

Hello from Ms. Aikenhead-Bain (Ms. A), your school counsellor. In this attachment I've put together some things I think you (students & parents) might find helpful during this crisis we are all experiencing. We are social distancing, during a time when we need each other. I hope some of these items will help you to have a healthy mind and spirit. Below there are links you can click on (or copy/paste into your browser) to read more about ways to cope, reduce anxious feelings, improve your sleep, de-stress, stay connected. The 3 pages following this one include Activities to Support your well-being, Mental Health resources in NS, An Active April Coping Calendar, and a closing message from me with ways to reach me! Keep calm, read on, reach out. Sincerely, Ms. A ☺

Helpful links for parents/students/kids coping through Covid-19 crisis:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/children.html>

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html?fbclid=IwAR2or5I18PGZTPKBrikBbr3Axeu5-D0liH5KZEDuiZ6jLZ_FD ATM2KQMbZU

<https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>

<https://www.wired.com/story/covid-19-is-hitting-teens-especially-hard/>

<https://www.unicef.org/coronavirus/6-ways-parents-can-support-their-kids-through-coronavirus-covid-19>

If your sleep pattern is disrupted

<https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/>

https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html

<http://www.sleepeducation.org/essentials-in-sleep/healthy-sleep-habits>

How to use Zoom – to have face time with family and friends from your computer/phone

<https://www.youtube.com/watch?v=fMUxrgZvZQ&fbclid=IwAR13UiE5DISNgizy5aroepJBIHo78scmUvW6DOWsp3raYRzSP374XmSA8Mo&app=desktop>

Coping Skills for children & teens

<https://copingskillsforkids.com/coping-with-coronavirus>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

Helping children and teens to manage screen time during Covid 19

<https://www.timminstoday.com/local-news/covid-19-tips-for-navigating-childrens-screen-time-during-social-distancing-2210629>

<https://www.verywellfamily.com/strategies-limit-your-teens-screen-time-2608915>

<https://www.cbc.ca/parents/learning/view/ill-give-you-back-screen-time-when-you-give-me-back-my-vill-age>

20 Activities to Support your Mental Health & Well-Being

Physical Activities	Mental Activities	Environmental Activities	Social Activities
Pamper yourself: do something that focuses on your personal hygiene/personal self-care	Do a self check-in "I feel... I need... I forgive... I celebrate... I trust..."	Decorate your space with slogans and sayings that inspire you.	Reconnect with someone who you haven't spoken to recently.
Do something or talk to someone that makes you laugh	Do a favorite hobby, ex, puzzle, painting, drawing, cooking, reading etc.	Go for a walk.	Learn about or talk to a person you look up to and learn something from them.
Stretch	Write a paragraph about what you love about yourself.	Declutter your space and donate unwanted items to those in need	Help others: do a random act of kindness.
Find 2 of your favorite just dance songs and just dance!	Research your spirit animal and decide why you chose it.	Move furniture around to give your space a fresh new look	Play a virtual board game with family or friends
Yoga and/or breathing exercises.	Create a gratitude journal. Write something you are grateful for each day.	Organize your room/things.	Write a thank you note to someone you appreciate.

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

MENTAL HEALTH RESOURCES

Where to Get Support in Nova Scotia during COVID-19



1 MENTAL HEALTH MOBILE CRISIS TEAM
902-429-8167 or 1-888-429-8167 (Toll Free)

The Mental Health Mobile Crisis Team provides support for children, youth and adults experiencing a mental health crisis by phone 24/7 anywhere in Nova Scotia and a Mobile Response from 1 pm to 1am to most Halifax area communities.



2 KIDS HELP PHONE
1-800-668-6868 or text CONNECT to 686868

Kids Help Phone is always there for you. No matter what you want to talk about. No judgment, totally private, 24/7. Live Chat is currently open daily from 1 am to 8 am to provide more timely access to support through their other services.



3 MENTAL HEALTH AND ADDICTIONS INTAKE SERVICE
1-855-922-1122

If you need help with a mental health and addictions concern, Nova Scotia Mental Health and Addictions team can help. They're available to take your call Monday to Friday, 8:30 am to 4 pm. The line is voicemail-only evenings, weekends and holidays.



4 CMHA NOVA SCOTIA
1-877-466-6606 (Toll Free)

CMHA NS continues to provide non-clinical mental health psycho-social support throughout COVID-19. They are committed to keeping communities and clients safe and their services supportive and welcoming. Visit novascotia.cmha.ca.



5 HEALTHY MINDS PATIENT NAVIGATOR
902-404-3504

Healthy Minds Cooperative is an innovative mental health cooperative providing a variety of peer-based services to people with lived experience of mental health issues and their families. HMC is available 9-5 Monday-Friday by phone and email.



6 STRONGEST FAMILIES I-CAN ANXIETY PROGRAM
1-866-470-7111 (Toll Free)

This program educates and teaches adults 18+ skills to overcome their anxiety, excessive worry, and learn how to cope with major life stressors. Participants are provided with access to a secure website, programming, and weekly phone support. Visit strongestfamilies.com



7 211 NOVA SCOTIA

211 Nova Scotia is a free helpline that connects you with community groups, social services and government programs in your area 24/7. Support is available in over 150 languages. Call or visit ns.211.ca



ACTIVE COPING CALENDAR: APRIL 2020



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

- 1** Make a plan to help you keep calm and stay in contact
- 2** Enjoy washing your hands. Remember all they do for you!
- 3** Write down ten things you feel grateful for in life and why
- 4** Stay hydrated, eat healthy food and boost your immune system
- 5** Get active. Even if you're stuck indoors, move & stretch
- 6** Contact a neighbour or friend and offer to help them
- 7** Share what you are feeling and be willing to ask for help
- 8** Take five minutes to sit still and breathe. Repeat regularly
- 9** Call a loved one to catch up and really listen to them
- 10** Get good sleep. No screens before bed or when waking up
- 11** Notice five things that are beautiful in the world around you
- 12** Immerse yourself in a new book, TV show or podcast
- 13** Respond positively to everyone you interact with
- 14** Play a game that you enjoyed when you were younger
- 15** Make some progress on a project that matters to you
- 16** Rediscover your favourite music that really lifts your spirits
- 17** Learn something new or do something creative
- 18** Find a fun way to do an extra 15 minutes of physical activity
- 19** Do three acts of kindness to help others, however small
- 20** Make time for self-care. Do something kind for yourself
- 21** Send a letter or message to someone you can't be with
- 22** Find positive stories in the news and share these with others
- 23** Have a tech-free day. Stop scrolling and turn off the news
- 24** Put your worries into perspective and try to let them go
- 25** Look for the good in others and notice their strengths
- 26** Take a small step towards an important goal
- 27** Thank three people you're grateful to and tell them why
- 28** Make a plan to meet up with others again later in the year
- 29** Connect with nature. Breathe and notice life continuing
- 30** Remember that all feelings and situations pass in time



ACTION FOR HAPPINESS



www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

And reach out to your School Counsellor (Ms. Aikenhead-Bain) via email saikenhead@hrce.ca as needed, or leave a voice message at 902-457-8935 (CPJH families - Wed, Thurs, Fri) or 902-457-7800 Ext. 5271220 (Park West families – Mon, Tues)

She is here to offer support in any way that she can!

- ~ Be kind to yourself and to those with whom you are self-isolating
- ~ Not all days are filled with goodness, but there is something good in every day
- ~ Keep your face to the sunshine and you will not see a shadow (Helen Keller)
- ~ Stay Safe & healthy

Thinking of you, e-hugs

Ms. Aikenhead-Bain (Ms. A) ☺

