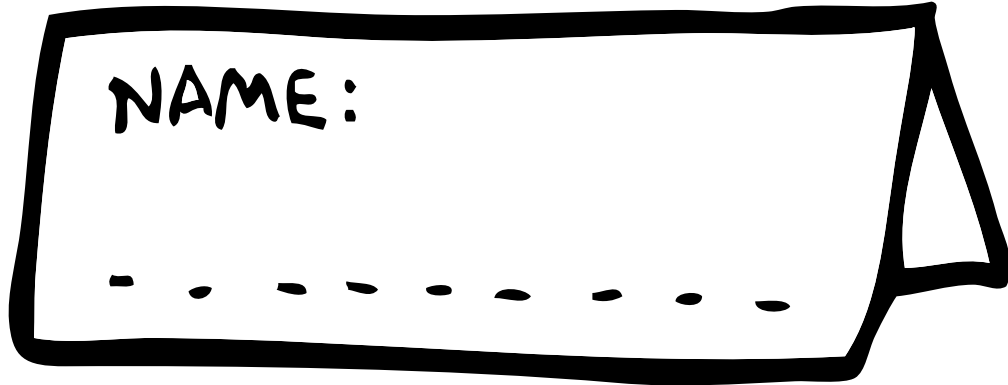


MDAM
MOOD DISORDERS
ASSOCIATION OF MANITOBA

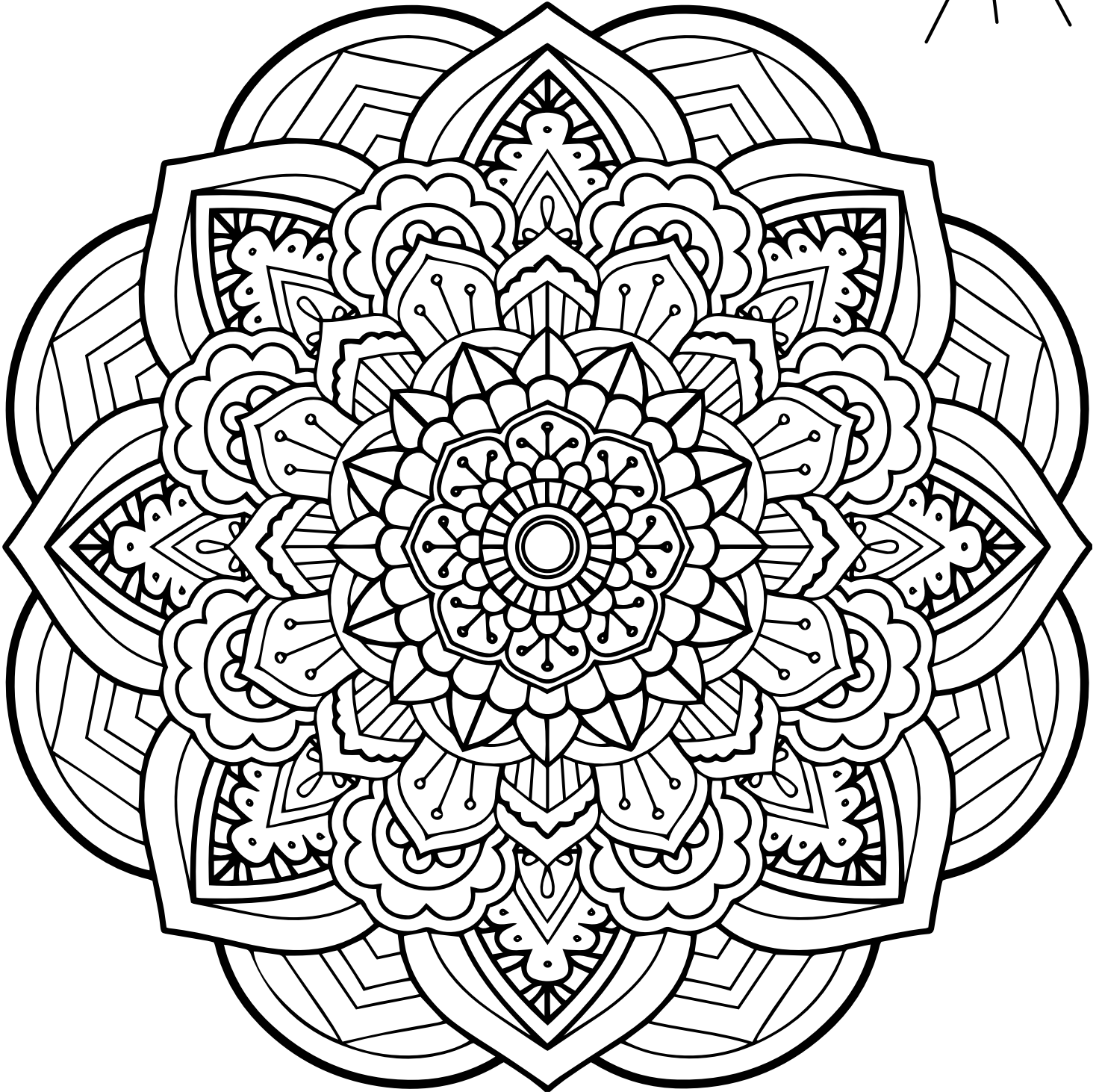
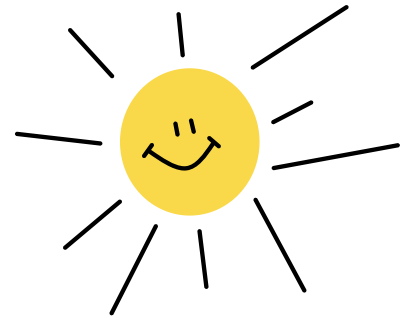
*Helping People
Help Themselves*

**THIS WORKBOOK
BELONGS TO:**

NAME:



COLORING FUN!



SUDOKU FUN #1



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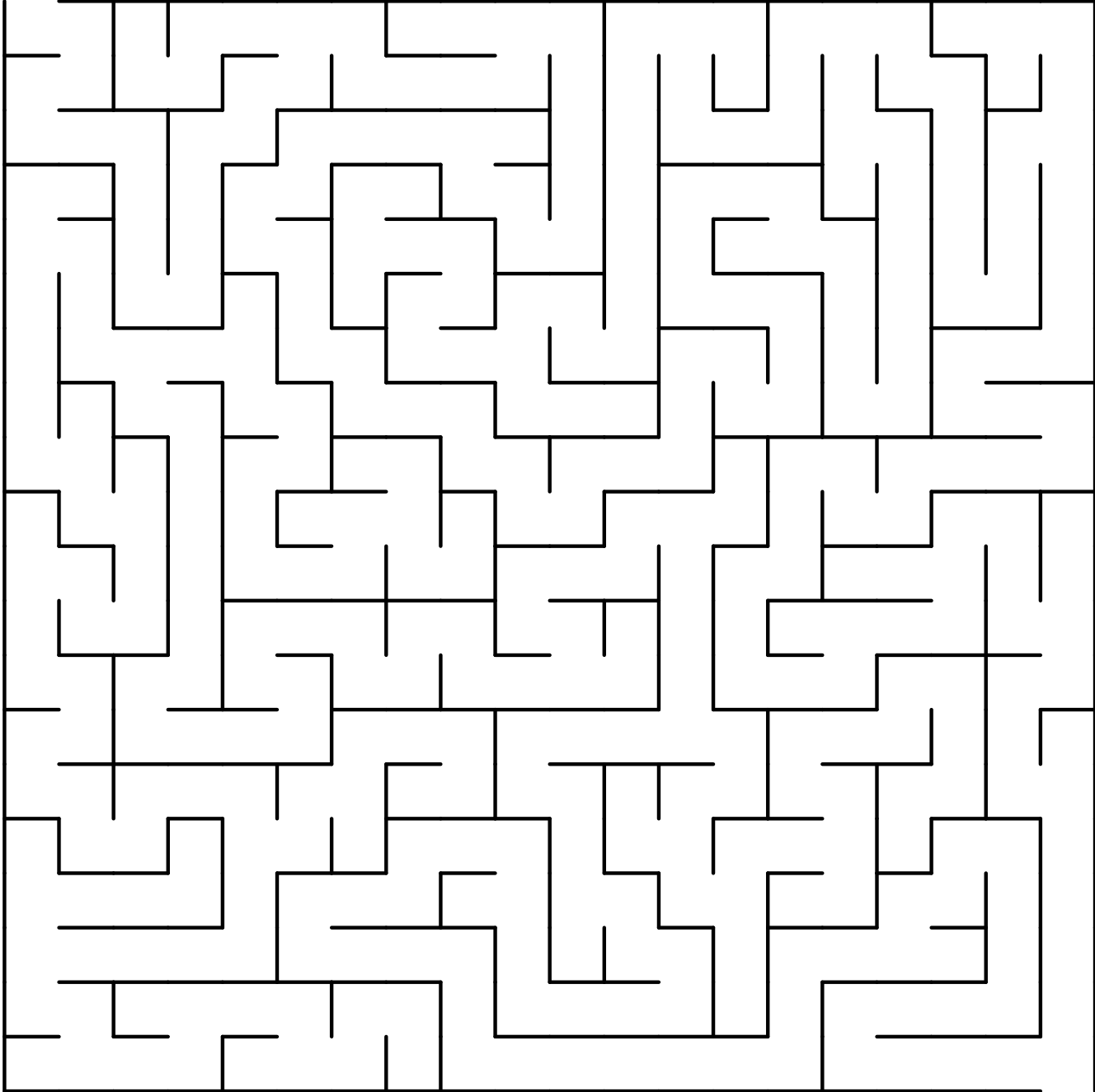
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Answer: Page 23

MAZE #1



Answer: Page 20

BIPOLAR DISORDER WORD FIND

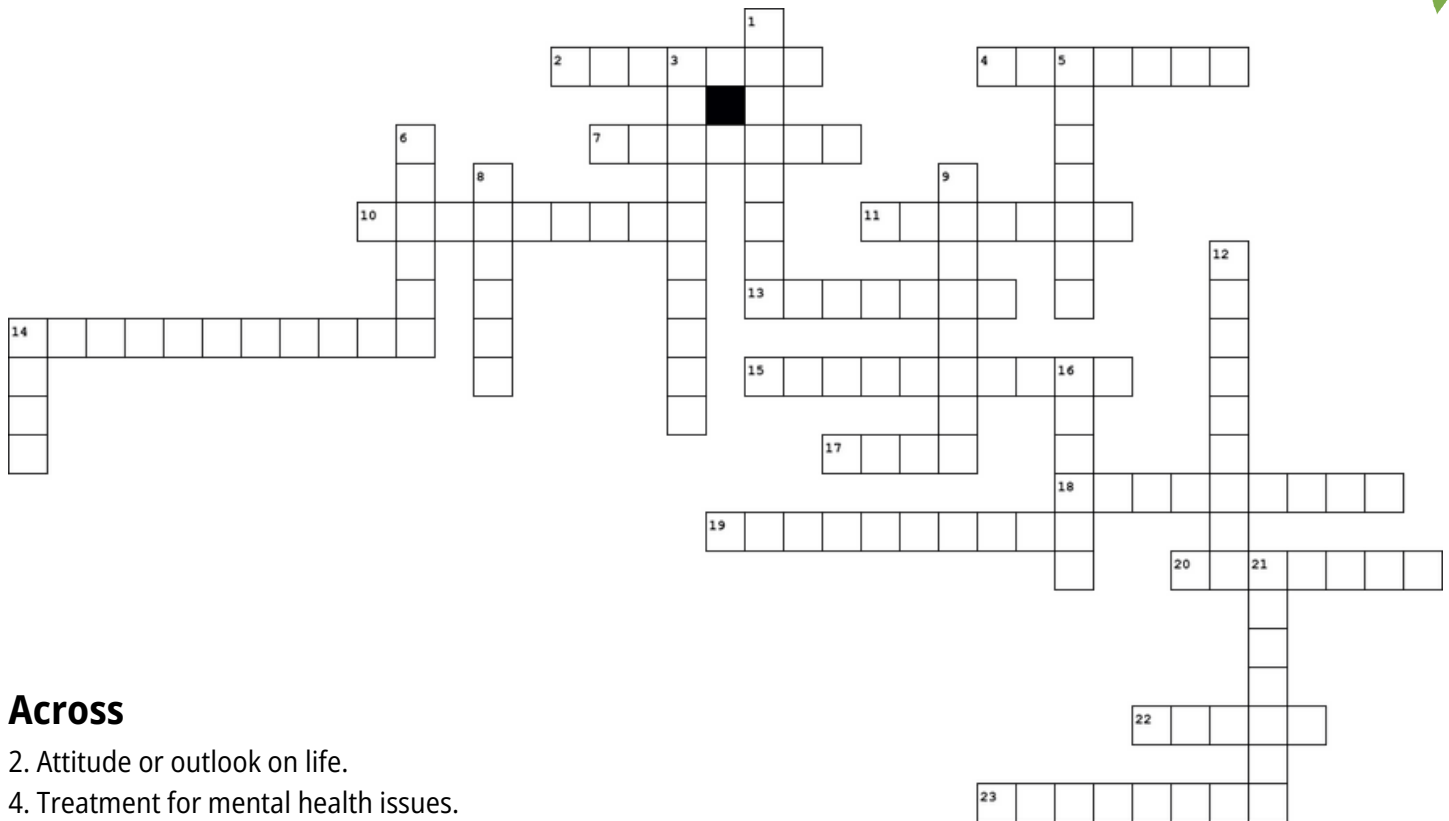


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L	A	W	E	H	C	O	C	C	O	P	I	N	G
S	L	S	D	E	P	R	E	S	S	I	V	E	O

- EMOTIONAL
- SLEEP
- THERAPY
- SELF-CARE
- ENERGY
- COPIING
- COMPLIANCE
- MIXED EPISODES
- IRRITABILITY
- PSYCHOSIS
- SUPPORT
- MOOD SWINGS
- TREATMENT
- DEPRESSIVE
- COGNITIVE
- EUPHORIA
- TRIGGERS
- UNSTABLE

Answer: Page 26

MENTAL HEALTH MATTERS CROSSWORD



Across

- 2. Attitude or outlook on life.
- 4. Treatment for mental health issues.
- 7. Mood disorder with extreme highs and lows.
- 10. Appreciation for what one has.
- 11. A common mental health disorder.
- 13. Help and encouragement from others.
- 14. Being present in the moment.
- 15. Ability to bounce back from adversity.
- 17. Optimism for the future.
- 18. Feeling alone or disconnected.
- 19. Prescribed drugs for mental health conditions.
- 20. Beneficial for mental and physical health.
- 22. Rest for mental and physical restoration.
- 23. Process of healing and improvement.

Down

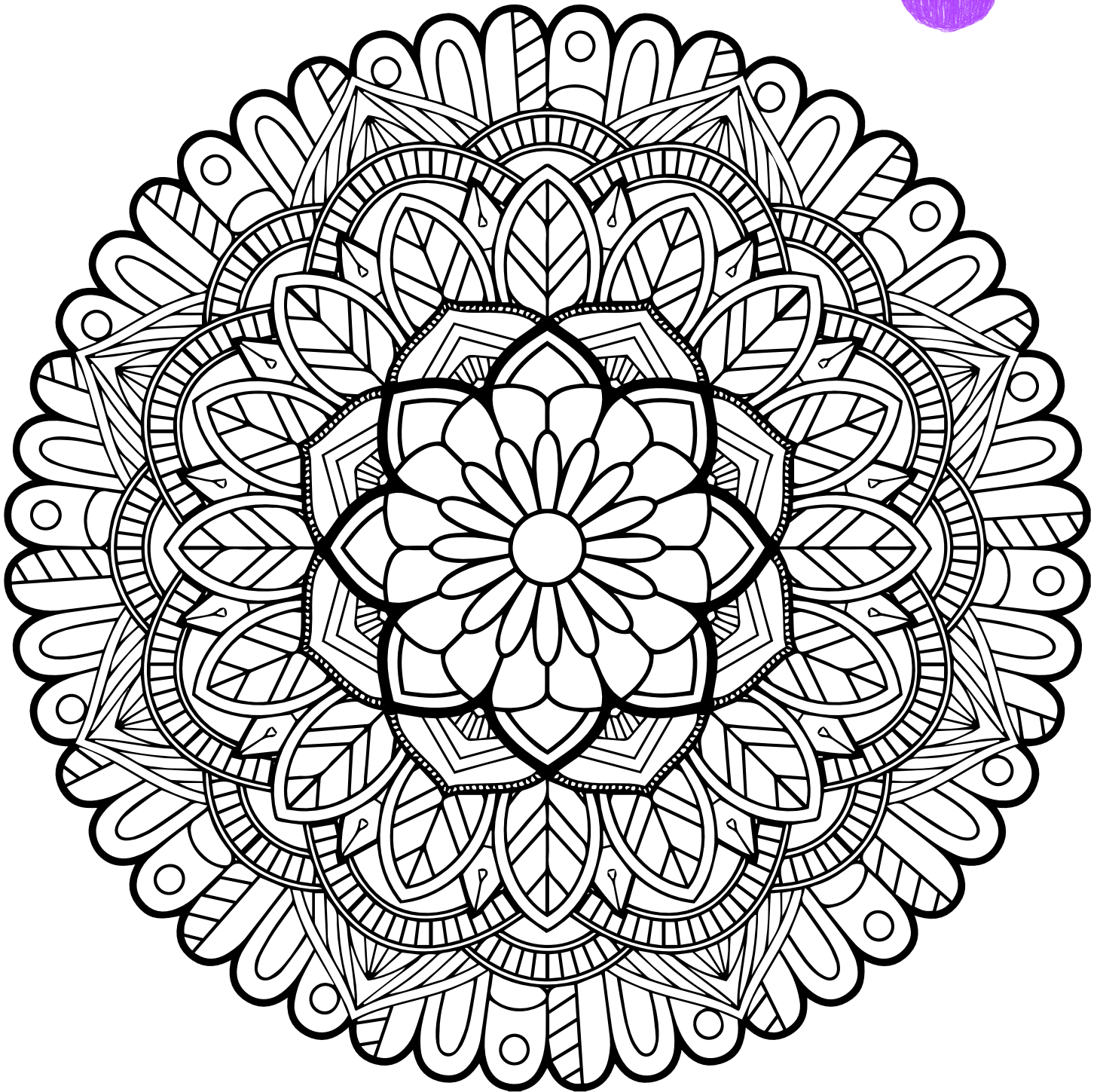
- 1. Overall mental and physical health.
- 3. Persistent sadness or loss of interest.
- 5. Understanding and sharing others' feelings.
- 6. Pressure or tension.
- 8. Negative perceptions about mental health.
- 9. Physical activity for mental well-being.
- 12. Taking care of one's own well-being.
- 14. Emotional state or feeling.
- 16. Dealing with stress or challenges.
- 21. A feeling of worry or unease.

Words found in this crossword:

Anxiety • Anxiety • Bipolar • Coping • Depression • Empathy • Exercise • Gratitude • Healthy • Hope • Isolation • Medication • Mindfulness • Mindset • Mood • Recovery • Resilience • Self-care • Sleep • Stigma • Stress • Support • Therapy • Wellness

Answer: Page 17

COLORING FUN!



SUDOKU FUN #2



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CREATED ON: www.TheTeachersCorner.net

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CREATED ON: www.TheTeachersCorner.net

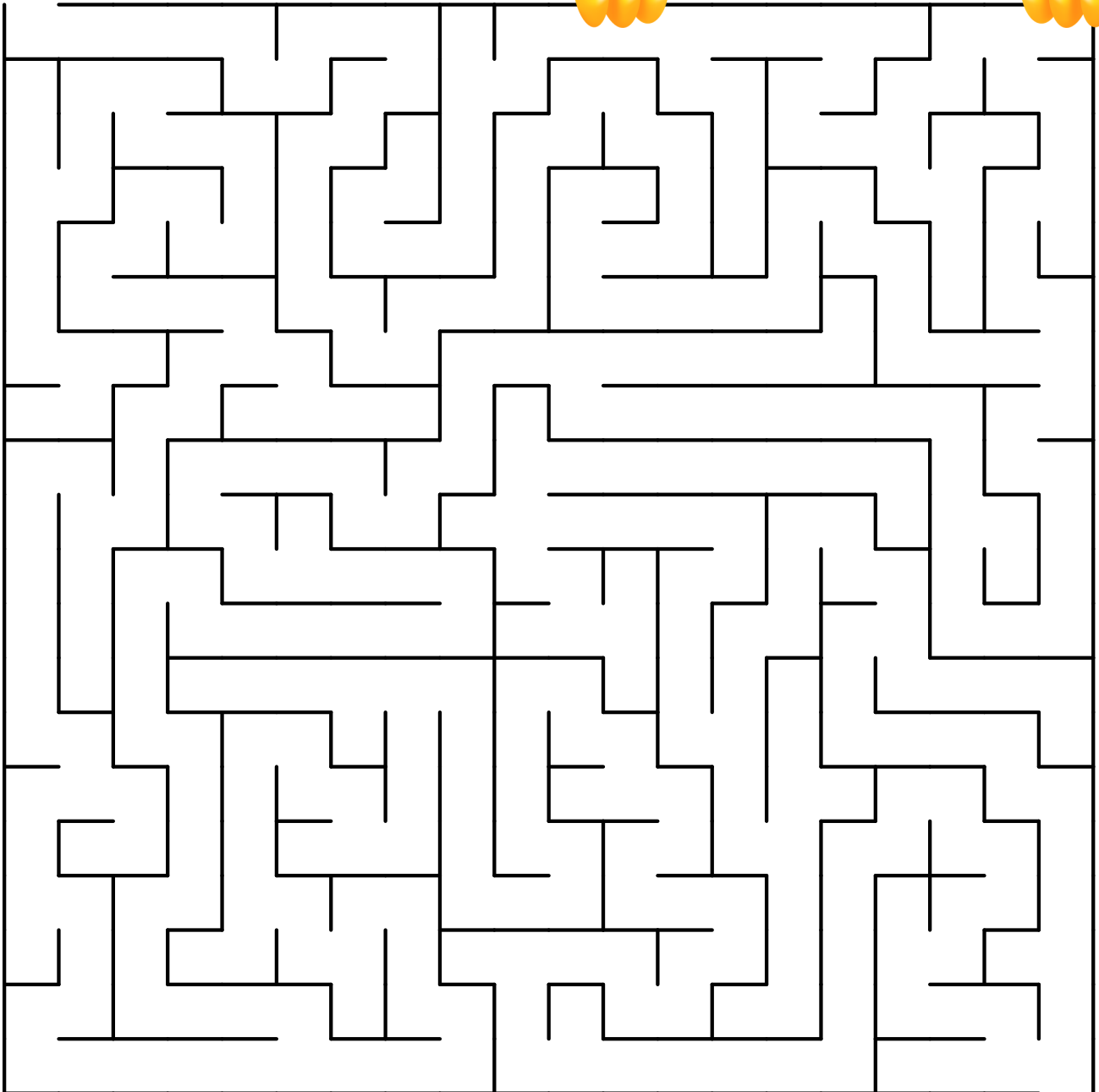
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CREATED ON: www.TheTeachersCorner.net

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Answer: Page 24

MAZE #2



Answer: Page 21



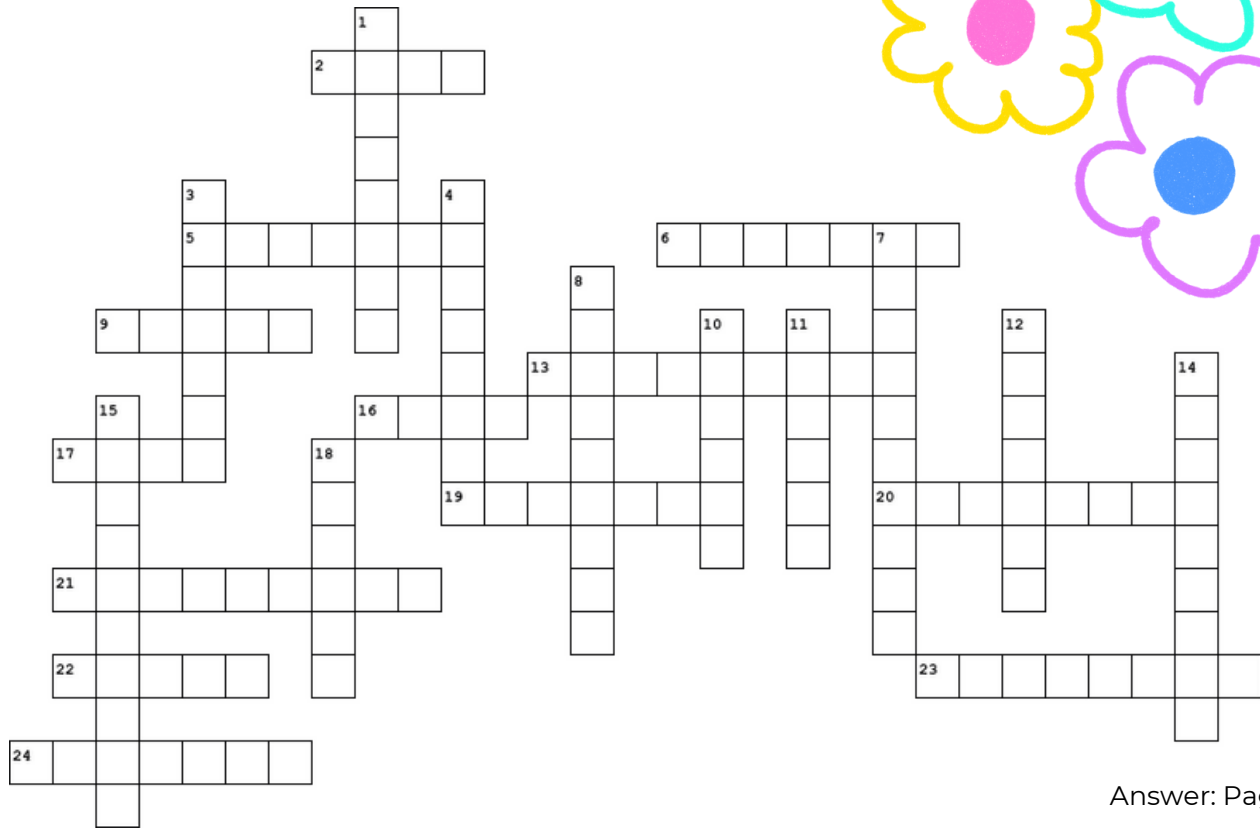
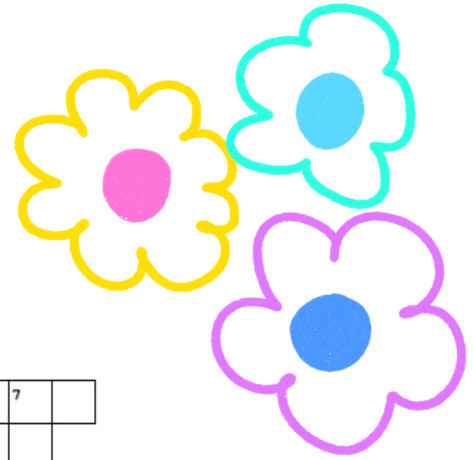
WHAT ARE MOOD DISORDERS? WORD FIND

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P	O	S	T	P	A	R	T	U	M	S	N	A	Y

- ANHEDONIA
- EUPHORIA
- MOOD SWINGS
- POSTPARTUM
- RESTLESSNESS
- BIPOLAR
- FATIGUE
- CYCLOTHYMIA
- ANXIETY
- HYPERSOMNIA
- APATHY
- DEPRESSION
- AGITATION
- GUILT
- INSOMNIA
- DYSTHMIA

Answer: Page 27

POSTPARTUM DEPRESSION CROSSWORD



Answer: Page 18

Across

2. Source of joy but also stress for mothers with postpartum depression
5. Common symptom of postpartum depression
6. Professional help for postpartum depression
9. Feeling common among mothers with postpartum depression
13. Options available for postpartum depression
16. Affected by hormonal changes postpartum
17. Important to maintain for recovery from postpartum depression
19. Persistent feeling associated with postpartum depression
20. Process after postpartum depression
21. Feeling disconnected from others
22. Often disrupted in mothers with postpartum depression
23. Fluctuations can contribute to postpartum depression
24. Affected by postpartum depression in some cases

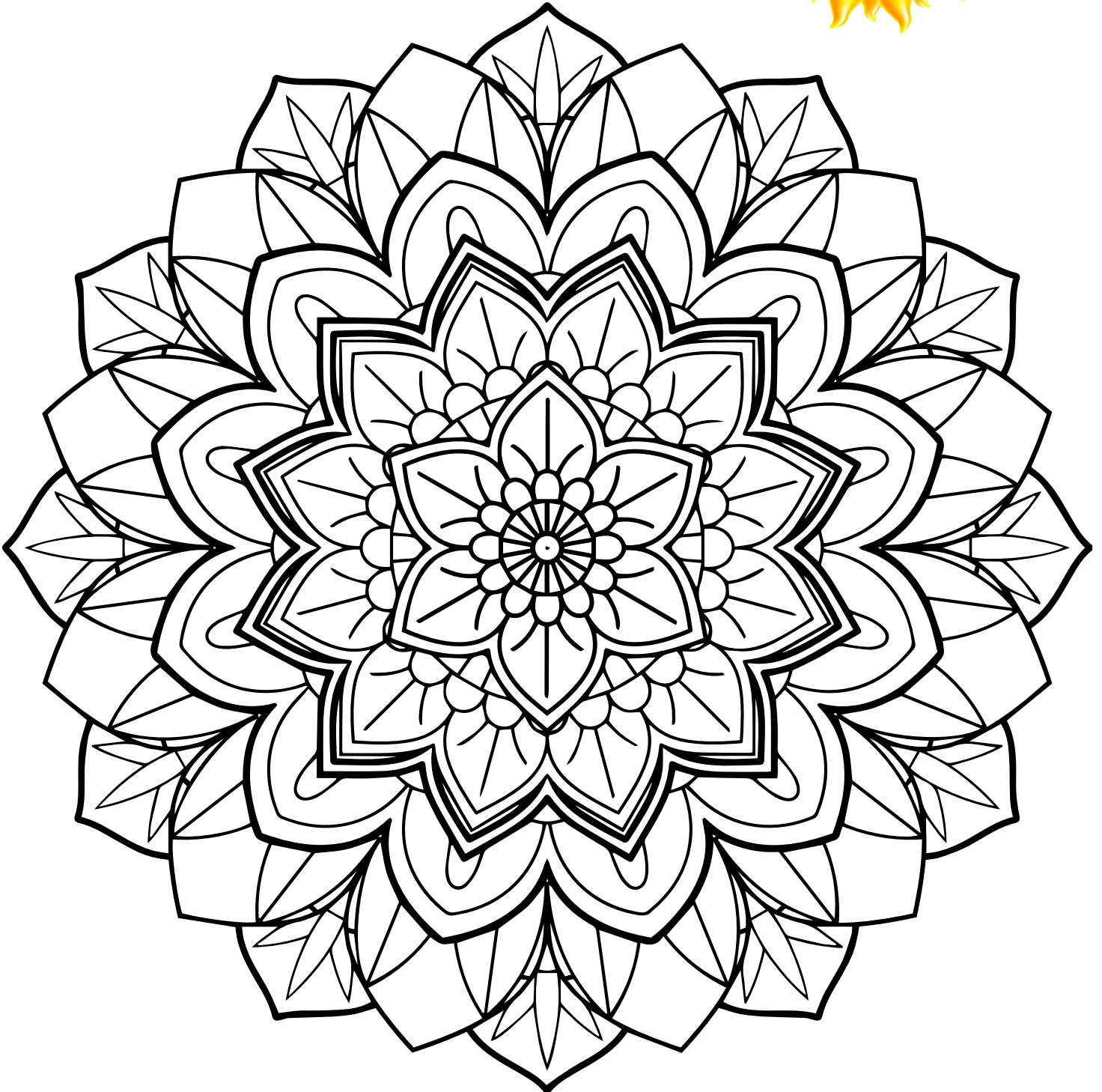
Down

1. Supportive role in helping mothers with postpartum depression
3. Extreme tiredness experienced by new mothers
4. Indicators of postpartum depression
7. Period after childbirth
8. Process to detect postpartum depression
10. Exacerbates symptoms of postpartum depression
11. Prioritizing mental health postpartum is crucial
12. Important for mothers with postpartum depression
14. Temporary mood changes after childbirth
15. Talking therapy beneficial for postpartum depression
18. Increased in mothers with postpartum depression

Words found in this crossword:

Anxiety • Baby • BabyBlues • Bonding • Counseling • Crying • Fatigue • Guilt • Health • Hope • Hormones • Isolation • Mood • Partners • Postpartum • Recovery • Sadness • Screening • Sleep • Stress • Support • Symptoms • Therapy • Treatment

MORE COLORING FUN!



SUDOKU FUN #3



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CREATED ON: www.TheTeachersCorner.net

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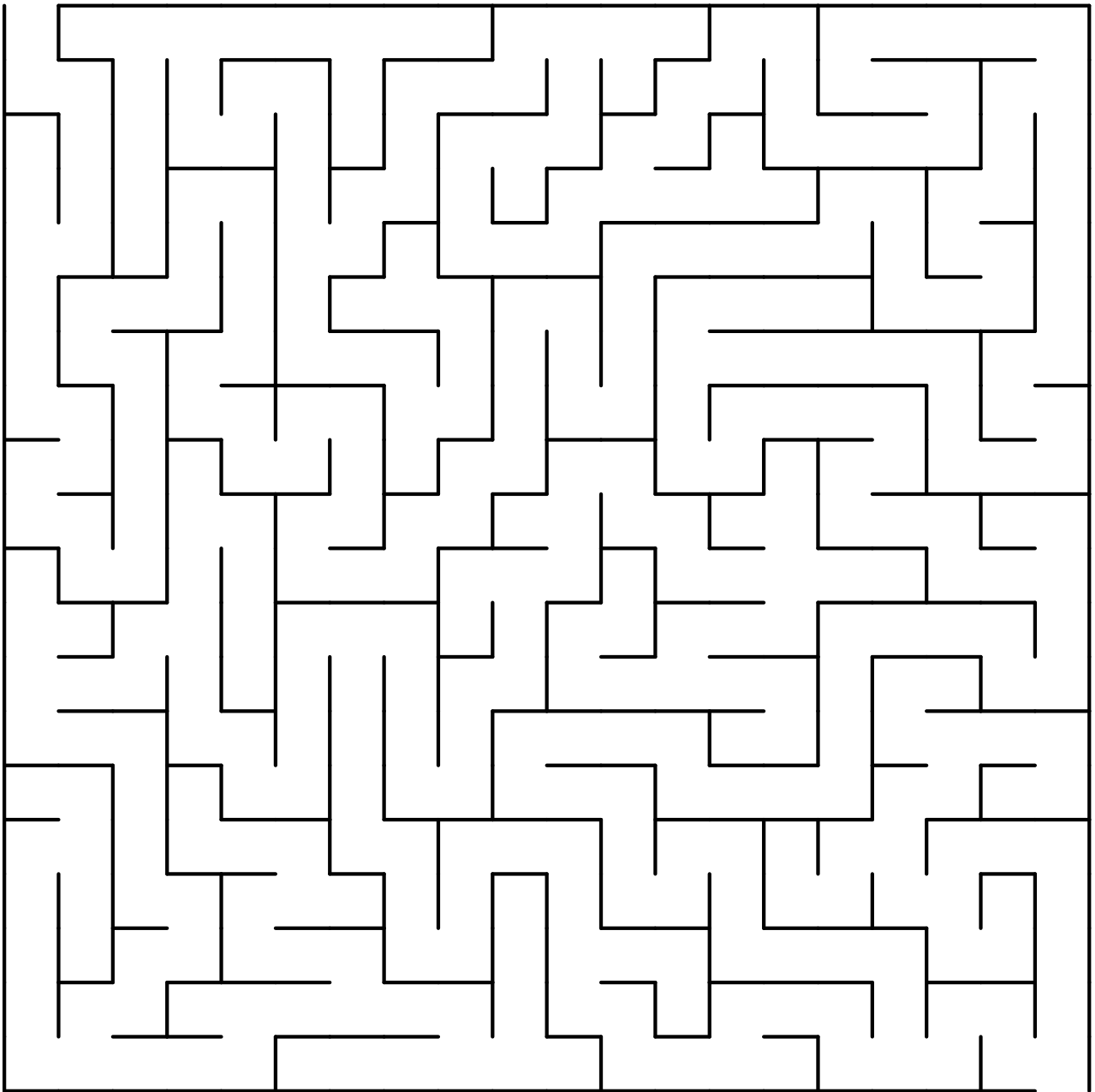
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CREATED ON: www.TheTeachersCorner.net

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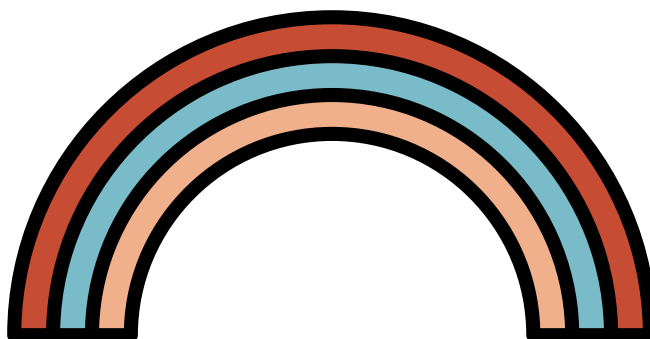
Answer: Page 25

MAZE #3



Answer: Page 22

CARING CAREGIVERS WORD FIND

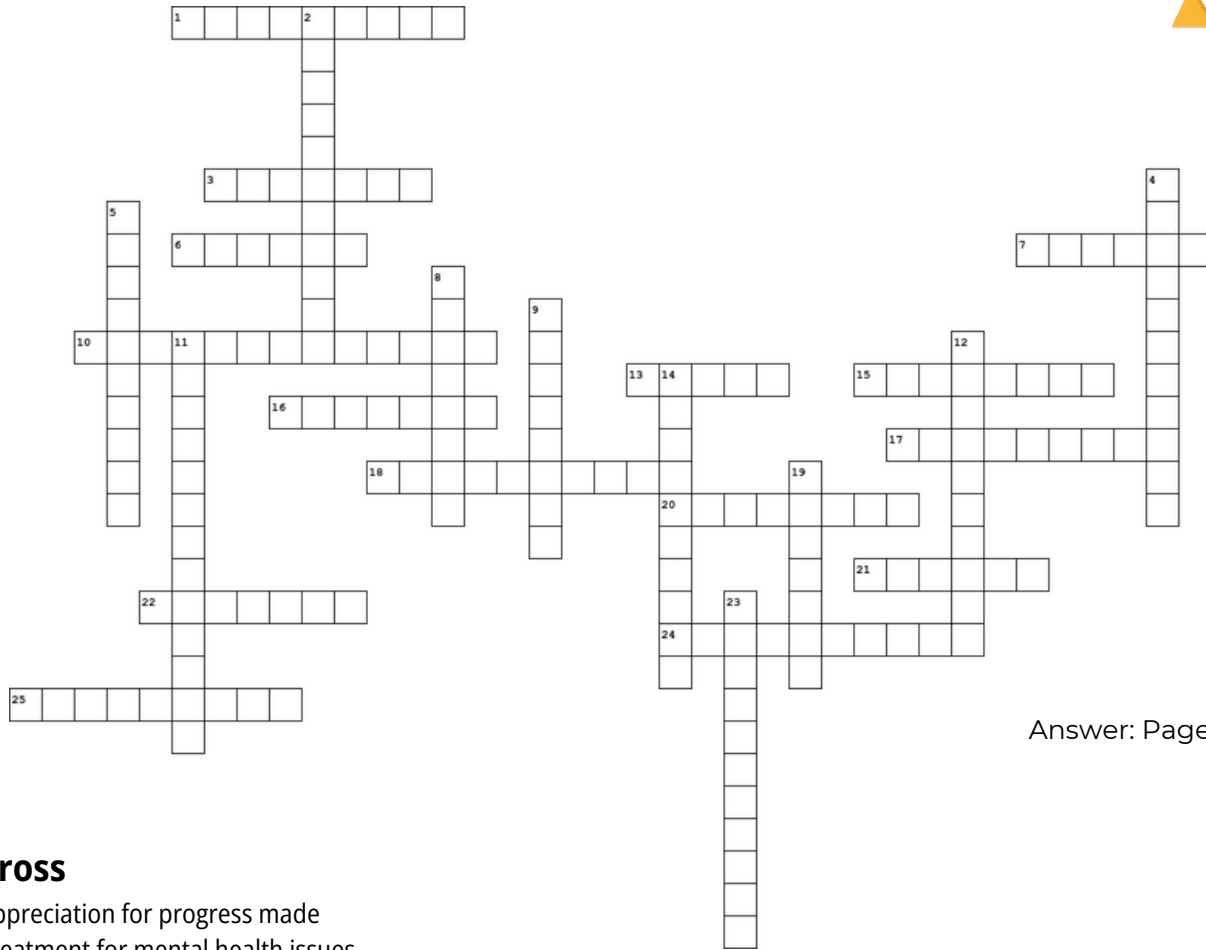
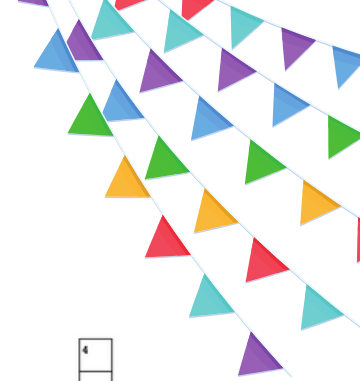


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- LISTENER
- COMMUNICATIVE
- SELF-AWARE
- OPEN-MINDED
- SELF-CARE
- SUPPORTIVE
- ADAPTIVE
- CONSISTENT
- COLLABORATIVE
- ADVOCATE
- LOVING
- ASSERTIVE
- FLEXIBLE
- BOUNDARIES
- RESPECTFUL
- RESILIENT
- TRUSTING
- EMPOWERING

Answer: Page 28

HOPE & RECOVERY CROSSWORD



Answer: Page 19

Across

- 1. Appreciation for progress made
- 3. Treatment for mental health issues
- 6. Development during the recovery process
- 7. Dealing with challenges in a healthy way
- 10. Firm resolve to achieve recovery
- 13. Trust in oneself and the recovery process
- 15. Inner power to overcome obstacles
- 16. Encouragement during difficult times
- 17. Practices that promote well-being
- 18. Ability to bounce back from adversity
- 20. Endurance during the recovery journey
- 21. Trust in the possibility of improvement
- 22. Process of recovery
- 24. Kindness towards oneself and others
- 25. Support network for those in recovery

Down

- 2. Source of motivation for recovery
- 4. Being present in the moment
- 5. Bond with others for support and encouragement
- 8. Forward movement toward recovery
- 9. Positive outlook for the future
- 11. Positive reinforcement from others
- 12. Thoughtful consideration of past experiences
- 14. Acknowledgment of one's situation
- 19. Restoration of hope and vitality
- 23. Feeling of control over one's life

Words found in this crossword:

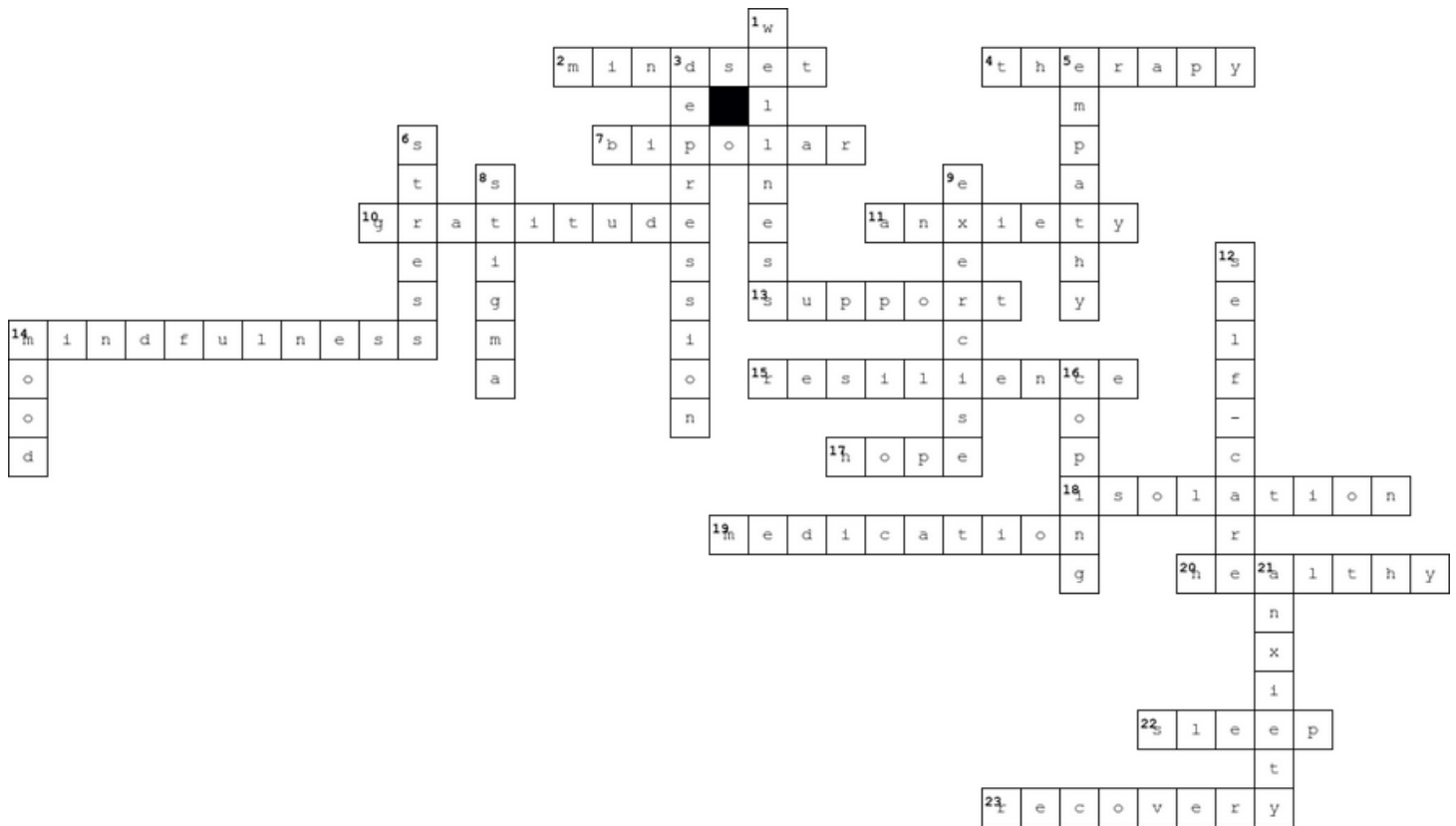
Acceptance • Belief • Community • Compassion • Connection • Coping • Determination • Empowerment • Encouragement • Faith • Gratitude • Growth • Healing • Inspiration • Mindfulness • Optimism • Patience • Progress • Reflection • Renewal • Resilience • Self-care • Strength • Support • Therapy

ANSWERS



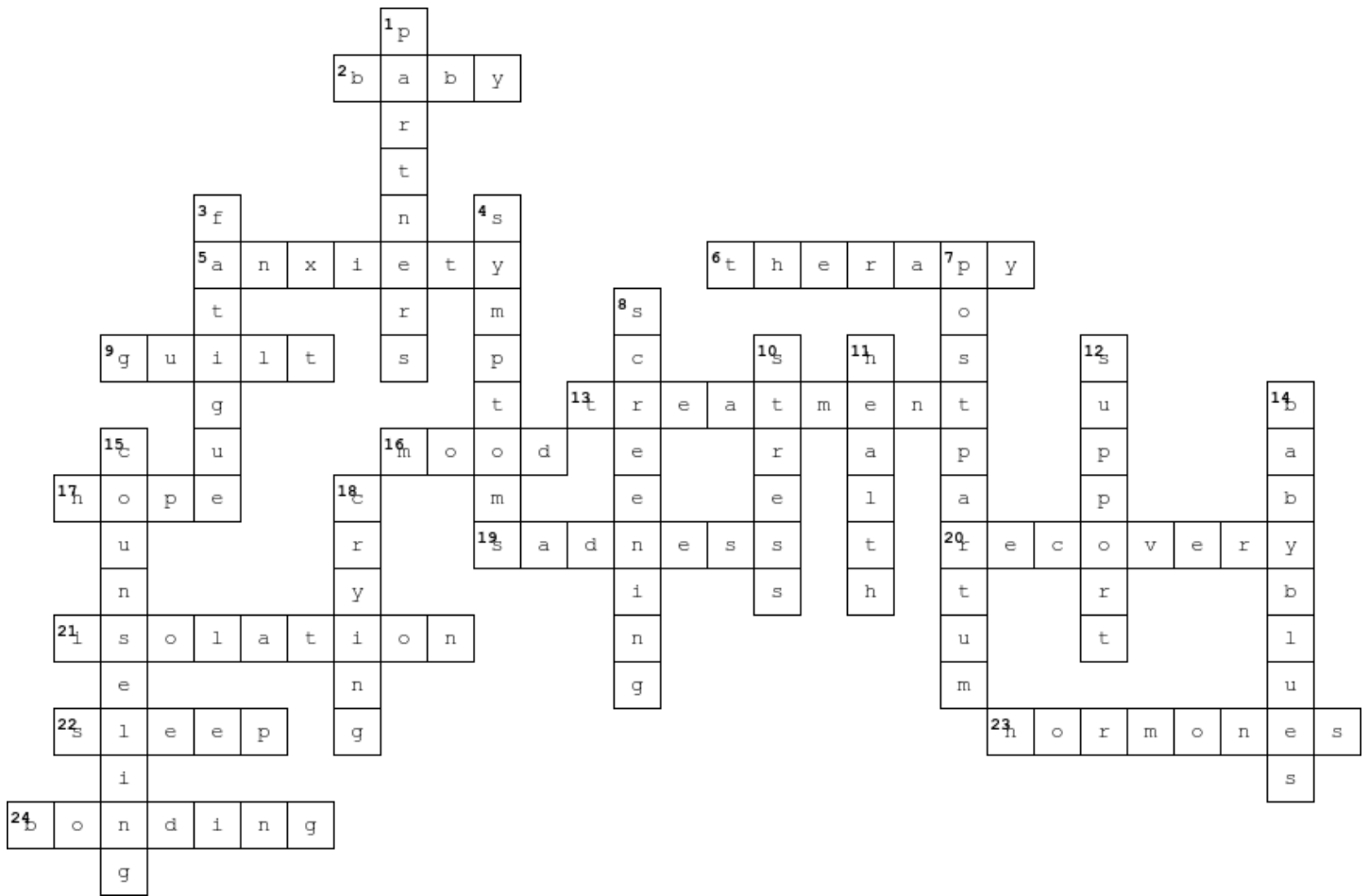
MENTAL HEALTH MATTERS

ANSWER KEY



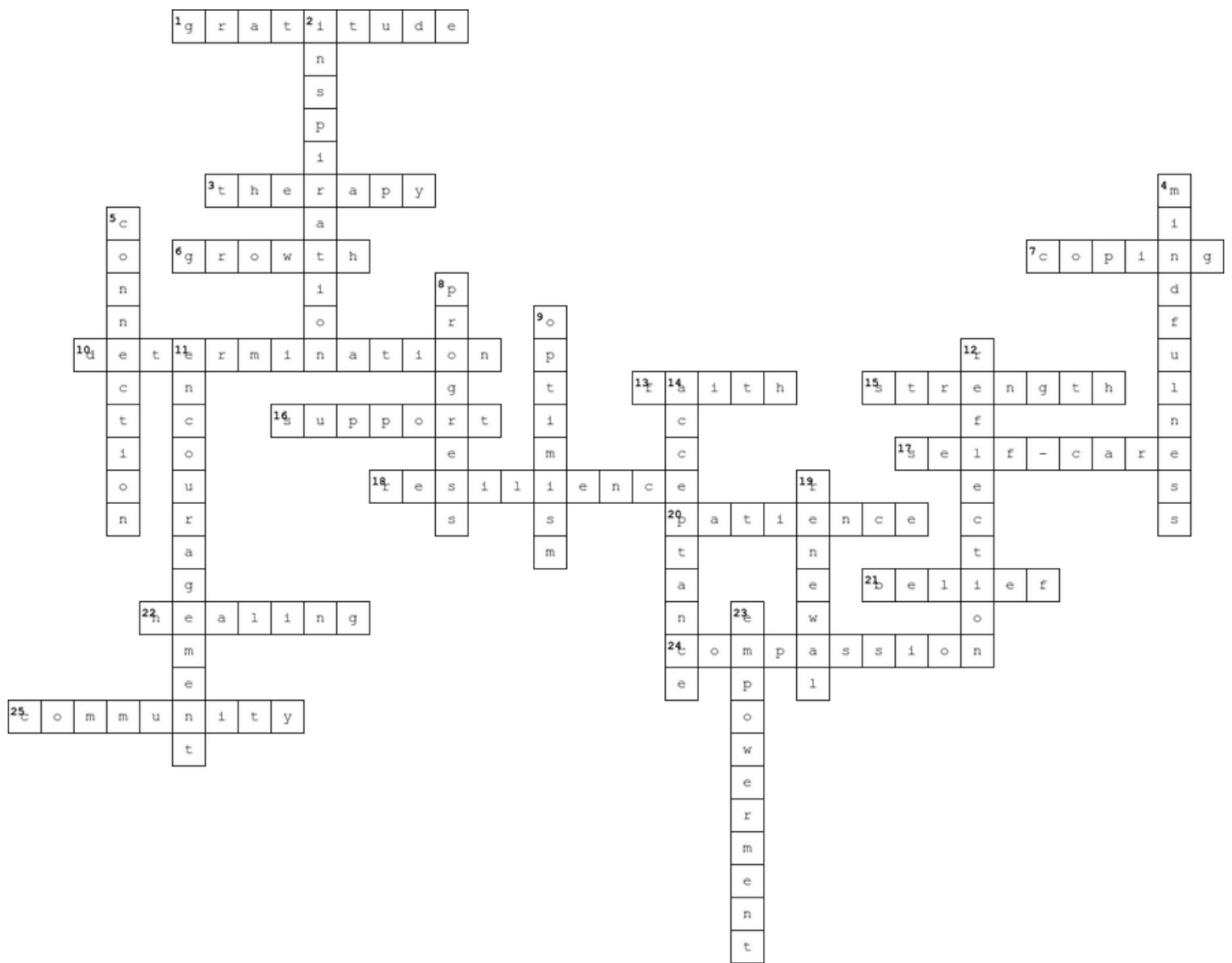
POSTPARTUM DEPRESSION

ANSWER KEY

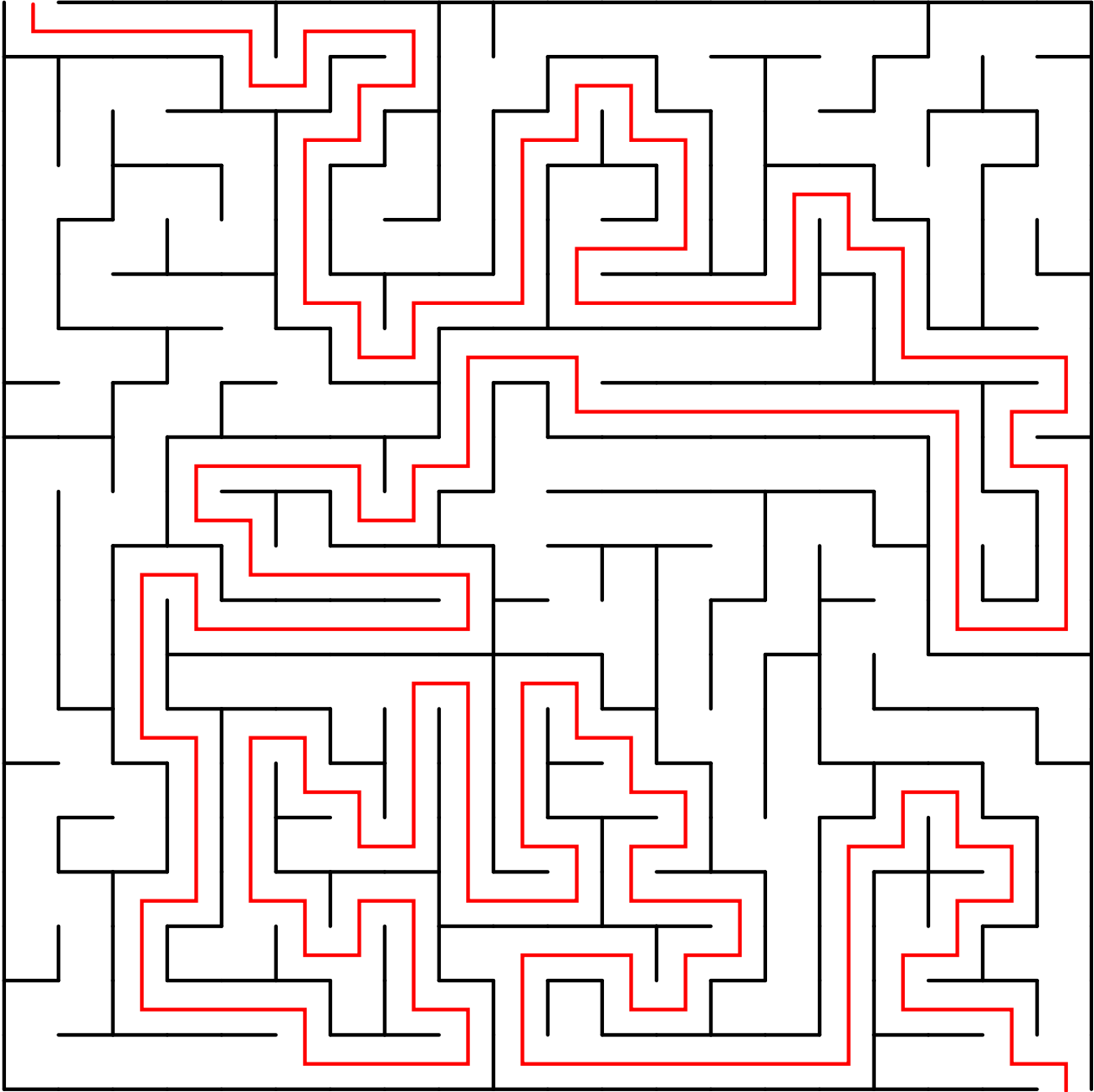


HOPE & RECOVERY

ANSWER KEY



MAZE #2
ANSWER KEY



SUDOKU FUN #1

ANSWER KEY

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CREATED ON: www.TheTeachersCorner.net

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CREATED ON: www.TheTeachersCorner.net

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CREATED ON: www.TheTeachersCorner.net

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SUDOKU FUN #2

ANSWER KEY

CREATED ON: www.TheTeachersCorner.net

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CREATED ON: www.TheTeachersCorner.net

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SUDOKU FUN #3

ANSWER KEY

CREATED ON: www.TheTeachersCorner.net

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CREATED ON: www.TheTeachersCorner.net

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CREATED ON: www.TheTeachersCorner.net

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7	6	9	1	5	3	8	2	4
5	8	4	9	7	2	1	3	6
1	3	2	4	6	8	7	9	5

CREATED ON: www.TheTeachersCorner.net

4	9	1	6	3	7	5	2	8
5	3	7	4	8	2	6	1	9
8	2	6	5	1	9	4	3	7
2	5	4	3	7	1	9	8	6
1	6	8	2	9	4	7	5	3
9	7	3	8	6	5	1	4	2
6	4	5	7	2	8	3	9	1
3	8	9	1	5	6	2	7	4
7	1	2	9	4	3	8	6	5

WORD FIND #1 - BIPOLAR DISORDER

ANSWER KEY

S	S	E	D	O	S	I	P	E	D	E	X	I	M
A	G	O	P	D	U	T	V	R	S	E	A	R	O
O	E	S	C	F	P	R	S	A	U	M	I	R	O
Y	E	I	O	E	P	E	L	C	N	L	R	I	D
P	E	S	G	S	O	A	X	F	S	T	O	T	S
A	E	O	N	E	R	T	N	L	T	I	H	A	W
R	M	H	I	N	T	M	U	E	A	E	P	B	I
E	O	C	T	E	E	E	D	S	B	E	U	I	N
H	T	Y	I	R	G	N	T	E	L	Y	E	L	G
T	I	S	V	G	O	T	P	E	E	L	S	I	S
I	O	P	E	Y	S	R	E	G	G	I	R	T	P
E	N	C	O	M	P	L	I	A	N	C	E	Y	P
L	A	W	E	H	C	O	C	C	O	P	I	N	G
S	L	S	D	E	P	R	E	S	S	I	V	E	O

WORD FIND #2 - WHAT ARE MOOD DISORDERS

ANSWER KEY

E	E	C	Y	C	L	O	T	H	Y	M	I	A	G
I	U	D	Y	S	T	H	M	I	A	N	A	T	O
S	N	P	G	G	A	N	O	N	N	S	N	A	Y
A	O	I	H	O	L	N	O	A	X	W	H	E	H
I	I	S	R	O	U	Y	I	M	I	S	E	U	T
N	S	S	N	P	R	I	O	I	E	X	D	P	A
M	S	G	G	A	G	I	T	A	T	I	O	N	P
O	E	U	R	T	I	H	A	I	Y	H	N	A	A
S	R	I	W	Y	H	R	A	L	O	P	I	B	Y
N	P	L	P	F	A	T	I	G	U	E	A	O	A
I	E	T	H	Y	P	E	R	S	O	M	N	I	A
A	D	S	M	O	O	D	S	W	I	N	G	S	N
S	S	E	N	S	S	E	L	T	S	E	R	E	T
P	O	S	T	P	A	R	T	U	M	S	N	A	Y

WORD FIND #3 - CARING CAREGIVERS

ANSWER KEY

I	O	S	L	I	S	T	E	N	E	R	E	V	A
F	L	E	X	I	B	L	E	E	O	I	R	T	C
G	N	I	T	S	U	R	T	V	C	V	E	S	O
D	S	U	P	P	O	R	T	I	V	E	T	E	L
D	S	E	E	C	T	P	B	T	B	R	A	L	L
E	E	I	M	O	N	E	A	A	O	E	C	F	A
D	L	L	P	N	E	V	S	C	U	S	O	A	B
N	F	O	O	S	I	I	S	I	N	P	V	W	O
I	C	V	W	I	L	T	E	N	D	E	D	A	R
M	A	I	E	S	I	P	R	U	A	C	A	R	A
N	R	N	R	T	S	A	T	M	R	T	A	E	T
E	E	G	I	E	E	D	I	M	I	F	L	R	I
P	G	V	N	N	R	A	V	O	E	U	C	I	V
O	L	T	G	T	R	V	E	C	S	L	R	O	E

GET HELP WHEN YOU NEED IT

If you find yourself needing to talk to someone, we are here for you. The Mood Disorders Association of Manitoba operates a toll free peer support line, 7 days per week, Monday - Sunday from 9 am - 9pm. Please note this is not a crisis support service. If you find yourself in crisis, please review the list below.

PEER SUPPORT: 204-560-1461

TOLL-FREE: 1-800-263-1460

HOURS OF OPERATION: 9-9 MON-SUN

CRISIS SUPPORT

The Mood Disorders Association of Manitoba does not offer crisis support services. Here's a list of contacts we recommend throughout Manitoba for anyone experiencing a crisis situation, including suicide. These contacts offer support services, confidential counselling, and referrals at no cost. Many offer services 24 hours 7 days a week.

WINNIPEG CRISIS PHONE LIST

Klinic 24 Hour Crisis Line: 204-786-8686 or 1-888-322-3019
Klinic Sexual Assault Line (24 Hours): 204-786-8631 or 1-888-292-7565
Main Street Project: 204-982-8245
Manitoba Suicide Line (24 Hours): 1-877-435-7170
Mobile Crisis Unit: 204-940-1781
Willow Place Crisis Line: 204-615-0311 or 1-877-977-0007
Crisis Stabilization Unit, 755 Portage Avenue: 204-940-3633
Crisis Response Centre, 817 Bannatyne Ave: 204-940-1781

YOUTH WINNIPEG CRISIS PHONE LIST

Klinic Crisis Line: 204-786-8686 or 1-888-322-3019
Klinic Sexual Assault Line: 204-786-8631 or 1-888-292-7565
Manitoba Suicide Line (24 Hours): 1-877-435-7170 or 204-784-4097 or reasontolive.ca
Youth Mobile Crisis Unit(17 & under): 204-949-4777 or 1-888-383-2776
Kids Help Phone (National Line): 1-800-668-6868
Crisis Text Line: text CONNECT to 686868
Emergency Shelter/ Youth Resource Centre: 159 Mayfair Ave
204-477-1804 or 1-888-477-1804
Manitoba Farm & Rural Support Services: 1-866-367-3276

RURAL CRISIS PHONE LIST

All Rural Farm and Rural Stress Line: 866-367-3276
Interlake: 866-427-8628
North Eastman: 866-427-8628
South Eastman: 204-326-9276 or toll-free 888-617-7715
Burntwood: 204-677-2381
Flin Flon: 204-689-9611
The Pas: 204-627-8224
Portage La Prairie: 204-857-6369
Winkler: 204-857-6369
Brandon and Assiniboine: 888-379-7699

INDIGENOUS CRISIS PHONE LIST

IRSSS Toll-Free Line: 1-800-721-0066
24hr National Crisis Line: 1-866-925-4419
KUU-US Crisis Line: 1-800-588-8717
Tsow-Tun-Le Lum: 1-866-925-4419
Talk4Healing, Counselling for Indigenous Women: 1-855-554-4325
Anishnawbe Health 24/7 Mental Health Crisis Management Service: 1-855-242-3310
Hope for wellness Line: 1-855-242-3310
MMIWG Inquiry Support Line: 1-844-413-6649 (or info@mmiwg-ffada.ca)
Nunavut Kamatsiagtut Help Line: 1-800-265-3333



MDAM
MOOD DISORDERS
ASSOCIATION OF MANITOBA

Helping People Help Themselves

**DEVELOPED BY
MOOD DISORDERS ASSOCIATION
OF MANITOBA**