



The Government of Newfoundland and Labrador is proud to offer access to BreathingRoom through *Bridge the gApp* – a mental health promotion website that connects youth and adults with information and support to promote wellness.

If you are looking to find new ways to manage stress, anxiety and depression, try it out. We hope you find it helpful.

### **Overwhelmed? Stressed? Depressed?**

Discover how this revolutionary online program can help you start enjoying life again.

Give yourself a few minutes a day to relax and refresh while gaining practical strategies to better manage life. Through videos, stories and activities, this interactive experience offers fresh ideas and tools to help you move forward.

### **Why BreathingRoom?**

We all have stuff that can start to weigh us down. It might be the pressure of school, work, relationships or just about anything. Or maybe it's the weight of always having to be someone you're not.

BreathingRoom is where you can go to let go of whatever has a hold of you. You can watch videos, check out some tunes or try something out of the norm. No one's watching, you're free to explore the space however and whenever you want. It's up to you.

Whether you feel stressed, depressed, overwhelmed, stuck, or simply want to help someone you care about, BreathingRoom might be just what you need.

### **What is BreathingRoom?**

BreathingRoom is an online program for youth and young adults who want to learn new ways to manage symptoms stress, anxiety and depression.

The program consists of 8 modules which include:

- **Visualizations** to help you relax and take a break from the pressures of life,
- **Fresh insights** from a medical expert that have helped others move forward in their lives,
- **An engaging program host** who guides you through the program and shares personal experiences,
- **Simple off-line activities** to try out the ideas presented,
- **Music** that expresses emotions we can all relate to,

- **Movie and book** suggestions,
- **True stories** written by young people who have dealt with a tough situation, and
- **Jokes** to lighten your mood.

If you have an open mind and the courage to try something new, this program might be just what you are looking for to create the life you've always wanted.

BreathingRoom is not intended to replace assessment, diagnosis or treatment from health care professionals. If you are in need of urgent help call 911 for an emergency, 811 for the Provincial HealthLine or [click here](#).

### **How much time does it take?**

Breathing Room is available online 24/7, so you can easily fit it into your day. Each module can take between 2-3 hours, so spread it out across a week and only spend 20 – 30 minutes per day.

There is no set-time frame for when you should complete the program, it was originally designed to be taken over 8 weeks, 1 module per week; however, you can take 1 week or 15 weeks, you do what you feel works best for you and your journey through the program.

Keep in mind that the concepts in each module builds on each other so some people might prefer to do them in order. Others might find they are drawn to a particular topic and want to go through them randomly. It's up to you.

### **What does it cost?**

You have free access to the BreathingRoom™ online program thanks a partnership with the Provincial Government of Newfoundland and Labrador.

### **Is BreathingRoom evidence-based?**

The foundational principles of BreathingRoom are supported by an extensive body of literature and the core principles and activities have been found to be promote well-being in both adult and youth populations (Moritz et al., 2011, 2007, 2006; Rickhi et al., 2001).

The impact of BreathingRoom, as reported in [qualitative interviews](#) with 13-24 year old clinically depressed youth, was that participants gained tools and coping strategies that resulted in a significant and lasting improvement in four key areas:

1. **Improved well-being**, characterized by higher energy levels, increased motivation, hopefulness, reduced negative feelings, reduced feelings of depression
2. **Change in perspective**, better able to address or cope with life challenges
3. **Feeling more connected** to others, their surroundings and themselves
4. **Enhanced self-control** over emotions

Study authors have concluded that BreathingRoom provides the foundations to effectively address life challenges and it is well suited for young people with various life situations. BreathingRoom presents an effective, accessible, and acceptable management option for struggling young people; and it is a possible adjunct intervention for adolescent depression. Publications are currently underway.

### **How is BreathingRoom different from existing programs?**

Starting with the inspiration for the title, the simple act of taking a deep breath and a moment to reflect starts a ripple effect of positive change in your physiology, your muscles start to relax and your mind starts to refresh itself.

The program is **innovative and revolutionary** because it:

- **Builds resilience**, which is the ability to handle what life brings your way and prosper. Resilience supports our ability to connect and relate with ourselves and others, brings meaning and purpose in our lives, and empowers us with confidence and skills to help ourselves.
- **Can be accessed 24/7** in the privacy of your own home or on your mobile device.
- **Incorporates effective practices** based on 80+ years of clinical expertise and integrative, evidence-based approaches including cognitive behavioral therapy, mindfulness, positive psychology, neurophysiology and psychiatry.
- **Has been rigorously tested** and results show it promotes well-being.
- **Directly engages and is highly relatable** for youth as it was developed with input from over 100 young people.
- **Can be used independently** or as an adjunct to other treatments.
- **Helps you understand, strengthen and use** the multiple intelligence's of the body.

### **Who created BreathingRoom?**

BreathingRoom was developed by CINIM in collaboration with Mount Royal University, University of Calgary, Alberta Health Services, and input from over 100 youth volunteers.

Established in 2002, CINIM is community-based registered charity that develops and delivers programs through donations and corporate sponsorships. CINIM's purpose is to address the severe shortage of accessible, affordable and effective mental health resources by developing innovative programs that empower people with practical strategies to manage life's challenges.

CINIM is led by two psychiatrists who are leaders in their field – Dr. Badri Rickhi and Dr. John Toews. Their professionalism and expertise ensures the programs are evidence-based and well-tailored to the needs of mental health patients.

### **The Modules**

Here are the topics you will find in BreathingRoom. We suggest you cover one topic a week. It takes less than 30 minutes a day.



**1. Breaking Through: Uncovering the REAL You**

Offers new ways to deal with negative thoughts and provides tools to help you see yourself as you are – a unique individual with incredible abilities.



**2. Enjoying Again: Reconnecting with Life**

Explores ways to ease the feelings of being alone and isolated.



**3. Coming Alive: Discovering Your Purpose**

Moves you away from feelings of emptiness and boredom by showing you ways to connect with your passions.



**4. Shifting Gears: Finding the Positive Spin**

Shows you how to stop the downward spiral of “ruminating thought patterns” by focusing on the positives.



**5. Reaching Out: Making a Difference**

Teaches you how to handle the amplified feelings of helplessness and powerlessness that can be overwhelming.



### **6: Moving On: Responding to Setbacks**

Provides tools to deal with the inevitable challenges that life presents, despite the best planning.



### **7: Breaking Free: Dealing with Past Hurts**

Presents ways to help you let go of hurt, bitterness, and guilt when either you or someone else has done something that feels unforgivable.



### **8: Celebrating Possibilities: Moving Forward**

Encourages you to plan events to celebrate your progress and enjoy the life ahead of you.