

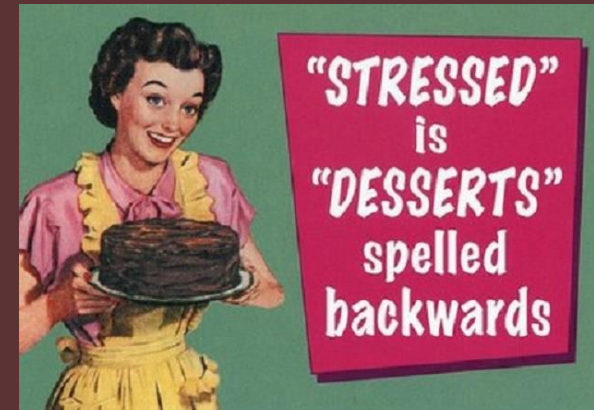


Looking After
Yourself.
Mental Health
Responsibility!

In times of stress we need to be aware of our own mental health.

Part of our personal responsibility is to know how we are acting and things we can do to help ourselves.

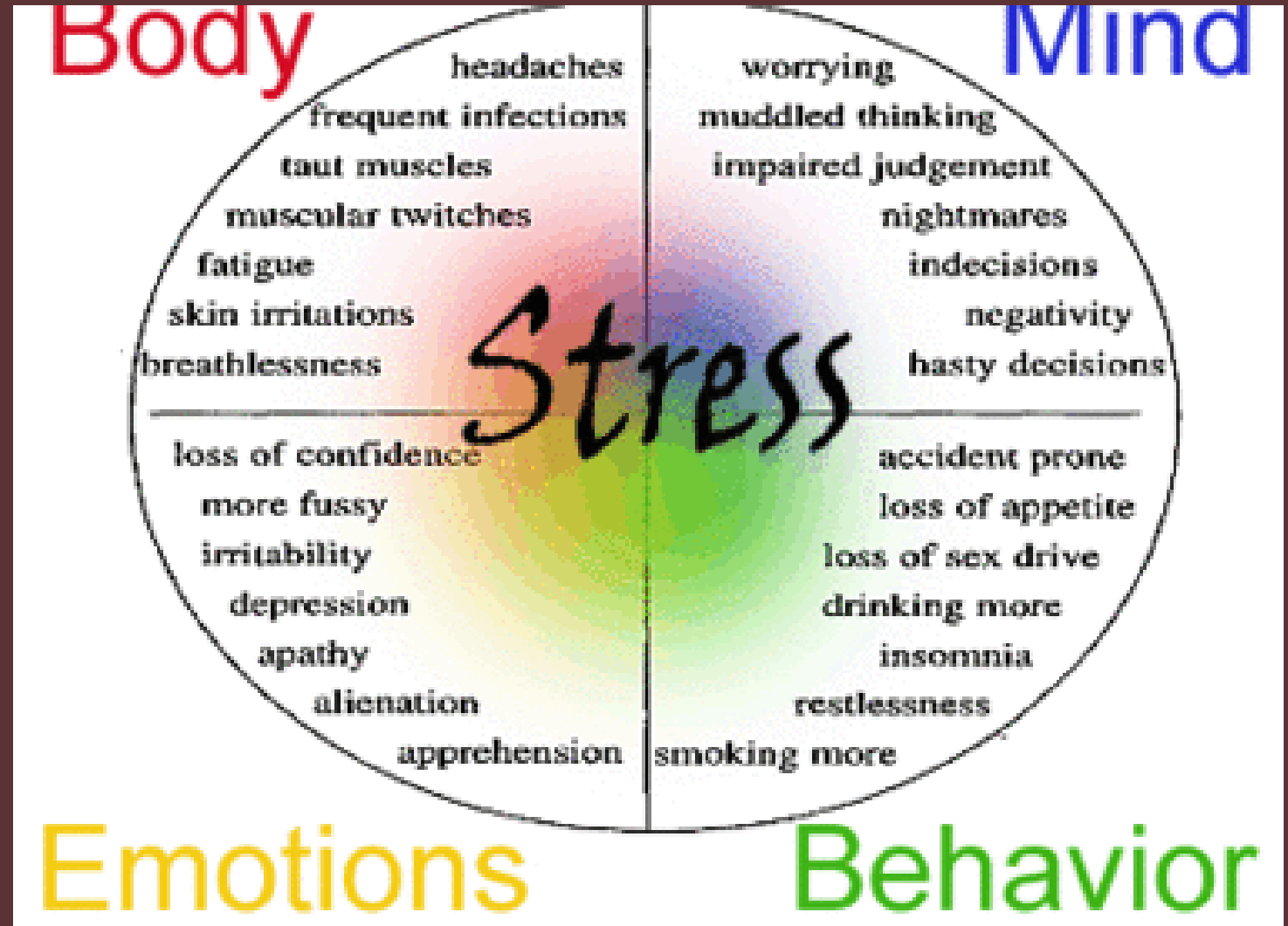
Stress can come from many sources: school, parents and guardians, friends, work, and other sources.



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What is stress?

- It's important to self-monitor and watch for changes in your emotions, mood and behaviour. You may notice you are feeling anxious, preoccupied, tired, worried about self or loved ones, having difficulty focusing, preoccupied with illness, needing reassurance, stomach aches, headaches, or other physical symptoms.



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If you need help!

Check in with family and trusted friends.

Connect with a school counsellor – we can help connect you with other resources as needed.

Grade 12 Ms. Hocken-Attwell, shockenattwell@retsd.mb.ca;

Grade 11 Mr. White, dwhite@retsd.mb.ca;

Grade 10 Ms. Sands, dsands@retsd.mb.ca;

Grade 9 Mr. Proskurnik, sproskurnik@retsd.mb.ca.

Check in with teachers or other trusted adults.

Avoiding Stress!

Take breaks from the news and from social media!

Try to schedule breaks away from your device to look after yourself.



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Stay Active!

- Activity breaks help your brain refresh: whatever works for you – a walk in nature, running, weights, dancing, stretching, mindfulness, yoga. Healthy body, healthy mind!





Stay Social!

- Try to connect with family, friends and acquaintances as much as you can!
- Eat together, play games and connect as much as you can.
- Use Zoom, Facetime, Skype to connect virtually if you can.

Sleep!



- A regular sleep schedule is important.
- Try to have 8 hours with a regular sleep and wake-up time.
- Try to avoid using a device just before you sleep.
- Exercise, reading or breathing techniques can help - 4,7, 8.

Healthy Eating!

- Try to eat regular meals at the same time each day.
- Try to stay away from junk food as much as you can.

MY HEALTHY CHECKLIST

FRUIT
1 2

GRAINS
1 2
3 4

VEGETABLES
1 2 3

PROTEIN
1 2
3

Dairy
1 2 3*

exercise
30 min 30 min

water
Y

BASED ON 1,200 CALORIES PER DAY

FEELS LIKE HOME



Be Kind to Yourself!

- Do things that you find relaxing to balance your days. (School is not everything!)
- Draw, cook, game, take a warm bath, spend time with your pet, watch a favourite movie, spend time with people you care for, learn something new.
- Everyone has their own interests that work for them. Learn about yourself!