

STUDENT MENTAL HEALTH AND WELL-BEING TOGETHER IN THE VALLEY

Mental Health Week May 1-7, 2023

Storytelling is a fundamental part of being human. Stories help build connections and strong communities. Storytelling, in all its forms, supports mental health and reduces stigma.

This year, Mental Health Week will centre on the theme of "My School's Story". During the 2022-2023 school year, what are some ways in which your school has encouraged mental health, challenged stigma surrounding mental illness and worked to develop a safe school for students experiencing a wide range of mental health challenges? What are your "shiny moments" that make you feel proud to say that your school is working to build awareness surrounding mental illness and mental health?



What is Mental Health?

Mental health and well-being is inspired through "a balance of the mental, physical, spiritual, and emotional" (SMHO).

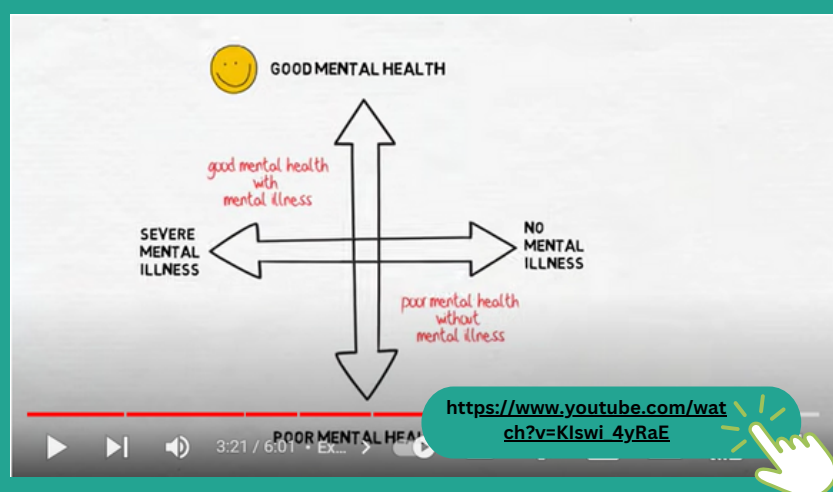
Mental health is the ability to feel, think, and act in ways that help us:

- get through challenges and stress
- enjoy life
- have hope and purpose
- feel connected to others
- have a sense of belonging



Caring for your mental health and well-being during the school year

- Get enough sleep
- Stay physically active
- Stay connected to caring adults, friends
- Replace negative thinking with helpful thinking
- Give yourself permission to feel whatever emotions you may be feeling - without judgement
- List 6 healthy activities you can do when stressed and needing a distraction
- Name 2 caring adults you will talk to when feeling overwhelmed



If you are in crisis and need immediate support call the **REACH OUT** crisis line. 1-866-933-2023, or call 911.

London-Middlesex, walk-in support: Mental Health and Addictions Crisis Centre at 649 Huron Street, London.

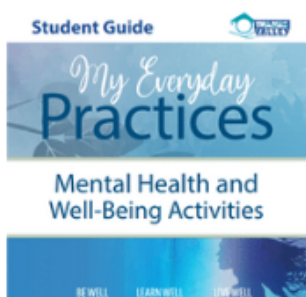
Oxford Walk-In Support:
9:00am-4:00pm
522 Peel St. Woodstock

Elgin Walk-In Support:
8:30am-4:00pm:
110 Centre Street, St. Thomas

Middlesex Walk-In Support:
8:30am-4:30pm
21 Richmond Street, Strathroy

My Everyday Practices for Mental Health and Well-Being

is a guide designed to help you use well-being strategies in your everyday life. These activities are designed to promote calm. Regular practice builds resilience and promotes well-being.



Underlined text is a hyperlink to more information

STUDENT MENTAL HEALTH AND WELL-BEING TOGETHER IN THE VALLEY

Mental Health Week May 3-7, 2021

Storytelling is a fundamental part of being human. Stories help build connections and strong communities.
Storytelling, in all its forms, supports mental health and reduces stigma.

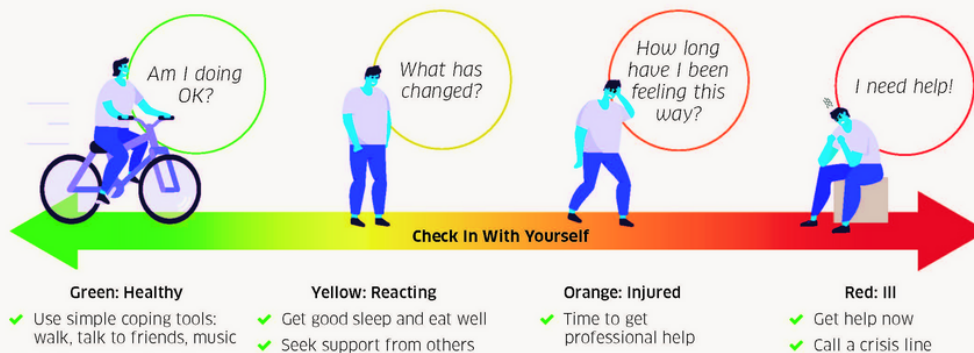
Notice the Changes: Signs and Symptoms



- **Mood:** anxiety, anger, sadness, feeling numb
- **Thinking:** Intrusive negative thoughts, difficulty suicidal thoughts, concentrating
- **Behaviour & Performance:** Isolating, hard time finishing tasks, withdrawing, risky behaviours
Physical: weight fluctuations, sleep problems, digestive issues, aches/pains
- **Addictive Behaviours:** Misuse of drugs, alcohol

When significant changes become our daily experience, over longer periods of time, further support may be needed.

The Mental Health Continuum: How Am I Doing?



Scan:
Continuum Self-Check Tool



theworkingmind.ca/continuum-self-check

HAND-TRACING EXERCISE

Starting at your wrist, trace the left side of your hand up to your middle finger while taking a deep breath for four seconds.

Pause at the tip of your middle finger and hold in your breath for 4 seconds

Breathe out while tracing down the right side of your hand for four seconds

Repeat 4 times

School Mental Health Ontario
Find out more at jack.org/covid

CIRCULAR BREATHING EXERCISE

Breathe in sync with the circle below

2

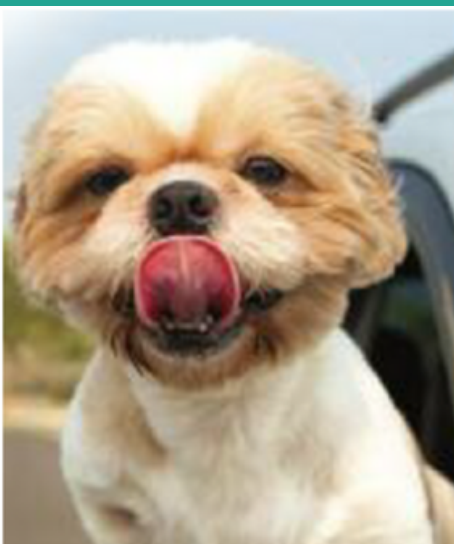
<https://www.youtube.com/watch?v=boT7p5kw-MQ>

List what you do in your spare time that brings you joy.

- _____
- _____
- _____
- _____
- _____

Bake, cook
Garden
Colour
Knit, sew
Dance
Sing
Laugh
Doodle
Journal
Paint
Draw your mood
Write poetry, a story

Adapted from www.mindyourmind.ca/tools/



THINGS WE CAN LEARN FROM A DOG

- 🐾 Run, skip, play daily
- 🐾 When you are happy, dance around and wag your entire body
- 🐾 Enjoy the fresh air and wind in your face
- 🐾 Never pretend to be something you're not