

VOLUME 19 • MAY 2021

**Safe, Calm, Connected**

# MHCB WELLNESS PACK

MONTHLY WELLNESS ACTIVITIES FOR GRADES 10 - 12 AND THEIR FAMILIES

## CHANGE AND GROWTH

We all know that change is a part of life. Even welcome changes and change that we're excited about can make us feel uncomfortable sometimes. That's normal! In this month's Pack, we work on seeing change as a chance to grow and become more resilient in many ways.

## THIS MONTH:

- WHAT'S YOUR PLAN?
- EXPERIENCE YOUR FOOD
- SOCIAL MEDIA RAK
- MINDFULNESS MADE EASY (SMILING MIND APP!)

## CONNECT WITH US

For more wellness tips and ideas, find us on:



@brsdmhcb

#safecalmconnected

## How to Support Positive Mental Health Right Now.

From  
jack.org

### Soak up some sun and fresh air.

A few minutes on your balcony, around the block, or in your yard can do wonders for your mental health. Exposure to sunlight is thought to increase our brain's release of serotonin, which helps reduce anxiety, increases quality of sleep, and enhances the ability to focus.



## ACTIVE LIVING: WHAT'S YOUR PLAN?

You don't have to be a top athlete for movement to benefit your mood! Just get back to the basics; what activities do you find fun? What movement makes you feel good? Now that the season has changed, what new ways can you get active outside? Back in January we set a plan in place. To keep moving forward, "digging in" for that last push through to the summer, maybe it's time to re-evaluate how you want to stay active and connect with others! See the guide below.



## HEALTHY HABIT: EXPERIENCE YOUR FOOD

### MINDFUL MEALS

We eat every day, but do you ever stop and experience the food you're eating? Have you ever eaten a snack so quickly that later you can't remember what it tasted like? That can happen when we don't eat mindfully! Check out this [short video from Headspace](#) to practice eating mindfully! (Search "Headspace Experience Your Food")

### Kindness: Social Media RAK Random Act of Kindness (RAK)

A sweet and simple way to boost someone's spirits is by sending good vibes to someone's inbox or post! Our inboxes are often filled with tasks, homework, due dates and educational information, and there's plenty of unkind messages circulating on social media.

Wouldn't it be great to stumble upon a nice email or comment from someone? Whether it's a classmate, family member or friend, or even a social media stranger, find someone that could use some encouragement in the virtual world. A little kindness goes a long way.

Source: <https://www.randomactsofkindness.org/kindness-ideas/993-send-an-encouraging-email>



## MENTAL WELL-BEING:

One of the most important things you can do to keep moving forward is allowing yourself time to pause. A great way you to give your body and mind a break is to practice mindfulness throughout the day.

The Smiling Mind app is a unique web and app-based program developed by psychologists and educators to help bring balance to people's lives (Smiling Mind, 2020). Click [here](https://www.smilingmind.com.au/) to learn more about how mindfulness can help us keep moving forward in challenging times (or visit: <https://www.smilingmind.com.au/>). Interested and want to give it a shot? Once you download the app and make your free account, a great place to start is by going to Explore->Youth->13-15 Year Olds->Exploring the Breath (6:50)

## Concerned about your mental health or worried about a friend?

Whenever you need to talk, we're open.

 Text 686868

 KidsHelpPhone.ca

 Call 1-800-668-6868



Kids Help Phone 

There are lots of ways to get help!  
Reach out to an **adult you trust**,  
**talk to a teacher or the FSLW at your school**,  
or call or text one of these resources.

**Mental Health Helpline**  
1-877-303-2642




# Making a physical activity plan

## Sometimes becoming physically active can be hard.

If you feel this way, you are not alone!

One way to make it easier to get started is to make a physical activity plan.



*Talk to your health care provider about activities that are best for you.*

## Step 1: Think about the 5 W's: WHY, WHAT, WHERE, WHEN, and WHO

Read the questions below and write your answers in the space provided.

**WHY** is physical activity important to you?

**WHAT** type of physical activity(ies) do you want to do?

This handout for adults will take you through the steps to make your physical activity plan.

**WHERE** would you do the activity(ies)?

**WHEN** can you be active?

**WHO** can you be active with?



## Step 2: Write out your physical activity plan

Here are some sample physical activity plans. Write your own plan on the following page.

### Sample plan #1

**WHY** More energy; help to control my weight.  
**WHAT** Walking.  
**WHERE** Near my home and work.  
**WHEN** To/from the public transit stop daily (about 10 minutes).  
After supper every evening for 20 minutes.  
**WHO** By myself to/from public transit.  
With family members in evenings.

### Sample plan #2

**WHY** My health; meet new people.  
**WHAT** Aqua class.  
**WHERE** Community pool.  
**WHEN** Tuesday and Thursday, right after work.  
**WHO** By myself, but hopefully meet others in the class.

### Sample plan #3

**WHY** Sleep better; feel stronger.  
**WHAT** Fitness video.  
**WHERE** At home.  
**WHEN** Weekday mornings, before work.  
**WHO** By myself.

*Ask your family and friends to support you.*



## My physical activity plan

Decide on your five W's and write your plan here.

**WHY**

**WHAT**

**WHERE**

**WHEN**

**WHO**

## Step 3: Adding detail to your plan

The questions below will help you add more details to your plan.



How much time will you need for your activity?

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Do you need special clothing or equipment?

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What can you do to prepare for poor weather?

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What are some problems you may run into when carrying out your physical activity plan?

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What are some ideas to solve your problems?

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## Tips to help you *start* being active and *stay active*

- Ask your family and friends to support you.
- Find out about easy, fun ways to be active in your area.
- Find out which activities you can do at work or nearby, such as a fitness club or park.
- Talk to your healthcare provider about activities that are best for you.

### Remember:

Often, taking the first steps towards more physical activity can be hard. The key is to develop a plan!

Once you have a **plan in place**, you will find it easier get started and begin working towards your physical activity goals.

### Action Step

What is **one thing** you can do today to make this plan happen?

Topics in this toolkit:

- A. Taking the first step: deciding to be physically active
- B. Making a physical activity plan
- C. Setting goals for physical activity
- D. What stops you from being physically active?
- E. Benefits of physical activity
- F. Physical activity and your blood pressure
- G. High blood pressure safety
- H. Physical activity and Type 2 diabetes
- I. Diabetes safety
- J. Healthy weight and physical activity
- K. Physical activity and anxiety
- L. Anxiety safety
- M. Physical activity and chronic heart failure
- N. Chronic heart failure safety
- O. Physical activity and stroke
- P. Stroke safety
- Q. Physical activity and Parkinson's Disease
- R. Parkinson's Disease safety
- S. Physical activity and dementia
- T. Dementia safety

Centre for  
**Active Living**  
[www.centre4activeliving.ca](http://www.centre4activeliving.ca)

# MOVE YOUR MOOD JUNE 2021 FAMILY CHALLENGE



This FREE Family Challenge is open to all families and all ages.

During the challenge you will learn ways to connect as a family by; practicing mindfulness, moving your bodies, fuelling your bodies, expanding your mind and building healthy relationships.

Register at [sparcreddeer.ca](https://sparcreddeer.ca) between May 1 - May 26, 2021

Complete family challenges for a chance to win prizes!

Questions? email [move.yourmood@ahs.ca](mailto:move.yourmood@ahs.ca)

This challenge is sponsored by ParticipACTION Community Better and the Alberta Health Services Move Your Mood program.