



Calming apps :



Stop, Breathe, Think



Calm



Headspace

# GILKS' GUIDE

## TO WELLNESS RESOURCES

**ACTIVE COPING CALENDAR: APRIL 2020**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl			1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system
5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help	8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you
12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger	15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity
19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with	22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths
26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year	29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time		

**ACTION FOR HAPPINESS**

[www.actionforhappiness.org](http://www.actionforhappiness.org)

## Social/Emotional Health

At this unexpected time of physical distancing, school closures, and rapid change, it is recognized that many of us may experience some stress and anxiety. The school guidance department would like to provide a list of some resources to help you while you are at home. Please visit some of these sites and also reach out by email [kimberly.gilks@nbed.nb.ca](mailto:kimberly.gilks@nbed.nb.ca) as needed. If there is an emergency, please utilize the hotlines within our community.

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

# Learning from Home

Families are adjusting to a temporary home learning schedule and the following are suggestions for successful implementation:

<https://yourteenmag.com/coronavirus/healthy-schedule-shelter-in-place>

As a summary, the top 10 tips for parents to support home learning might be...

1. **Establish routines** - schedule times for learning, meals, movement, play, and sleep
2. **Create a work/learning space** - some homes will be desks, kitchen tables, bedrooms, floor spaces etc...
3. **Communicate** with teachers - email and phone between guardians, student, and educator
4. **Allow autonomy** of learning - help your child own their independent work as well as collaborative work with peers via technology chats or texts
5. **Check in** with child to see how the work is going - conversations about problems, instructions, organization, and goals
6. **Access to student emails** and accounts - check the school website under the "learning from home" tab to help with student passwords and accounts
7. **Protect privacy** - any online activity should be monitored so that it is safe for your child
8. **Physical activity** - movement and exercise are extremely important to our overall health so allow time for it and learning time will be more focussed
9. **Be mindful of anxiety** - monitor your child's exposure to the media and be supportive by listening and reassuring them that this is a temporary situation. Helpful articles are:

<https://smho-smso.ca/covid-19/parents-and-families/>

<https://www.cmho.org/blog/blog-news/6519918-talking-to-your-anxious-child-about-COVID-19>

10. **Stay socially connected with guidelines** - use of social media to talk/text with friends is needed for teens but encourage being respectful and responsible with its use

[https://mediasmarts.ca/sites/default/files/pdfs/tipsheet/TipSheet\\_Social\\_Media\\_Rules.pdf](https://mediasmarts.ca/sites/default/files/pdfs/tipsheet/TipSheet_Social_Media_Rules.pdf)



*Hotlines:*

**CHIMO**

**1-800-667-5005**

**KIDS HELP  
PHONE**

**1-800-668-6868**

*or text 686868*

**Child & Youth  
teams 778-6111**

**Mobile Crisis  
Units 623-3333**

<https://www.anxietycanada.com/>

