

GILKS' GUIDE

TO WELLNESS RESOURCES

ACTIVE COPING CALENDAR: APRIL 2020

SUNDAY "Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

MONDAY 6 Contact a neighbour or friend and offer to help them

TUESDAY 7 Share what you are feeling and be willing to ask for help

WEDNESDAY 1 Make a plan to help you keep calm and stay in contact

THURSDAY 2 Enjoy washing your hands. Remember all they do for you!

FRIDAY 3 Write down ten things you feel grateful for in life and why

SATURDAY 4 Stay hydrated, eat healthy food and boost your immune system

5 Get active. Even if you're stuck indoors, move & stretch

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

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Social/Emotional Health

During this time of distancing, it is very important to look after ourselves. Many healthy habits are listed at School Mental Health Ontario website. Below is the awesome **Self Care 101** resource which is free for all teens. Check out the link! I suggest you download it and try to incorporate some of the ideas into your daily routine.

<https://smho-smso.ca/wp-content/uploads/2020/03/Self-Care-101.pdf>

SELF-CARE 101

Self-care is an important part of wellness. Take time and discover what helps you to feel good and recharge.

EAT We all need to refuel. But sometimes when we're stressed, our habits can change – maybe we eat junk food, or don't feel like eating at all. It is important to focus on eating foods that will provide you with the nutrients you need.

- Tip: Have a healthy snack nearby so you can refuel and avoid getting "hangry."

HYDRATE Try to increase your water intake and decrease your caffeine intake. Caffeine has been shown to create a stress reaction in your body and might cause you to feel nervous, irritable or restless.

- Tip: Drink a glass of water or milk before bed (but not too much!) rather than a caffeinated drink. This should also help you sleep.

MOVE Being physically active has many positive effects on your health. It increases your energy, enhances your immune system, reduces insomnia, stimulates brain growth and has been shown to decrease feelings of sadness.

- Tip: This doesn't need to take much time. You can get these benefits of being physically active from just a 30-minute walk. Stuck inside? Check out YouTube for brief yoga routines, at-home workouts or track your steps, and challenge a friend!

ENJOY Take time to discover things you enjoy. Do things that make you feel good as often as you can. It may not be what others find fun, and that's okay! We're all different.

- Tip: Maybe there's a book you want to read, a show or movie you've been meaning to watch, a skill you've been interested in, or something new!

SLEEP Getting a healthy number of hours each night helps you to better deal with the stresses of everyday life.

- Tip: While you're at home, try to set up a sleep routine that you can stick to. Plan to go to bed and wake up at the same time every day. For some other helpful ideas check out: "Up all night? Get a better sleep with these tips"

WHY SELF-CARE?

Self-care is like saving up for a rainy day! It's about nurturing yourself so that when difficult situations happen, you will have the energy and strategies to help you get through it! It can feel hard to practice all of the self-care tips that we know are important, pick a few to focus on, congratulate yourself on what you're able to accomplish and continue to set goals for yourself.

- Tip: Try this quiz to find out if you're practicing enough self-care

For more ideas to help you recharge, check out Kids Help Phone's self-care checklist!

CONNECT Strong social connections are one of the most powerful influences on our mood and mental health. Spending time with friends and family help to increase your levels of happiness.

- Tip: Getting involved in something bigger than yourself or doing nice things for others can give you a mental health boost. If you can't see the people you care about every day, send them a text or make a phone call; it will make their day and yours!

PAUSE Make sure to take time for yourself during the day, to listen to music, take a few deep breaths, meditate, write in the gratitude journal.

- Tip: There are lots of different apps and sites out there for breathing exercises or check out: "How to calm down when you're stressed"

RECOGNIZE Be mindful of your thoughts and feelings, both positive and negative, as part of your self-care. Finding a healthy outlet to process your emotions and positive self-talk, although always important, is super important during stressful times.

- Tip: When thinking, ask yourself: Is this helpful/true? If not, challenge yourself to find a positive/true alternative. Remember to speak kindly to yourself, everyone has good and bad days. Don't be too hard on yourself!

REFLECT Take time to think about what's important to you. It can be easy to get caught up in the negative messages, instead look for kindness and positivity. This can come in different forms like people doing good things for others or positive posts on social media.

- Tip: Practicing gratitude on a regular basis can improve our sense of well-being and happiness! Journal about gratitude: every night, write down three good things about your day. They don't have to be major (i.e. a great lunch, talking to a friend, finishing a task).

REPEAT Did you know that trying a new skill, habit, or routine for 21 days in a row will increase the likelihood of maintaining this new practice?

- Tip: Try having a partner to hold you accountable during the first few weeks; this strategy has been shown to enhance your success rate of maintaining your new practice.

If you or someone you know is in crisis, call 9-1-1 or go to the nearest emergency department.

You can also reach out to Kids Help Phone at 1-800-668-6868 or by texting CONNECT to 686868.

School Mental Health Ontario / Santé mentale en milieu scolaire Ontario

www.smho-smso.ca

Mental Health resources from NB Government:

https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory_diseases/coronavirus/mental-health-and-coping-during-covid-19.html?

Learning From Home

Picture of the day from <http://www.pobble365.com/>
Earth Day! What do you see? What can you do to help sustain our planet?

Family Field Trips:

[https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html?](https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html?fbclid=IwAR2UITddduisJRNnJcRqL5wLhDDxHBgujupl7H1NhSa9QjsAmFdbDpgSUC)

[fbclid=IwAR2UITddduisJRNnJcRqL5wLhDDxHBgujupl7H1NhSa9QjsAmFdbDpgSUC](https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html?fbclid=IwAR2UITddduisJRNnJcRqL5wLhDDxHBgujupl7H1NhSa9QjsAmFdbDpgSUC)

Careers

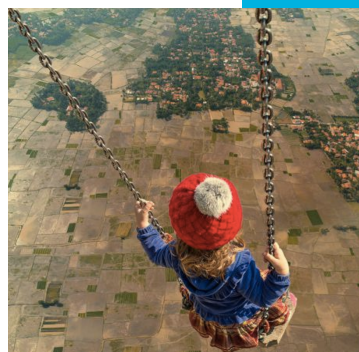
Take the **EARTH** day challenge and be an activist...
<https://www.earthday.org/earth-day-challenge/>

Contact information: kimberly.gilks@nbed.nb.ca

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

Hope for Wellness
1-855-242-3310