

Mental Health and Wellness

May 27th 2020



Try this from Kids Help Phone if you need to calm down and relax

Tension Release



To learn more about mental health & to find resources in your community go to UCDSB Website

Or call 211



See updates to
Learning Commons
for more information
about mental health

Everyone thrives with some sort of **routine and structure**, most especially children and teens. Set up reliable routines for the different aspects of your child or teen's life-getting ready for



the day, leisure time (including physical activity!), learning time, chores, and getting to bed on time. You'll help your child or teen learn about structure and time management. Structure is created by consistent routines and rules. Routines also help children and teens know what to expect throughout the day which is especially important for wellness during periods of change or uncertainty.

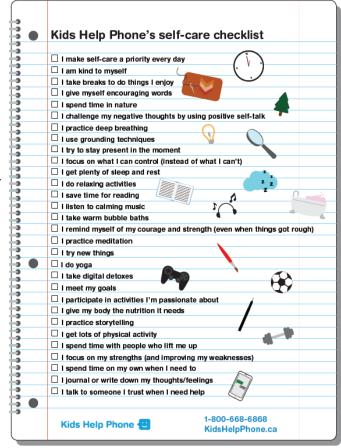
Check-out the health and physical education choice boards on our <u>UCDSB Learn at Home page</u> for fun and healthy activities to include as part of your child or teen's daily routine.

Self-care is important all of the time but no time is more important than right now.

When you practice self-care you build resilience to help cope with life's challenges. You'll even find things like learning are easier to manage if you are taking care of yourself.

What do YOU do for self-care? Kids Help Phone has this list of great ideas. Which ones work best to help you feel calm, content, centered, accomplished, or energized?

Visit <u>Kids Help Phone</u> for more information.



Kids Help Phone

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