

SELF CARE For Students

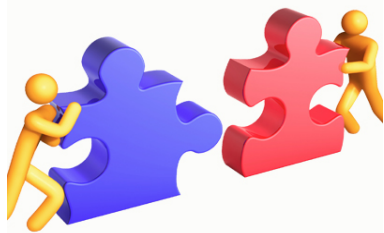
EAT We all need to refuel. But sometimes when we're stressed, our habits can change – maybe we eat junk food, or don't feel like eating at all. It is important to focus on eating foods that will provide you with the nutrients you need.

HYDRATE Try to increase your water intake and decrease your caffeine intake. Caffeine has been shown to create a stress reaction in your body and might cause you to feel nervous, irritable or restless

SLEEP Getting a healthy number of hours each night helps you to better deal with the stresses of everyday life.

MOVE Being physically active has many positive effects on your health. It increases your energy, enhances your immune system, reduces insomnia, stimulates brain growth and has been shown to decrease feelings of sadness.

ENJOY Take time to discover things you enjoy. Do things that make you feel good as often as you can. It may not be what others find fun, and that's okay! We're all different. Maybe there's a book you want to read, a show or movie you've been meaning to watch, a skill you've been interested in, or something new!



CONNECT Strong social connections are one of the most powerful influences on our mood and mental health. Spending time with friends and family help to increase your levels of happiness. Getting involved in something bigger than yourself or doing nice things for others can give you a mental health boost. If you can't see the people you care about every day, send them a text or make a phone call; it will make their day and yours!

PAUSE Make sure to take time for yourself during the day, to listen to music, take a few deep breaths, meditate, write in a gratitude journal.

RECOGNIZE Be mindful of your thoughts and feelings, both positive and negative, as part of your self-care. Finding a healthy outlet to process your emotions and positive self-talk, although always important, is super important during stressful times. When thinking, ask yourself? Is this helpful/true? If not, challenge yourself to find a positive/true alternative. Remember to speak kindly to yourself, everyone has good and bad days. Don't be too hard on yourself!

REFLECT Take time to think about what's important to you. It can be easy to get caught up in the negative messages, instead look for kindness and positivity. This can come in different forms like people doing good things for others or positive posts on social media.

REPEAT Did you know that trying a new skill, habit, or routine for 21 days in a row will increase the likelihood of maintaining this new practice?

If you or someone or you know is in crisis, call 9-1-1.

You can also reach out to Kids Help Phone at 1-800-668-6868



STUDENTS REACHING OUT

You might be thinking:

I don't think my problems are important enough to talk to anyone about?

I'm worried I might be labelled or people might judge me....

It's best to reach out and talk to someone. We all have mental health and talking about things is one of the ways we can take care of it. Asking for help can be awkward but you'll feel relieved after you do.

How do I start the conversation? Here are some suggestions...

"I don't know if you can help me, but I'm hoping you can help me to find someone who can."

"I have a tough situation; it's really bugging me... Can I talk to you about it?"

"I've been feeling _____ lately, can I get your help?"

"I can't seem to get past the feelings I'm having. I wanted to reach out before things got worse."

"Hey _____, it's _____. Do you have some time to chat with me tomorrow? I have a problem I want to talk to you about..."

What will happen after I reach out for help? After talking to a trusted adult about yourself and how you're feeling:

It can take time to feel better

The person you reach out to may not "fix" the problem but are able to connect you with someone who can support you better.

They may need to set up an appointment for you to see someone else that can help you.

If you find that your problems seem to be unresolved after seeking help, don't give up. Keeping trying. You'll find someone who can support you and let you know that you are not alone.

Connect with your school counsellor

You can also call Kids Help Phone at 1-800-668-6868 or text 686868.

If you or someone you know is in crisis, call 9-1-1 or go to the nearest emergency hospital.