

Mental Health and Wellness



May 2020

Whenever you need to talk, we're open.

- Text 686868
- Call 1-800-668-6868

Kids Help Phone

Try this from School Mental Health Ontario if you need to slow down your worries or chillout.

Deep Belly Breathing



Visit the Virtual **Learning Commons** for more information about mental health

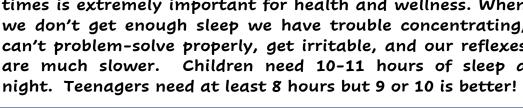
May 4-10 is Mental Health Week. The Canadian Mental Health Association and Children's Mental Health Ontario remind us that connecting with others protects our mental health. This week find time to safely connect with a friend, a family member, a neighbour, or your school. You can use the phone, facetime, snapchat, text, or even write a letter. And maybe when you are connecting you can let that

person know what you

about them!



A daily routine that starts and ends with regular wake-sleep times is extremely important for health and wellness. When we don't get enough sleep we have trouble concentrating, can't problem-solve properly, get irritable, and our reflexes are much slower. Children need 10-11 hours of sleep a



Getting healthy sleep during COVID-19

Use the bed only for sleep

Your work and home space may have merged. Doing work in bed may make it a Tip: Create a separate at least not in the bed!

Follow a 1-hour wind-down routine

Tip: Do something relaxing, enjoyable, and in low light before bedtime. No social media or COVID-19 news! (Audiobooks, meditation, or puzzles?)

Only go to bed when you are sleepy

You may feel bored but going to bed too early is inconsistent with your body's clock time, which will make it harder to fall or stay asleep.

Tip: Make a list of relaxing activities to do if you are bored

Avoid excessive time in bed

Tip: Match your time in bed to your actual amount of sleep, not to the amount of sleep that you wish that you could get.

Why is this important?

Healthy sleep is important for our health and well-being.

Poor sleep has been shown to be related to higher levels of inflammation and greater risk of developing the common cold.

We have developed tips to manage your sleep to optimize wellness during these times. www.sleep pitt.edu

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Wake up at the same time every day

Consistent wake-up times tells the brain what is "day" and what is "night", which is critical now that we're leaving the home less often. Do different activities to separate your day and night.

Tip: Schedule a virtual coffee date in the morning, take a midday walk, and stop work and screen time by a certain time

To learn more about mental health and other resources in your community visit the UCDSB website, call 211 or visit the 211 website

