



SUMMER BREAK WELLNESS TIPS FOR STUDENTS

Your summer break may look different this year because of the pandemic. To take care of yourself over the summer months, consider giving these strategies and tips a try!

Daily Activities & Reminders

Plan activities you enjoy

- At the beginning of each day, choose a project or activity that you would like to do. Examples may be learning to cook a new dish, trying new exercises, drawing, painting, writing in a journal, achieving a higher score in a game, making a video, doing something nice for someone else, etc.

Stay connected

- Stay connected with others. Call, text, video chat with family, friends, and/or people that make you feel good.

Sleep

- Keep a regular sleep routine by going to bed and waking up at around the same time each day. Getting 8 to 10 hours of sleep each night is important for your emotional health.

Physical activity

- Make time for physical activity each day. Soak in the sun and fresh air by engaging in physical activities outdoors when you can!

Emotions

- Pay attention to the emotions you are having. It is normal to feel all kinds of emotions, including sadness and joy. Notice how you are feeling and name the emotion. Talk about it with others. Take comfort in knowing that difficult feelings will not last forever.

Self-kindness

- Practice self-kindness. This means treating yourself like you would treat a friend. Remind yourself that you are doing what you can, and that is enough!

Focus on what you CAN control

- Focus on what you CAN control. Notice what makes you feel good, and spend more time doing those things.

Technology

- Limit time on screens, such as, cellphones, television, video games, or computers, as much as possible.

Ways to CALM & RELAX

- Take slow, deep breaths
- Imagine a calm place or your favorite place
- Squeeze your fists tight, hold, relax, and let the energy go
- Go for a walk outside
- Ground yourself by noticing what you see, hear, feel, and smell
- Get creative by sketching, drawing, or painting
- Write about your day and/or your thoughts in a journal

APPS

Mindshift

Always there

Stop, Breath & Think

WEBSITES

- anxietycanada.com
- teentalk.ca
- stresshacks.ca

When you need to talk or if you or someone you know needs help right now:

If you or someone you know is having a hard time, please know that you are not alone and that there are supports available to help you and others through it. Talking things out can help to bring some relief and solutions, so please don't hesitate to reach out!

- Kids Help Phone
1-800-668-6868
Text 'CONNECT' to 686868
Text First Nations, Inuit or Metis to 686868 to connect with an Indigenous crisis responder
- Clinic Crisis Line
204-786-8686
- Youth Mobile Crisis
204-949-4777