



December 2020



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

Crisis and help-  
lines in your  
community [LINK](#)

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

**ConnexOntario**

1.866.531.2600

[www.ConnexOntario.ca](http://www.ConnexOntario.ca)

Support for parents  
of children with  
mental health  
challenges: [Parents  
Lifeline of Eastern  
Ontario](#)

1-613-321-3211 or  
1-855-775-7005

## Is Stress Good or Bad?

Look at these pictures closely. Ask yourself: "What are they feeling?" "What role does stress play in helping them get where they are?" and "Is their stress harmful or helpful?"



Teachers at UCDSB have used exercises like this to lead discussions such as:

- When is stress a good thing?
- When is stress a bad thing?
- How do we know the difference?
- What can we do about the bad stress?



Lately, increases in our stress levels can be a sign that our bodies are preparing us for to adapt to the changes in our communities and schools. Stress can remind us to grab our mask before we head out the door, wash our hands well, make a list of the things we need to do, and give us energy to get through a project or study for a test.

Often in classroom conversations, students report that stress can be a bad thing when it goes on for a long time and isn't helpful. Here are some important things to remember:

- Get a good night's sleep (see [ideas from the American Academy of Pediatrics](#))
- Keep physically active (see [ideas from OPHEA](#))
- Tell parents, a teacher or a friend so they can help problem solve, or try some of these other activities at home (see [ideas from School Mental Health Ontario](#))

Bad stress is also sometimes called anxiety. Anxiety is often made worse by specific situations that trigger 'false alarms' in our minds: our bodies tell us we're in danger when there really is no danger. These videos by Anxiety Canada give excellent explanations:

- [Video for Children](#)
- [Video for Teens](#)

If feelings of stress aren't going away even though the stressful situation is over, or your body is sending danger signals when there is no danger, talk to someone about getting support: a friend, your doctor, or a staff member at school. You can also contact one of the resources on the left hand side of this newsletter or visit / call [KidsHelpPhone](#).

For other tips and links on Mental Health see our collection of Newsletters here: [LINK](#)



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**Kids Help Phone**



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