



SJF Middle School Wellness Team Update

Mental Health Week!

The theme for Mental Health Week this year is **CONNECTION**

Connect with the community

- Sidewalk chalk drawings or window messages
- Listening to the radio or keeping up with fan pages, YouTube channels, ect.
- Distant visits with your neighbours
- Join the SJF Wellness group on Teams for morning chats from 9-9:30am
- Do this scavenger hunt in your neighborhood <https://newywithkids.com.au/neighbourhood-scamper-hunt/>

Connect with loved ones

- Give someone a call or write them a letter to express how much they mean to you. Watch this video for inspiration! <https://www.youtube.com/watch?v=OBgdoAmuWl>
- Create new traditions (i.e. taco tuesday, family work out Wednesdays)
- Learn a new game or start a new show together

Connect with self

- Journal <https://www.texasweettea.com/2018/01/30-journal-prompts-to-help-make-2018.html>
- Learn something new
- Try one of these self-care activities! <https://www.thirteenthoughts.com/50-ways-to-practice-self-care/>

Mental Health Apps

- Coping Skills: MoodMission
- Stress Relief: Sanvello
- Meditation: Headspace, Calm
- Fun: Happify

Also, take a look at this toolkit provided by the Canadian Mental Health Association

<https://mentalhealthweek.ca/toolkit/>

Please reach out to Dylan Tait or Robyn Kalau through teams if you need to chat 😊