



2021



Health, Social, and
Community
Programs &
Services **Call 211**

**Children's Mental
Health Agencies
(free services):**

[Children's Mental
Health Leeds Grenville](#)
1-800-809-2494.

[Open Doors](#) Lanark
1-877-232-8260

[Cornwall Community
Hospital](#) SD&G
1-844-361-6363

[Valoris](#)
Prescott-Russell
1-800-675-6168

**For adult services
mental health,
addiction, problem
gambling visit:**

ConnexOntario

1.866.531.2600

www.ConnexOntario.ca

LGBT Youth Line
1-800-268-9688
Text 647-694 4275

**Hope for Wellness Help
Line** counselling and
crisis intervention to
all **Indigenous peoples**
across Canada.

1-855-242-3310

Or visit hopeforwellness.ca/ for online
chat chat

Staying Safe, Staying Healthy

Stay-at-home orders, with or without school closures, feel different and more difficult for many of us in the winter months. Pandemic fatigue has set in – we are tired and just want to see life return to something that feels more normal. Sometimes it's helpful to remind ourselves that we are running a marathon – it is long, gets harder midway through, but we can pace ourselves and tap into strategies that help to keep us moving forward. We have made it this far and will do our best to push-on to the finish line.


What supports are you drawing on?
How have you coped thus far?
What do you need, and where can you get it, to keep going?


How I
Stay
Healthy

Below are some reminders about things that can be helpful to keep your head above water, manage in difficult times, and protect your wellness. Yes, you have heard these before, because these things matter! And there is help available if you are struggling to put any of these into place or feel completely overwhelmed.

Here are **8 ways to support your mental health as we move through February** and beyond:

- 1. Have a routine:** "What day is it today?!?" Time feels different now. Schedules and demands change as workplaces and schools close then open, and access to stores and services shifts. *So. Much. Change.* Your routines or to-do lists will shift and adjust over time as well. Having a basic daily and weekly plan for the important things can contribute to a sense of control over your days, and a sense of accomplishment for getting stuff done (or at least trying to!). Start with wake-times, mealtimes, and sleep-times...the basics! See last month's Newsletter for more tips on the importance of creating routines (and balance) in our lives. All our Newsletters can be found on the [UCDSB website – Student Wellbeing/ Mental Health/Mental Health Resources COVID19.](#)


- 2. Find a special project:** This could be something you have put off doing, a plan to help someone else, volunteering (safely, while following public health guidelines), or learning something new. Need to organize your closets? Create a playlist for a friend? Shovel the snow for a neighbor? Go for it! A sense of accomplishment or of giving-back and practicing kindness contribute to wellness.
- 3. Move your body:** You don't have to work-out for hours every day, but paying attention to physical activity is important for overall health. Some of us find we sit more and move less right now, sometimes staying inside for longer hours due to cold weather. Can you fit in some movement during the day (indoor dance party maybe)? Or something that takes you outside into the sunshine for a quick walk? You'll feel better for it, physically *and* mentally. OPHEA has some excellent suggestions and [activities for home.](#) OPHEA is a source of many activities for parents and our educators.



Kids Help Phone 

Call 1-800-668-6868 for support or
Children and youth text TALK 686868
Adults text WELLNESS 741741

FEBRUARY

2021

School Mental Health Ontario (SMHO) supports school boards across Ontario by providing evidence-based resources to help students, families, and schools remain resilient.

Check out these SMHO [activities to try with elementary aged children](#)



Follow us on twitter
[@ucdsbwellness](#)

Check out all the mental health and wellness resources at [UCDSB's Learning Commons](#)

8 ways to support your mental health—continued

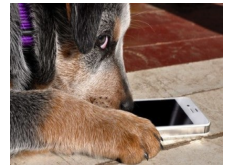
4. **Sleep well, eat well, and use safe coping strategies:** This means keeping to a sleep routine that gives you the hours of sleep you need, at regular times, and eating a balanced diet. It is much easier to get through the day and cope with stress when your body is properly fueled and rested. Check out this tip-sheet [about sleep](#) from CHEO. And if you find that you or someone you care about is using alcohol, cannabis, or other substances to cope, consider reaching out to services that can help you or a loved one to stay safer and manage risks. Our health units are a good place to start: [Lanark, Leeds, Grenville](#) or [Eastern Ontario Health Unit](#). You can also reach out to a community mental health provider or your family doctor if you are concerned.



5. **Find something good in every day:** It is easy to feel discouraged, bored, stressed, lonely, and worried during these current times. Take time to note things that you are grateful for each day, despite challenges and no matter how small – a sunny day, speaking to a friend, a quiet cup of tea. A lot of people find that writing in a journal and noting “3 good things” each day is helpful for noticing and tracking bright spots during this pandemic.



6. **Use screens wisely:** Devices can be very helpful for learning, connecting, and pursuing leisure activities (gaming, watching movies, surfing YouTube, etc.). But finding balance is key. Time on screens can also mean time away from other responsibilities (cooking meals; homework), other activities (getting out for a walk), and sleep. So, stay aware of when screen time might be interfering with putting some of the tips on this page into place.



7. **Stay connected with others:** While this looks different right now and might not feel as rich as it has in the past, it is important to connect with others. Call a friend, find an online club, speak to someone when you are out getting groceries, say hello to people when you are out for a walk. Even small actions can help us feel less isolated.



8. **Know your community resources:** If you need help because you don't have things you need (food, shelter, financial reserves); you feel overwhelmed by stress and worry or your mood is exceptionally low; your ability to practice self-care and manage even basic daily tasks have gone sideways; you are worried about someone else....**Help is available.** This tip-sheet for caregivers can help those who are worried [about child/youth mental health](#). These and other resources for mental health are shown throughout this Newsletter (and in every Newsletter). You can also contact your local school to request assistance. **We are here to help.**



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