

Keeping **YOU**th Connected

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Tips on practicing self-care and looking after your mental health

1

Recognize that your anxiety is completely normal

Tip: make sure you are using reliable sources (such as AHS or Alberta Government), there is lots of misleading information on social media. Stay connected and talk with your family.

2

Create distractions

Tip: seek relief and find balance by doing your homework, watching a favourite movie or finding a quiet place to read a book.. Find balance in the day-to-day.

3

Find new ways to connect with your friends

Tip: get creative and you will find ways to connect such as by phone, text, video chat, or social media. If you are the expert in using technology, help and teach others how to connect.

4

Focus on YOU

Tip: have you been wanting to learn how to do something new or start a new book? Now is the time to do that. Focusing on yourself and finding ways to use your new-found time is a productive way to look after your mental health.

5

Feel your feelings

Tip: Missing out on events with friends, hobbies or sports is incredibly upsetting and rightly so. The best way to deal with this disappointment is to let yourself feel it. When it comes to painful feelings, the only way out is through. It's okay to be sad, you are not alone.

6

Be kind to yourself and others

YOUth facing life changes due to the coronavirus outbreak who are feeling anxious, isolated and disappointed, we want you to know that you are not alone.



NEED TO TALK? SUPPORT IS AVAILABLE!
Contact your health centre for counselling supports.

Keeping **YOUth** Connected

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Activities for YOUth



Nimiweeteen

I am happy

CHALLENGE OF THE WEEK

Start a scrapbook showing what it was like to be a teenager during the coronavirus outbreak, or a family journal where each family member can take turns describing the day's happenings.

Ideas of Things to do:

- Start with your studies and homework. It is important to keep that normal routine in your day to feel balance.
- Tour a museum or zoo online.
- Organize something that you have been putting off. You will feel a sense of accomplishment.
- Start a daily family chat or friend group text with something positive. For example "Today I am grateful for..."
- Learn a new dance.

GAME OF THE WEEK

Word Search

NRDFKQLEFOOXZAVRMSOZ
UIGXGFCOMNRRFRIENDSZ
GBMWBG BXKXRGJDWBQEH
CHIEYITMYTCYAHUNELS
EOURWLEOFMVOZPNHZVDL
DMNLBWI FGMMXMSTITLDX
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NIMEWWHATSIN	MENTAL HEALTH	CONNECTED	COMMUNITY
SOCIAL MEDIA	SCRAPBOOK	GRATEFUL	ORGANIZE
TOGETHER	FEELINGS	HOMEWORK	TEXTING
FRIENDS	BALANCE	CREATIVE	BE KIND
FAMILY	ELDERS	DANCE	BOOK



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