

MENTAL WELLNESS SERIES

Student Handbook

Week One: Stress and Anxiety

Is it Stress or Anxiety?	
Stress	Anxiety
<p>External Cause Natural response to a challenge</p>	<p>Internal Origin Racing thoughts leading to feeling out of control</p>
<p>Milder physical response and can be positive Increase heart rate; feeling nervous, frustrated, or overwhelmed.</p>	<p>Strong physical response Symptoms of stress plus panic attacks, pounding heart, nausea, dizziness, chest pain, poor sleep, difficulty concentrating.</p>
<p>Usually resolves Symptoms are alleviated once external challenge has subsided</p>	<p>Persistent Does not subside after challenge is resolved</p>

Week Two: Peaceful Movement

Physical Relaxation Techniques

Deep breathing

1. Find a comfortable, quiet place to sit or lie down. Choose a spot where you know you won't be disturbed. Close your eyes.
2. Place one hand on your belly, just below your ribs. Place the other hand on your chest.
3. Take a regular breath
4. Now, take a slow, deep breath. Breathe in slowly through your nose. Pay attention as your belly swells up under your hand.
5. Holding your breath, pause for a second or two.
6. Slowly breathe out through your mouth. Pay attention as the hand on your belly goes in with the breath.
7. Do this several times until you have a calming rhythm.

Guided Imagery / Visualization

Normally you would practice guided imagery for 10-15 min. You can find a lot of these types of video's online so it is really easy to do. Just set yourself up on your phone with your earbuds and you are ready to go.

Progressive muscle relaxation

Set aside about 15 minutes to complete this exercise. Find a place where you can do this exercise without being disturbed. For the first week or two, practice this exercise twice a day until you get the hang of it. The better you become at it, the quicker the relaxation response will "kick in" when you really need it. You do not need to be feeling anxious when you practice this exercise. In fact, it is better to first practice it when you are calm. That way, it will be easier to do when feeling anxious. If you

MENTAL WELLNESS SERIES

Student Handbook

don't have enough time you can group a few muscle groups together (lower limbs- feet, calves; upper body- arms, hands, shoulder, neck)

1. Find a comfortable, quiet place to sit or lie down. Choose a spot where you know you won't be disturbed. Close your eyes.
2. Place one hand on your belly, just below your ribs. Place the other hand on your chest.
3. Perform 5-10 deep breaths, allowing your body to relax and your heart rate to slow.
4. Working from our feet we are going to apply tension to a specific muscle by squeezing it for about 5 seconds while we inhale. Really focus on the feeling of this tension- if it feels uncomfortable, or if it makes the body part shake.
5. Follow this by relaxing the muscle group, releasing all of the tension you created while exhaling your breath out of your mouth.
 - Feet (together)
 - Lower leg (calf, pull toes up toward shin)
 - Upper leg (quads)
 - Stomach (suck your stomach in)
 - Glutes (squeeze together)
 - Chest (squeeze together)
 - Shoulders & neck (shrug)
 - Entire arm (flex bicep)
 - Hands (make fist)
 - Mouth (squeeze lips together)
 - Eyes (clench tightly closed)
 - Forehead (raise your eyebrows, scowl)
 - If you find a muscle group you have a hard time connecting to, or still feels tense, go back to it and tense/relax until it feels fully relaxed.
 - When you're ready, slowly open your eyes continuing to breathe deeply. Take your time getting up and moving onto other tasks

Week 3: Express Yourself

Advantages of Art Creation:

- Non-judgemental
- Individual-lead (you can do whatever art you find enjoyable)
- Allows for individual expression
- Outlet for feelings you don't know how to release
- Develop creativity
- Can be done for cheap or free – depending what you choose
- There is no right or wrong way to do this

MENTAL WELLNESS SERIES

Student Handbook

Examples of Art Options:

- Coloring
- Drawing or painting
- Playing or learning to play music
- Making jewelry
- Crafting



MENTAL WELLNESS SERIES

Student Handbook

Week 4: Keeping Life in Balance

When we're stressed, self-care is often the first thing to go- use this list of self-care activities and make self-care become a habit!













7 Types of Self-Care Activities		
Sensory <ul style="list-style-type: none"> ❖ Breathe in fresh air ❖ Snuggle under a cozy blanket ❖ Listen to running water ❖ Sit outdoors by a fire-pit, watching the flames and listening to the night sounds ❖ Take a hot shower or a warm bath ❖ Get a massage ❖ Cuddle with a pet ❖ Pay attention to your breathing ❖ Burn a scented candle ❖ Wiggle your bare feet in overgrown grass ❖ Stare up at the sky ❖ Lie down where the afternoon sun streams in a window ❖ Listen to music 	Pleasure <ul style="list-style-type: none"> ❖ Take yourself out to eat ❖ Be a tourist in your own city ❖ Garden ❖ Watch a movie ❖ Make art, do a craft project ❖ Journal ❖ Walk your dogs ❖ Go for a photo walk 	Mental/ Mastery <ul style="list-style-type: none"> ❖ Clean out a junk drawer or closet ❖ Take action on something you've been avoiding ❖ Try a new activity ❖ Drive to a new place ❖ Make a list ❖ Immerse yourself in a crossword puzzle ❖ Do a word search ❖ Read something on a topic you wouldn't normally
	Spiritual <ul style="list-style-type: none"> ❖ Attend church ❖ Read poetry or inspiring quotes ❖ Light a candle ❖ Meditate ❖ Write in a journal ❖ Spend time in nature ❖ Pray ❖ List 5 things you are grateful for 	
Emotional <ul style="list-style-type: none"> ❖ Accept your feelings- they're all ok, really ❖ Write your feelings down ❖ Cry when you need to ❖ Laugh when you can ❖ Practice self-compassion 	Physical <ul style="list-style-type: none"> ❖ Try yoga ❖ Go for a walk or a run ❖ Dance ❖ Stretch ❖ Go for a bike ride ❖ Don't skip sleep to get things done ❖ Take a nap 	Social <ul style="list-style-type: none"> ❖ Go on a lunch date with a good friend ❖ Calling a friend on the phone ❖ Participating in a book club ❖ Joining a support group

© 2019 www.psychologytoday.com

MENTAL WELLNESS SERIES

Student Handbook

Apps to Help With Stress:

 	<p><u>Calm</u> Meditation, sleep, and mental wellness app.</p>
 	<p><u>Breathe2Relax</u> Teaches users to practice relaxing breathing techniques.</p>
 	<p><u>Happify</u> Brings you effective tools and programs to help you take control of your feelings and thoughts.</p>
 	<p><u>Relax Melodies</u> Over 100 ambient sounds and melodies.</p>
 	<p><u>Colorfy</u> Coloring therapy on your mobile.</p>
 	<p><u>7 Cups</u> Chat online with caring listeners.</p>

MENTAL WELLNESS SERIES

Student Handbook

Helpful Resources and Community Organizations

Youth Services in Windsor-Essex

<https://www.wechu.org/youth-services-card>

- A list of local, provincial, and federal services and supports for youth to living in Windsor-Essex.

Kids Help Phone

www.kidshelpphone.ca

- 24/7 counselling available by phone call (1-800-668-6868) and LIVE online chat option available Wednesday – Sunday from 6pm – 2am EST.

Maryvale Adolescent & Family Services

www.maryvale.ca

- Brief Service Outpatient Counselling program for those aged 12 – 24 who are experiencing depression, OCD, or anxiety.

Youth Diversion

www.ecyouthdiversion.ca

- Youth Outreach Program works to prevent youth from participating in risky behaviors. Youth Diversion will also work to connect youth with other appropriate community groups, as needed.

Teen Health Centre

<https://wehc.org/location/teen-health/>

- Providing mental health / counselling (both individual and group) for youth between the ages of 12 – 24 years.

Regional Children's Centre

www.hdgh.org/rccservices

- Children's Mental Health Service programs are multidisciplinary and work with the family and the treatment team.

Youth Hub

<https://youthhubbygg.com/>

- The Youth Wellness Hub Windsor-Essex offers free services to youth ages 12-25 without a waitlist or referral. This one-stop-shop model of care allows for a multitude of services all under one roof in youth friendly space.