

# Taking Care of Yourself- Tips for Students

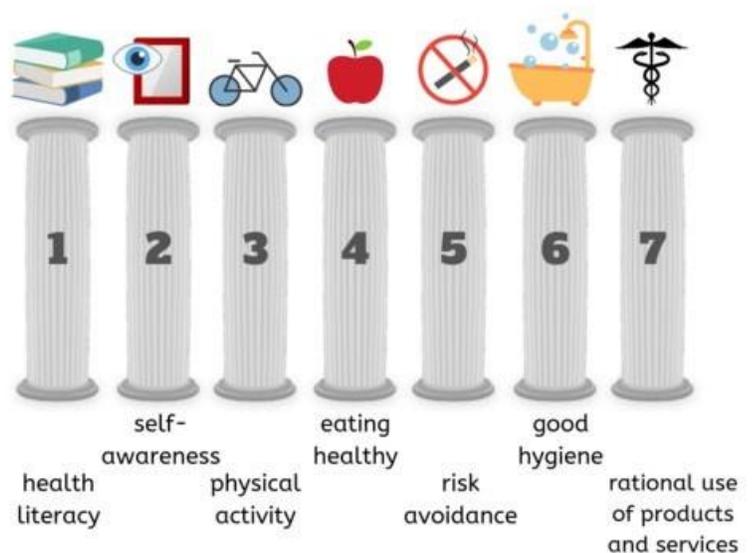
This may be a difficult and unusual time for you and your family, and you may have many questions. That is okay! Please know that we are all in this together. You are not alone; your parent(s), caregiver(s), teachers, counsellors, and friends are there to help. Be brave to ask your questions. Most importantly in all of this is you! Stay positive, healthy and educated. And, if you do need help, it's okay to reach out.

## How to Stay Mentally Healthy

- ✦ Set a simple routine: establish wake up and sleep times, practice good hygiene, try to eat well
- ✦ Structure your day: School, break, play
- ✦ Connect with people by calling, texting or emailing family and friends
- ✦ Share your feelings with someone you trust
- ✦ Do some physical activity
- ✦ Practice mindfulness
- ✦ Use coping/self-care strategies
- ✦ Limit news and media
- ✦ Do something nice and give back



## The 7 Pillars of Self-Care



## Self- Care Strategies

Bake or cook a meal

Take silly pictures

Explore a museum or zoo online

Build a fort and play outside

Journal

Take a walk and look for items A-Z

Have a dance party

Paint, draw, craft

Listen to music

Watch your favourite show

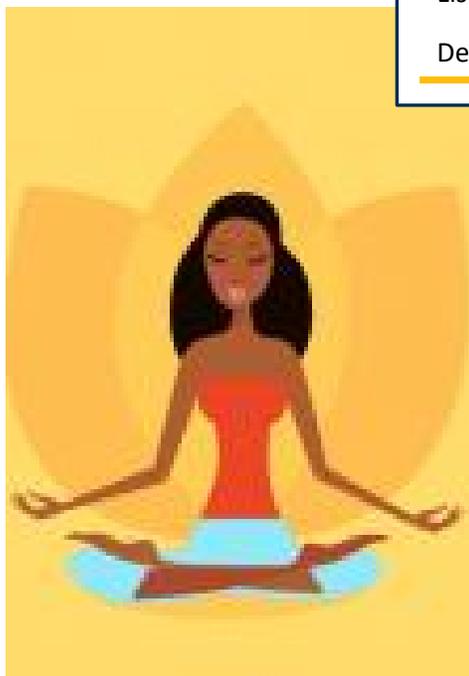
Have a picnic or scavenger hunt in your yard

Yoga

Call, text or video chat a friend or family member

Listen to an audiobook

Design a treehouse



## Helpful Apps



Mindshift



Relaxing Melodies



Aura



Calm



Breathe: Calm Aura and Sleep



Children's Bedtime Meditations



Breathe Kids



Be Safe

## School Board Mental Health Supports



During stressful times, it is normal to feel a variety of emotions. Eating habits, sleeping habits, and mood among other things may change and these changes are typically temporary. If you notice you or a friend are having difficulty coping with feelings or life events, take a moment and assess if extra support is needed. Many times, things will settle or get better with the help of supportive family or friends. If they don't, please reach out to your teacher or principal who can explore with you if school based mental health supports are the right fit for you.