

Making a difference

Sometimes it's hard to feel good about the world around you. You might feel like your community isn't safe for you or that the world is becoming a scary place.

Here are some things that might make you feel worried about the world around you:

- New laws that affect you or your loved ones
- Rules at work that feel unfair
- People or places that treat you differently

It's easy to feel powerless, but you can make positive changes. This exercise will help you think of ways you can make a difference at work or in your community.

Start small

Even small actions can make a big difference. Here are some ideas you could try today to help start making things better.

Talk to other people

Try talking to friends, family, or co-workers you trust. They might have the same feelings as you. Together, you can think of some ideas for what to do next.

Call or email politicians

If you're worried about something the government does, get in touch with your city councillor, provincial representative, or member of Parliament. Let them know what you're worried about and why.

Share information

If you know about resources or community organizations that can help, tell your friends, family, and co-workers about them. Help the people around you stay up to date on things that are important to all of you.