

June 8

Mental Wellness Newsletter

Brenda Richens
Child Development Counsellor
brenda.richens@nearnorthschools.ca



Positivity means thinking in an optimistic way, looking for solutions, and expecting good results. It is a way of focusing on the bright side of life and sometimes making the best of difficult situations. Try some of these ideas to have a great day.



Have fun and get moving with this fun dance video from Go Noodle and the Trolls!
<https://youtu.be/KhfkYzUwYFk>

Watch this read aloud book about the Positive Ninja
<https://youtu.be/f5eCCO3xZIs>

Some inspiring quotes on positivity set to music.
<https://youtu.be/c6hesHCMBS4>

Whenever you
need to talk,
we're open.

Text 686868
KidsHelpPhone.ca
Call 1-800-668-6868



Kids Help Phone

HOW TO HAVE A GREAT DAY



Go ahead, have a fantastic day.

- 1 WRITE DOWN 3 THINGS YOU ARE GRATEFUL FOR**
There's a lot to choose from, pick 3 new things each day.
- 2 LAUGH**
You don't need a reason, just do it!
- 3 GET AT LEAST 15 MINUTES OF EXERCISE**
Go for a walk. You'll like it.
- 4 SAY SOMETHING YOU LOVE ABOUT YOURSELF**
Then say it again. And again.
- 5 DO SOMETHING PRODUCTIVE**
Tackle what you need to do head on. You'll feel great when it's done.
- 6 DO SOMETHING KIND FOR SOMEONE ELSE**
Send an appreciative email. Compliment someone. Hold the door open.
- 7 MEDITATE**
Start with just 5 minutes a day.
- 8 DO SOMETHING FUN**
You deserve it.

yourselfmovement.com

Positive Steps to Wellbeing

Be kind to yourself



Our culture, genes, religion, upbringing, education, gender, sexuality, beliefs, and life experiences make us who we are. We all have bad days.

Be kind to yourself. Encourage rather than criticise yourself. Treat yourself the way you would treat a friend in the same situation.

Exercise regularly



Being active helps lift our mood, reduces stress and anxiety, improves physical health, and gives us more energy.

Get outside, preferably in a green space or near water.

Find an activity you enjoy doing, and just do it.

Take up a hobby and/or learn a new skill

Increase your confidence and interest, meet others, or prepare for finding work.



Have some fun and/or be creative

Having fun or being creative helps us feel better and increases our confidence.

Enjoy yourself!



Help others



Get involved with a community project, charity work, or simply help out someone you know.

As well as benefiting others, you'll be doing something worthwhile which will help you feel better about yourself.

Relax



Make time for yourself. Allow yourself to chill out and relax. Find something that suits you – different things work for different people.

Breathe... (imagine a balloon in your belly, inflating and deflating as you breathe in and out)

Eat healthily

Eat regularly, eat breakfast, eat healthily, eat fruit and vegetables, drink water.



Balance sleep

Get into a healthy sleep routine – including going to bed and getting up at the same time each day.



Connect with others



Stay in touch with family and friends - make regular and frequent contact with them.

Beware drink and drugs



Avoid using alcohol (or non-prescribed drugs) to help you cope – it will only add to your problems.

See the bigger picture

We all give different meanings to situations and see things from our point of view. Broaden out your perspective and consider the bigger picture ('the helicopter view')

What meaning am I giving this? Is this fact or opinion? How would others see it? Is there another way of looking at this? How important is it, or will it be in a year's time? What can I do right now that will help most?



Accepting: 'It is as it is'

We tend to fight against distressing thoughts and feelings, but we can learn to just notice them and give up that struggle.

Some situations we just can't change. We can surf those waves rather than try to stop them.

Allow those thoughts and sensations just to be – they will pass.

