

MENTAL HEALTH WEEK- A CALL TO BE KIND

ACTIVITIES AND RESOURCES FOR PARENTS/CAREGIVERS AND FAMILIES



It's mental health week and the theme is a call to be kind, compassion connects us all.

Working on our compassion, can make a big difference in our lives and others. Having compassion for others is important, but it is just as important to have compassion and love for yourself. This week we want you to take time for you and your families self-care!

Self-care is about being a champion for your own mental, emotional, and physical health. It's about taking care of yourself and doing things that help you feel good.

Find ideas and activities you can do at home:

SCREEN-TIME



This week is also screen-free week. Media Smarts has resources and ideas on ways to take part.

Kids 5 to 17 years old should get no more than 2 hours per day of recreational screen time. Kids should move more and sit less.

As a family try and cut down on screen time this week. Here are some ideas:

- Have screen-free meals, limit screens during meals by not allowing any screens at the table.
- Instead of watching TV have a family game night or go for a walk.
- Have some fun and build a fort.
- Challenge each other to screen free bingo.

SLEEP

Is your family getting enough sleep?

- Kids ages 5-13 need 9-11 hours of sleep each night.
- Teens ages of 14-17 years old need 8 -10 hours of sleep.



Parents, don't forget to take care of yourselves! You need 7-9 hours of sleep every night.

Do you want to learn more about sleep routines and improving your families sleep? Find more information on the health unit webpage.



MOVE MORE

Get active as a family. Moving more can improve your physical and mental health while helping you get a better sleep.

Here are some ideas to get your family moving more:

- Go for a walk or have a nature scavenger hunt.
- Try a new activity like yoga or stretching.
- Check out a new trail or green space

FOOD AND NUTRITION

Food does more than fuel your body. Food can bring you joy and bring people together. As a family learn a new food skill or cook a new recipe.

- You can find examples of recipes on [UnlockFood.ca](https://www.unlockfood.ca)
- Watch the [You Can Cook videos](#) to learn and improve your food skills.

LOOKING FOR SUPPORT AND RESOURCES?

- Find local services by viewing the [Windsor-Essex Youth Services Card](#)
- **WEConnectKids**: is a free, confidential mental health service for children, youth, and families who live in Windsor-Essex. Contact 519-257-KIDS (5437).
- The **Youth Wellness Hub Windsor-Essex** provides services for youth aged 12 to 25 without a referral or waitlist. Visit their website to learn more youthhubbygg.com/
- **BounceBack** is a free skill building program that helps adults and youth 15+ manage depression, anxiety, and stress.
- Download the **MindShift CBT** app use strategies to help you understand your anxiety and develop coping skills to take charge of it.
- **Kids Help Phone** is available 24/7 at 1-800-668-6868. Their team of trained counsellors provide a free texting service and live online or live telephone chat for kids, teens, and young adults.
- **One Stop Talk**: is available for those 17 and under, connect with a therapist and develop a plan together to move forward and feel better .