

Mental Wellness and Self Care Tips For Students

DURING COVID19

5

WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS

@HOLISTICALLYGRACE

INFORM

LIMIT EXCESSIVE, CONTINUOUS EXPOSURE TO MEDIA. INFORM, WITHOUT OVERWHELM. SET BOUNDARIES AROUND TIME, TRUSTED SOURCES.



CONNECT

REACH OUT FOR EMOTIONAL SUPPORT, CONTACT LOVED ONES. ISOLATION IS DETRIMENTAL TO OUR HEALTH



SOOTHE

DEEP BELLY BREATHING, GROUNDING TECHNIQUES, GUIDED IMAGERY, PRAYER, CALMING SOUNDS, LAUGHTER, SINGING



CONTROL

FOCUS ON THINGS WE CAN CONTROL: WASH HANDS, HYDRATE, NOURISH, CONTACT HR REGARDING WORK POLICIES, ADJUST FINANCES



HONOR + DISTRACT

ACKNOWLEDGE FEAR, ANXIETY. FIND ACTIVE WAYS TO DIVERT ATTENTION: PUZZLE, READ, CRAFT, ETC.

SET
BOUNDARIES
WITH WHAT +
HOW MUCH
MEDIA YOU
CONSUME

YOU'RE
ALLOWED TO
OPT OUT OF
OVERWHELMING
DISCUSSIONS

TRY TO
RESPOND TO
THE FEARS OF
OTHERS WITH
UNDERSTANDING
+ RESPECT

GENTLE REMINDERS:
FOR WHEN THE
WORLD FEELS
FRIGHTENING

≧@THEMINDGEEK≦

FOCUS
ON THE
MANY THINGS
YOU CAN
CONTROL

BE
MINDFUL
OF WHEN IT'S
BECOMING
MORE THAN
JUST 'BEING
INFORMED'

BREATHE,
CONNECT +
TAKE GENTLE
CARE OF
YOURSELF +
OTHERS

Stress and Anxiety



Anxiety in Youth

10 Hobbies That Combat Stress

ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify

5 things
you can
see



3 things
you can
hear



4 things
you can
touch



2 things
you can
smell



1 thing
you can
taste



[Photo From Mrs.Kay's Counselling Corner](#)

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**This a great tool when
you are feeling nervous**

Self Isolating & Anxiety

Much of the anxiety we're feeling right now comes from the uncertainty.

So, create some certainty for yourself as soon as you can.

This means creating a new routine.

Some daily structure.

Get going ASAP and stick to it as best you can.

The anxious gremlins in your head are freaking out because they've never seen this before.

They panic when they don't know what to expect.

Create a new (albeit temporary) normal for them.

This will calm them down so much.

Keep your focus on that routine and take it just one day at a time.

love.
mellow doodles

[Photo from Joy Curry Fitzpatrick](#)

8:00a.m	Rise n' Shine Brush teeth and WASH your hands Change out of PJ's and into regular clothes Eat Breakfast
9-12am	Check your google classroom for assignments /projects or in your Digital folder from nlpsab.ca Work on your weekly assignments
12-12:30	Wash Hands Eat Lunch
12:30-2	Communicate with friends(text,snapchat,faceTime,create a Tiktok)
2-3	Fitness Time (do some yoga,make up a dance,go for a run)
3-3:30	Screen Time Break-No phones,laptops, tablet -find Something create to do
3:30-4	Fresh Air Break Wash Hands
5-6	Wash Hands Eat Supper
6-10	Unwind-visit with family,play a board game, read a book, work on a hobby,
10:00 pm	Have a Shower Go to BED

Keep a Daily Schedule

Things To DO While Away From School

Journaling [journaling for self care](#)

[Free audible stories](#)

[Virtual Tours](#) -Zoos,national parks, museums around the world

Listen to a TED talk

Start a book club and meet online with friends to discuss the book

Throw a dance party (online with friends or just dance in your room like no one is watching--because they aren't!). Musicians and DJs around the world are streaming live every day so go to your favorite artist's page or check out [bandsintown](#).

Practise Mindfulness

- [Mindfulness for Teens](#)
- [Headspace](#)
- [Calm](#)
- [Smiling Mind](#)

General Websites

- [Mental Health Resources](#) (amazing list of resources that cover all sorts of topics. Check it out!)
- [TeensHealth](#) (there are tons of different topics on this website)
- [GirlsHealth](#)
- [National Alliance on Mental Illness](#) (includes some great information about how to help a friend, too!)
- [The Trevor Project](#) (excellent LGBTQ+ resource--also includes suicide prevention information)

Give Back

Join 30 Days of Kindness:

<https://characterstrong.lpages.co/educator-resources-landing-kindness-journal/>

Need to Talk to someone

In an Emergency call 911

Kids Help Phone-1-800-668-6868

Mental Health Helpline-1-877-303-2642

24 Hour Distress Line- 1-877-321-2747