



May  
2020

Whenever you  
need to talk,  
we're open.

Text 686868  
KidsHelpPhone.ca  
Call 1-800-668-6868

Kids Help Phone 

Try this from  
[School Mental  
Health Ontario](#)  
if you need to  
slow down your  
worries or chill-  
out.

[Deep  
Belly  
Breathing](#)




[Four Finger  
Affirmation](#)


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 appreciate 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 night. Teenagers need at least 8 hours but 9 or 10 is better!







## Getting healthy sleep during COVID-19

*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](http://www.sleep.pitt.edu)




**Use the bed  
only for sleep**




Your work and home space may have merged. Doing work in bed may make it a space for stress, not rest.  
*Tip: Create a separate workspace in another room or at least not in the bed!*

**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*




**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?)*

**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.*



**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 each day.*

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

