

OUR RESILIENT INNER VOICES

Making Teens More Mentally Resilient

A social platform that features anonymous stories about teen mental health struggles, and resources to alleviate stress

Presented by: Lauren Jia, Ingrid Li & Jason Le



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THE PLAN



OUR TEAM

Jason Le

I read books to cope
with stress

Lauren Jia

I exercise to deal with
stress

Ingrid Li

I cook and bake to relax
and relieve stress





**OUR TEENS
ARE MORE
STRESSED
THAN EVER**

THE PROBLEM

Although teens don't have to worry about bills, a career, or holding down a household, they experience different sources of stress. They deal with issues like bullying, peer pressure, and academic issues which can be very stressful.

Teen stress, if unmanaged, can have dire consequences and can potentially lead to:

- Severe depression (medicated)
- Eating disorders
- Drug addiction
- Running away from home
- Crime / Violence
- Mental health issues

PROBLEM ANALYSIS

The American Psychological Association (APA) periodically surveys for stress in the American public.

“Teens have reported higher levels of stress than adults.”

#1

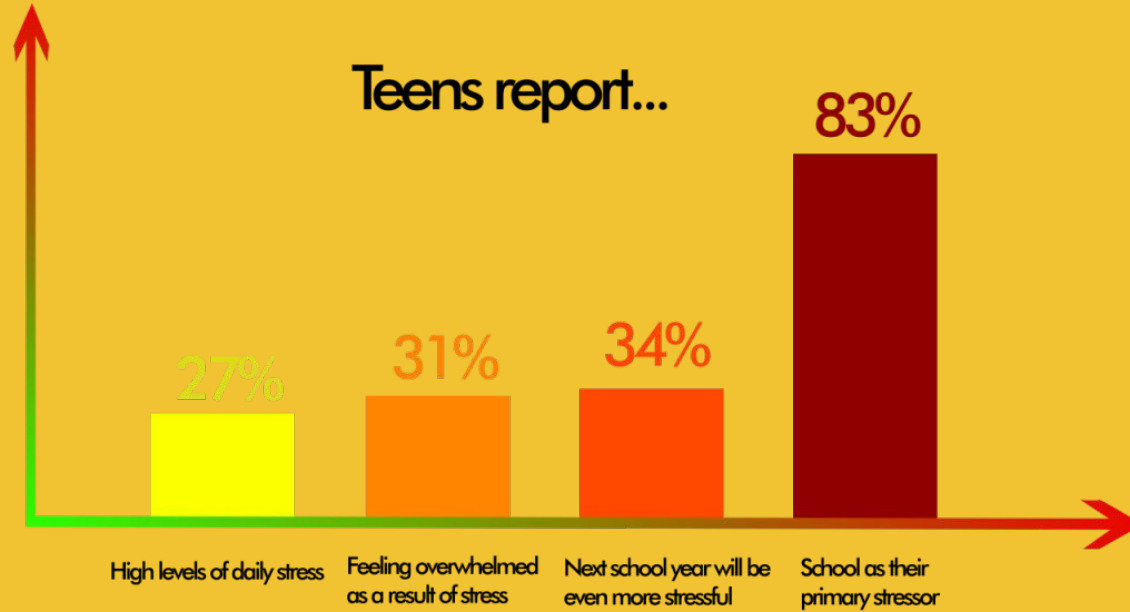
“55% of teens consider social media a source of social support”

#2

“A supportive environment can help prevent teen stress”

#3

In the APA survey, 27% of teens reported feeling overwhelmed and 31% depressed or sad as a result of stress.



“Teens who may have already been struggling with stress are now further affected by the negative effects of the pandemic such as social isolation.”

Interview with Youth Service Worker from Hong Fook Mental Health Service

OUR SOLUTION

We are planning to create a social media platform that addresses teen stress and mental health issues, promote resources that are helpful and collaborate with people to make a bigger impact against mental health.

SOLUTION OVERVIEW

- Safe forum for teens to connect with the community and talk about their problems
- Provide helpful resources + tips to alleviate stress for teens by teens
 - relaxation techniques + motivational quotes
- 4-5 online yoga classes starting in March
- Feature anonymous stories about teen mental health struggles
- Partner with other mental health organizations



TARGET AUDIENCE

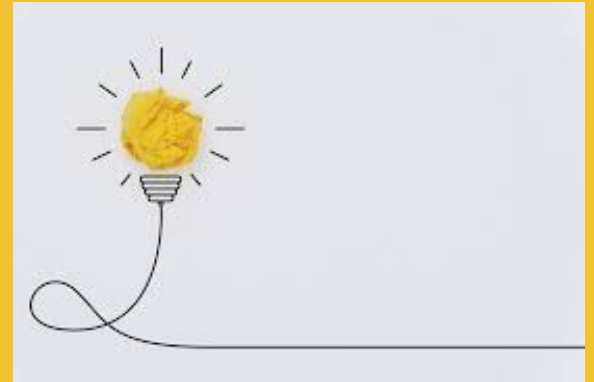
Young Canadians are suffering from rising levels of anxiety, stress, depression and even suicide. Close to 20% – or one in five – have a mental health issue.

According to StatCan, there are 2.2 million teens between ages 14-19 in Canada.

Source

The Opportunity

If we can help high school teens who are stressed from school and the pandemic, then they will be able to manage and cope with stress more efficiently.



OUR TIMELINE





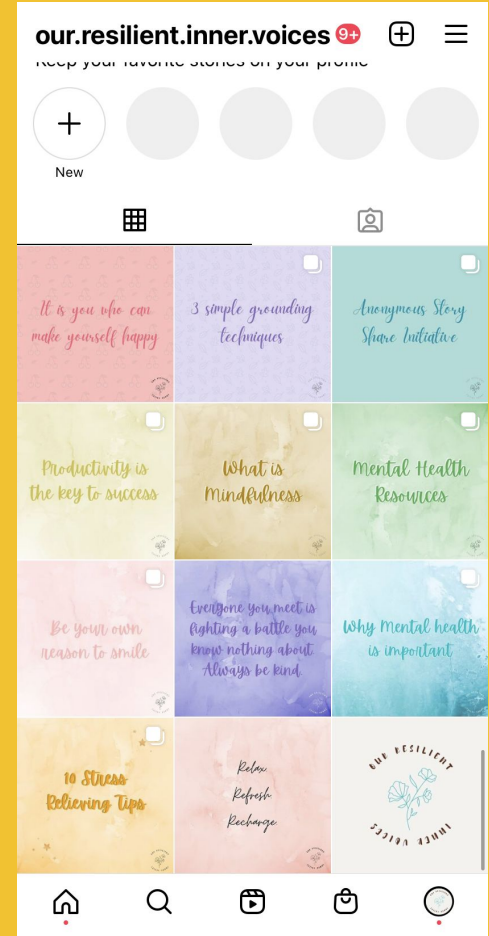
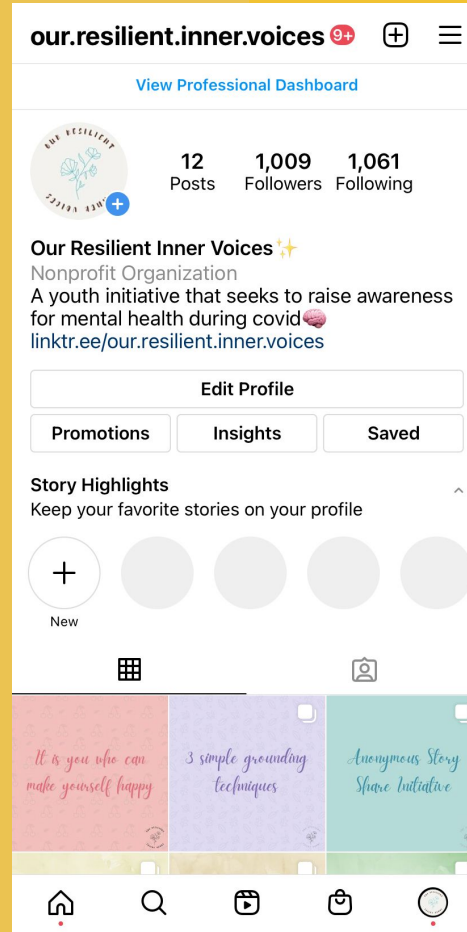
Our Budget

- Run online yoga classes through Zoom (**\$500**)
- Invite guest speakers (ex. yoga instructor, music therapist, counsellor) (**\$400**)
- Give the opportunity to our followers to submit small positive writing pieces about their mental health and possibly win a small monetary prize (**\$100**)



OUR CONTENT

Instagram Account



POSTS

Mental Health Resources



Mind Beacon

Thanks to funding from the Government of Ontario, Mind Beacon now offers free mental health support for Ontario residents of 16+ dealing with stress, anxiety, depression and more.



These guided therapy sessions are available whenever and wherever you are and on any web-enabled device you prefer.



How it works

1. Create an account and get started right away.
2. A therapist will create a plan designed just for you.
3. Complete your personalized program in 6 to 12 weeks.
4. Observe positive changes to your mental well-being!



10 Stress Relieving Tips



1. spend time with family & friends
2. make time for leisure activities
3. listen to soothing music
4. express gratitude
5. avoid unhealthy habits

6. eat a healthy diet
7. prioritize exercise
8. get enough sleep
9. keep a journal
10. seek counselling

our.resilient.inner.voices Here are 3 simple grounding techniques. Remember to take a little bit of time out of your day to relax and try one of these exercises!
1d

power_the_youth_ 🙌🙌
1d Reply

thatsowell Such beautiful techniques for grounding!
1d Reply

lotsofquotes_x Amazing tips 🌸🌸
1d Reply

our.resilient.inner.voices Hey guys! To celebrate the end of first semester/second quadmester, here is a short motivational quote that we wanted to share. We hope you will all relax, refresh and recharge before the next semester/quadmester starts and good luck with your studies!
3w

project_bawaajigan 🙌🙌
2w 1 like Reply

enlightening.lives Amazing platform!!
1w 1 like Reply

livingearthnews Love this 💖
1w 1 like Reply

mindfully_motivated Love it!!!❤️❤️
1w 1 like Reply

O_things__0 Wow 🤩💜💜💜
1w 1 like Reply

our.resilient.inner.voices We know that during the school term, things can get really stressful sometimes. This is a small introduction to what mindfulness is and we will be posting various ways to practice this as the weeks progress.
3d

high.hopeful.thoughts 🤔🤔
3d 1 like Reply

the_plantcareselfcarehouse_ I love this ❤️
3d 1 like Reply

emotionalhealthia well said
3d 1 like Reply

our.resilient.inner.voices Today, we wanted to address the importance of building a strong mental health. We hope you can take the time to reflect on all the things that make you happy! :)
1w

project_bawaajigan what an important message! 💖
1w 1 like Reply

instant.selfcare Yes 🙌❤️
1w 1 like Reply

motivationalquotes_nevergiveup Very informative! Great post ❤️👍😄
1w Reply

our.resilient.inner.voices Hi guys! We primarily created this platform to share more mental health resources with teens. As such, we will be posting different ones every week and we hope that they are helpful! The link to this organization is attached in our bio.
4d

wevolve_health_ 🙌🙌❤️
4d 1 like Reply

< Comments ...
term. Don't forget to make some time for yourself and don't stress too much!💖
1w

instant.selfcare Wonderful list ❤️ Gratitude is my top one as it changes everything 🙌🙌
1w 1 like Reply

student.rights.sr 🙌🙌
1w 1 like Reply

speak.loves 🙌🙌🙌
1w 1 like Reply

O_things__0 🤩🤩🤩
1w 1 like Reply

project_bawaajigan 🙌🙌
1w 1 like Reply

_tieih4h.ic 🙌🙌
1w 1 like Reply

propertymason 🔥🔥🔥100% spot on! Balance is key in life.
6d 1 like Reply

our.resilient.inner.voices Happy Valentine's Day!❤️ We just wanted to share some cute puns and we hope they made you laugh!
5d

thementalhealthreposter Love it!!! And I've got a soft spot for bees 🐝❤️
5d 1 like Reply

project_bawaajigan super cute!!💖
5d 1 like Reply

bsuey ❤️
3d 1 like Reply

defining_wellness Love this 🤔
1d 1 like Reply

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1w 1 like Reply

O_things__0 Wow 🤩💜💜💜
1w 1 like Reply

Anonymous Story Share Initiative

OUR RESILIENT



INNER VOICES

Anonymous Story Share Initiative

As part of our journey to raise awareness for mental health, we are looking to start an anonymous story share initiative and would like to feature your mental health stories! It can be anything from overcoming your struggles to your ways of coping with stress. We hope that by sharing these stories, we can foster a sense of community and comfort. Thank you for taking the time to participate and we look forward to reading your stories!

* Required

Please share your story below :) *

Your answer

Submit

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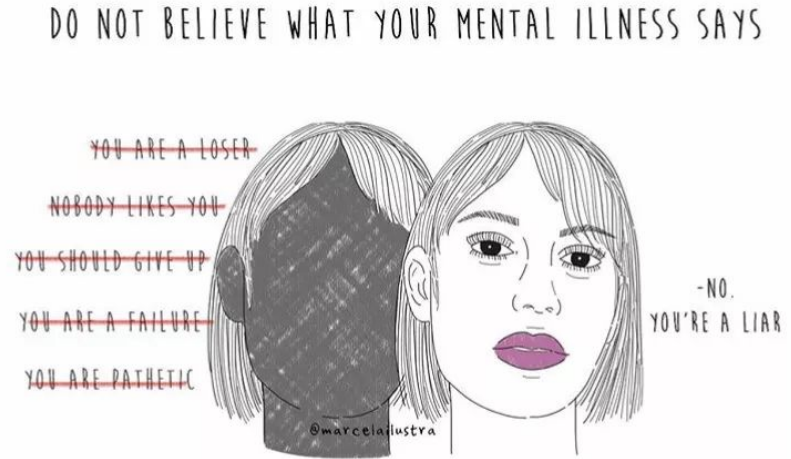
Google Forms



SAMPLES OF ANONYMOUS STORIES

Stories: Battling Depression

Brazilian artist Marcela Sabiá posts original illustrations that encourage a positive relationship with mental health. She is candid about her struggles with depression and anxiety, shares her experiences taking medication, and encourages body positivity and self-love. She wants to make social media a place of support and honesty, rather than a toxic space for mental health.



Stories: Recovery

Growing up as a dancer, Michaela Bell always struggled with body image. When she began her professional dance career, she developed an eating disorder.

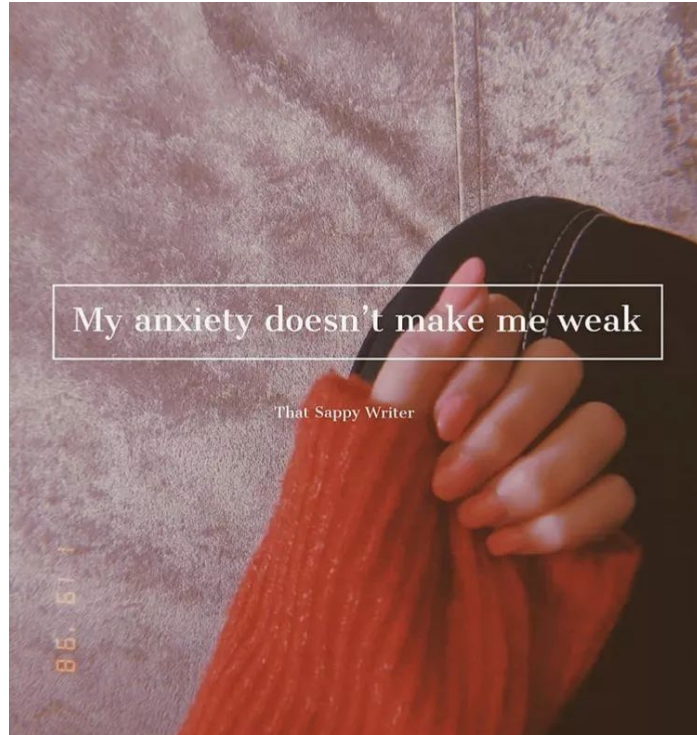
“That is a hamster wheel cycle that carries a lot of shame and guilt. It really held me captive for 3 years.” She slowly broke the cycle through a recovery process that included counseling, a strong support system and self-discovery.



Stories: Living with Anxiety

Akanksha originally started her account as a platform to share her poetry, but a few months ago she began to steer her content toward sharing her experience with anxiety, which she was diagnosed with at age 16.

“Having people around you who understand and love you, can be groundbreaking. This account is, for me and the followers, a space to love, talk without apprehensions and discuss our daily struggles.”



OUR GOALS

3000

of Followers

100

of Posts

50

of Story Submissions

20

of yoga participants each session

We are looking to achieve these goals by **May 2021**.



MEASURING SUCCESS

- # of followers
- # of likes and comments
- Anonymous story submissions
- # of participants at the yoga classes
- Feedback form after online yoga lessons
- Submissions for the positive mental health writing pieces



THANK YOU

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