

Healthy Body, Healthy Mind

Try the 20-20-20 rule:

Spend 20 min per day on each of the following categories: Exercise, stress management, social engagement



Exercise:

- Aim for a minimum of 20-30 min per day for a total of at least 150 min per week.
- If you are not currently exercising, start with brisk walking. You should be breathing heavily and sweating.
- Try to include days of cardio (brisk walking/jog/cycling/swimming), as well as resistance training (can use body weight such as push ups, or try weight lifting), and stretching (ex. yoga)
- Use an electronic tracker (ex. SportsTracker app) or a paper checklist to monitor progress.
- Choose a goal that you are excited about (ex. learn to run 5 km) and tell your friends and family that you are working toward it. Write your goal on a paper and tape it to your fridge or mirror.
- Yoga is a great way to start your morning or unwind after a busy day.



Healthy Sleep

- Avoid screen time for 1 hour before bed. Consider using an app on your devices to remove blue light, particularly at night (F.lux)
- Develop a regular, calming bedtime routine that works for you (ex. herbal tea, bath, stretch, deep breathing, etc)
- Keep wake up times consistent, even on weekends
- Stop drinking coffee and other caffeinated beverages at 11 am
- Go to bed only when tired
- Use bed for sleep and sex only. Do not answer e-mails, watch tv, pay bills, etc in bed.
- Avoid naps



Stress Management:

- Belly breaths:** Try taking 3-5 deep belly breaths in through your nose and out through your mouth when you first wake up in the morning, before each meal, and before you go to sleep. Count to 5 in your head as you inhale, breathing in until your lungs are full and your belly distended, then exhale while counting to 5 in your head. When you exhale, picture yourself trying to fog up a glass in front of your mouth.
- Smile:** Smile gently up at the ceiling when you wake up in the morning and before going to bed.
- Mindfulness/meditation:** There are many apps to help you learn this skill (ex. InsightTimer, Calm app, ten percent happier). There are also in person classes.
- Wysa app:** it is a free interactive app that uses a number of techniques (ex cognitive behavioural therapy, dialectical behavioural therapy, mindfulness, life coaching) to help you improve your mental health
- Gratitude practice:** What are you grateful for? You can write these down in a journal or include your family by making it a daily habit at the dinner table.
- Journal:** Write down 3-5 things that you are grateful for every day. Write down your goals. Track your progress in exercise, social engagement, stress management. Write down how you feel after mindfulness, exercise, etc. Write about challenges or difficult circumstances that you have overcome in the past and use that as fuel as you work toward your current goals. Write down sayings that motivate you or put you in a good mindset (ex. "Comparisons are the thief of joy").
- Enjoy time outside:** Try a 20 min walk through a park or the woods, gardening, or eating a meal outside.
- Bath:** Consider using Epsom salts and calming scents like lavender essential oils
- Limit Negative Input:** Avoid listening to negative news cycles. Disable news popups on your devices



Healthy Eating:

- Eat more fruits, vegetables, nuts/seeds, legumes, whole grains
- Avoid processed foods and foods high in salt, sugar, trans-fats
- Avoid pop, junk food, fast food
- Eat fewer animal products such as dairy, eggs, meat
- Minimize alcohol: Less than 14 drinks per week for men, less than 10 drinks per week for women



Social Engagement:

- Catch up with friends in person or on the phone
- Join a class to learn a new skill (cooking, art, etc)
- Join a recreational sports league or fitness class
- Walk or run with your neighbour



Supplements

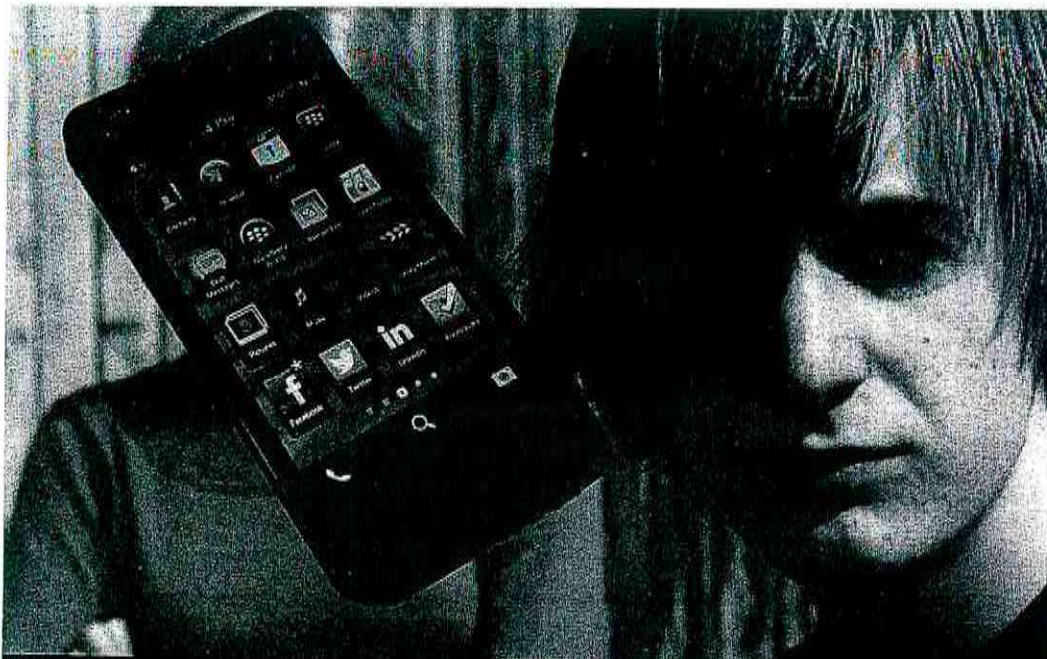
Talk to your doctor about whether any of the following supplements may be helpful, or if you require any bloodwork to look for deficiencies:

- Vitamin D 1000 IU
- Omega 3 Supplement 1000 mg
- Vitamin B12 1000 mcg



Light Therapy

Talk to your doctor about whether light therapy may help you with your symptoms. It is an effective therapy for people with seasonal affective disorder (those who experience low mood in winter months).



MOBILE APPS

Access Tools and Help Anywhere, Anytime

Always There mobile app by Kids Help Phone . the **Always There app** provides a password protected space for you to log your feelings, flip through a ton of youth-submitted tips, inspirational quotes, and jokes aimed at helping you cope with stress. You can access tip-sheets offline on a variety of emotional health topics and more. Finally, the app can also connect you directly with a Kids Help Phone counsellor over the phone, or through Live Chat. Log your feelings daily. Look for patterns as you fill in your feelings calendar.

Mind Your Mind mindyourmind.ca/toolbox/mobile-apps

1. Panic attack: Find out what you might experience and practical tips on how to get through a panic or anxiety attack.
2. Mindyourmood: Featuring 28 different moods, this tracker allows you to enter notes and flag them for later. Developed with YHP Canada.
3. Make a Wish: Use this app to get your stresses off your chest and articulate your dreams. Dream it then type it.
4. Reach Out: The famous Jeopardy style game featuring three categories 'Truth & Facts' . 'Pop Culture' . 'Signs & Symptoms'
5. Squishem: Annoying stress trogs are on the loose! Squish 'Em!
6. Boost Me: In a match 3 format, this game gives the user quick tips to promote confidence and self-esteem. Developed with WACHC.

On Line Tool: IcopeU offers fingertip access to reliable information, stress management and safety planning tools for students who are feeling overwhelmed. icopeu.com/demo/home.html



Let's Talk

Compiled by the Waterloo Region

Suicide Prevention Council, May, 2013. wrspc.ca

I NEED HELP NOW

If you are:

- feeling desperate and hopeless
- alone with no one to talk to
- worried you might hurt yourself or someone else

If you have:

- made a plan
- the means to hurt yourself or someone else (e.g. pills or a weapon)
- attempted suicide or hurt yourself before

Call 911 or go to your local emergency department or call the mobile crisis at
519.744.1813

I NEED TO TALK TO SOMEONE

That's great that you have taken this first step and want to talk to someone. You are not in an emergency, but know that you are having a tough time and need to talk. Some of these are by phone, chatting or online. Some you can visit face to face. You can use as many of these services as you want.

KidsHelpPhone.ca 24/7 service on-line . chatting support on the weekends or by phone at **1.800.668.6868**

www.YourLifeCounts.org email support 24/7

Local mobile crisis line Waterloo Region: **519.744.1813** . 24/7 you can talk to someone

COUNSELLING: these are places where you can walk in and get one-on-one support and talk to someone. No appointment necessary (18 and under)

| | | |
|---------------------------------|------------|-------------------|
| Lutherwood 35 Dickson St Camb. | Tuesdays | 12 noon - 7:30 pm |
| Front Door 1770 King St Kit. | Wednesdays | 12 noon - 7:30 pm |
| Langs 1145 Concession Rd, Camb. | Thursdays | 10 am - 5:30 pm |

Other Great Websites and Resources to help you out

www.MindYourMind.ca youth driven website from London . useful tools and info to manage stress and anxiety . great apps

www.twloha.com lots of youth like this site . you can blog here . helpful site if you are self harming

NeedHelpNow.ca great site on how to remove pictures . what to do when a picture has been posted about you

Woolwich Counselling Centre in Elmira offers a program for youth who self harm. The program is called S.A.F.E. (Self Abuse Finally Ends).

Woolwich Counselling Centre 65 Memorial Ave, Elmira **519.669.8651**

Crisis Respite Residential Need a place to go and feel safe for a few days?

Call crisis respite. 16 and up . maximum 14 day stay . 24 hr counsellor . curfew . 6 beds **519.576.7431**