



# MENTAL HEALTH TIPS WHILE LEARNING AT HOME



## ESTABLISH A ROUTINE

- Set a daily schedule.
- Get up and go to bed at your regular time.
- Keep showing and eating well.
- Make time for school, work, chores, relaxation, family and friends.
- Allow yourself to step outside (respecting physical distancing), exercise, or find other ways to relax and regain your focus

## SET YOURSELF UP FOR SUCCESS

- Create a positive work space. Avoid studying in your bedroom as your brain associates it with sleep.
- Make sure everything you need is at your fingertips.
- Know yourself. Do you concentrate better in the morning, afternoon or evening? Study the hard stuff when you can concentrate best.
- Create a parking lot to "park" (jot) down your intrusive thoughts when they pop in your head and then put them aside to look at later.



## STAYING FOCUSED

- Make a to-do list.
- Chunk your tasks into smaller manageable goals. Pick a task, like a certain number of questions or a chapter to read or set a timer for 20 minutes.
- Start with the easiest task to get warmed up and to motivate you to keep going.
- Use a first-then approach (e.g., first, I will do math, then I'll take a break).
- Make a playlist of instrumental music reserved for studying
- Try having a virtual study buddy.

## PROBLEM SOLVING GET UNSTUCK

- Define the problem. Do you have control over this problem?
- If you do, brainstorm possible solutions. If you don't, what can you do to cope?
- Evaluate all the possible solutions. Use pros and cons for each solution.
- Choose the best solution and make a plan.
- Try it. See if it works. If not go back to another idea



# KNOW IT'S OK TO FEEL STRESSED OR ANXIOUS

Take things day by day and try to use some of the approaches outlined here to stay organized and focused. Remember, you are not alone - we're all in this together!

Check out this app for helpful strategies to effectively manage stress and anxiety: [Mindshift app](#)

## NEED MORE?

[Kids Help Phone](#)

Need help now? Text CONNECT to 686868

[KCDSB Mental Health Page](#)

[Reaching out for help](#)

[Jack.org - COVID 19](#)



## ASK QUESTIONS AND CHECK IN

- Stumped by something? Don't be afraid to ask for help. Teachers are there to support you with your academics. Email or ask questions in your online classrooms. This situation is new for all of us, and there will be plenty of questions that arise.

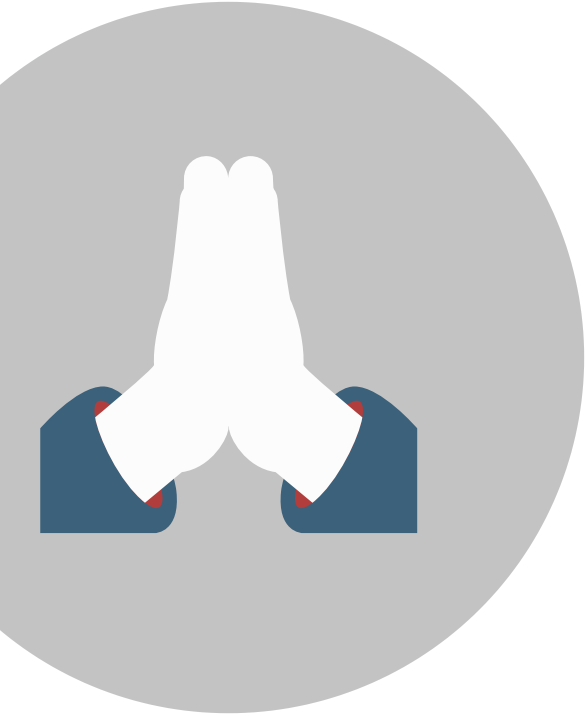
Who can you ask for help?

- Teacher
- Parent
- Classmate
- Sibling



## POSITIVE SELF TALK

- What types of messages are you giving yourself?
- Talk to yourself as you would your best friend.
- Be gentle with yourself, have self compassion.
- [Click here](#) for more information on helpful thinking.



## BUST THAT STRESS

It is a stressful time. Don't forget to take breaks.

Check out these resources:

[No Problem Too Big or Too Small](#)  
[Self Care 101](#)

[COVID 19 Youth Mental Health Resource Hub](#)

## LOOK FOR THE GOOD

It's easy to get caught up in the negativity around us. Turn off the news and look for the good. Even though there are things you can't do right now, be thankful for what you CAN DO and think about what you are grateful for.

### Gratitude Journal

At the end of everyday, think of three things you are grateful for and write them down.

Pick one and visualize it, then talk to someone you care about.

