

# Mental Wellness Kits

## DEAR RESIDENTS OF RURAL SOUTHEAST ALBERTA,

Our team provides services to students, families and communities in this area. With our current world situation we are being inventive and imagining new ways to reach out, and connect. We will be providing some virtual programming as we move forward, but we also wanted to reach out the good old fashioned way. We know you are still accessing essential services in your communities and we hope this will be a valuable resource for you.

Our hope is to produce new packages on a regular basis and to provide families with information and activities during this time. We welcome idea suggestions or topic requests by email or phone and will do our best to provide you what you are asking for.

We want to thank Natalie Long of Long Creations for allowing our team to include the Covid-19 2020 time capsule; this is a very cool resource, and very generous of Long Creations to provide.

Sincerely,

The staff of the AHS South Zone Mental Health Capacity Building Team

## Mental Wellness

### MENTAL WELLNESS IS ABOUT MORE THAN LACK OF ILLNESS

There are many ways to increase our mental wellness; physical activity, connecting with our friends and family virtually, reading, getting outside, or taking some quiet time. Increasing our mental health and wellness is important because this wellness helps us cope with stress, and right now, there is a lot of stress in our lives.

Alberta Health Services has two pages, accessible from [www.albertahealthservices.ca](http://www.albertahealthservices.ca), to connect people to extra help, when they need it:

**Help in Tough Times** is a web page from Alberta Health Services which can link people to contact information for the resources they need. Some of these resources include Income Support, the Crisis Line, and the Employment Insurance numbers.

**Healthy Together** is another web page from Alberta Health Services, which provides plenty of suggestions on how to talk about Covid-19 with different family members, as well as several activities and ideas for connecting.

#### CONTACT US:

Office Phone:

403-529-3582

Heather Woodward

[Heather.woodward@ahs.ca](mailto:Heather.woodward@ahs.ca)

Tiara McCulloch

[tiara.mcculloch@ahs.ca](mailto:tiara.mcculloch@ahs.ca)

Montana Schneider

[montana.schneider@ahs.ca](mailto:montana.schneider@ahs.ca)

Amanda Yake-Kovitch

[amanda.yake-kovitch@ahs.ca](mailto:amanda.yake-kovitch@ahs.ca)



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# Mental Wellness Continued...

Another way to build mental health and wellness is to develop and strengthen coping skills. Coping skills are essential in overcoming stress, anxiety and worry. Stress, anxiety and worry exist in our everyday lives, which occurs because of deadlines, exams, conflict, change or uncertainty. However, uncertainty and change have increased significantly in our daily lives, which means we need to take more time to cope, and build resiliency.

Below is a BINGO card which outlines 24 different coping skills to build mental wellness, and reduce stress. Our challenge to you is to try a new strategy and practice these strategies to reduce the impacts of the stress and uncertainty that encompasses our current lives.

## Coping Skills Bingo

EAT SOMETHING HEALTHY	LISTEN TO MUSIC	DO SOMETHING KIND	LAUGH	GO TO A QUIET SPACE
10 DEEP BREATHS	BE CREATIVE	DO SOME PHYSICAL ACTIVITY	VIRTUALLY HANGOUT WITH FRIENDS OR FAMILY	MAKE TIME FOR REST
WATCH A MOVIE	SING	<i>Free</i>	PLAY A GAME	SPEND SOME TIME OUTSIDE
ASK FOR HELP	REMIND YOURSELF YOU ARE ENOUGH	JOURNAL OR WRITE A STORY OR POEM	TRY SOMETHING NEW	CLEAN YOUR ROOM
TALK TO SOMEONE	GO FOR A WALK	TELL SOMEONE WHAT YOU APPRECIATE ABOUT THEM	READ SOMETHING INSPIRATIONAL	DRINK YOUR WATER



**We are here  
to help!**

# Mental Health Capacity Building Team

## OUR MISSION:

To promote positive mental health in children, youth, families and individuals in the community who interact with children and youth.

Our team proudly provides services to students, families and communities.

## What Do We Do?

As a team, our goal is to promote positive mental health in children, youth, families and communities by raising awareness, increasing knowledge, building personal skills (such as self care), developing social skills and encouraging positive community norms (such as support systems, physical and psychological safety).

### What Exactly Is Our Role In Schools?

- ⇒ Deliver mental health promotion and prevention programming including presentations to students, staff, parents and/or other community members that increase well-being, resilience, protective factors, promote early identification of issues and address risk factors
- ⇒ Organize and facilitate school and community wide Mental Health events and awareness campaigns;
- ⇒ Connect students to community mental health supports and services;
- ⇒ Collaborate with service providers in the community to maximize service efficiencies and to advocate for unmet mental health needs for children and families;

#### Program Manager:

**Heather Woodward:**

heather.woodward@ahs.ca

#### Coordinators:

**Amanda Yake-Kovitch**

amanda.yake-kovitch@ahs.ca

**Montana Schneider**

montana.schneider@ahs.ca

**Tiara McCulloch**

tiara.mcculloch@ahs.ca

#### OFFICE:

(403) 529-3582

**QUESTIONS?  
CONTACT US!**



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# Helping children cope with stress during the 2019-nCoV outbreak



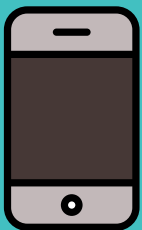
Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

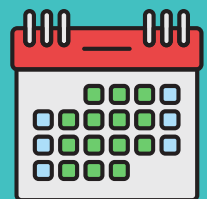
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

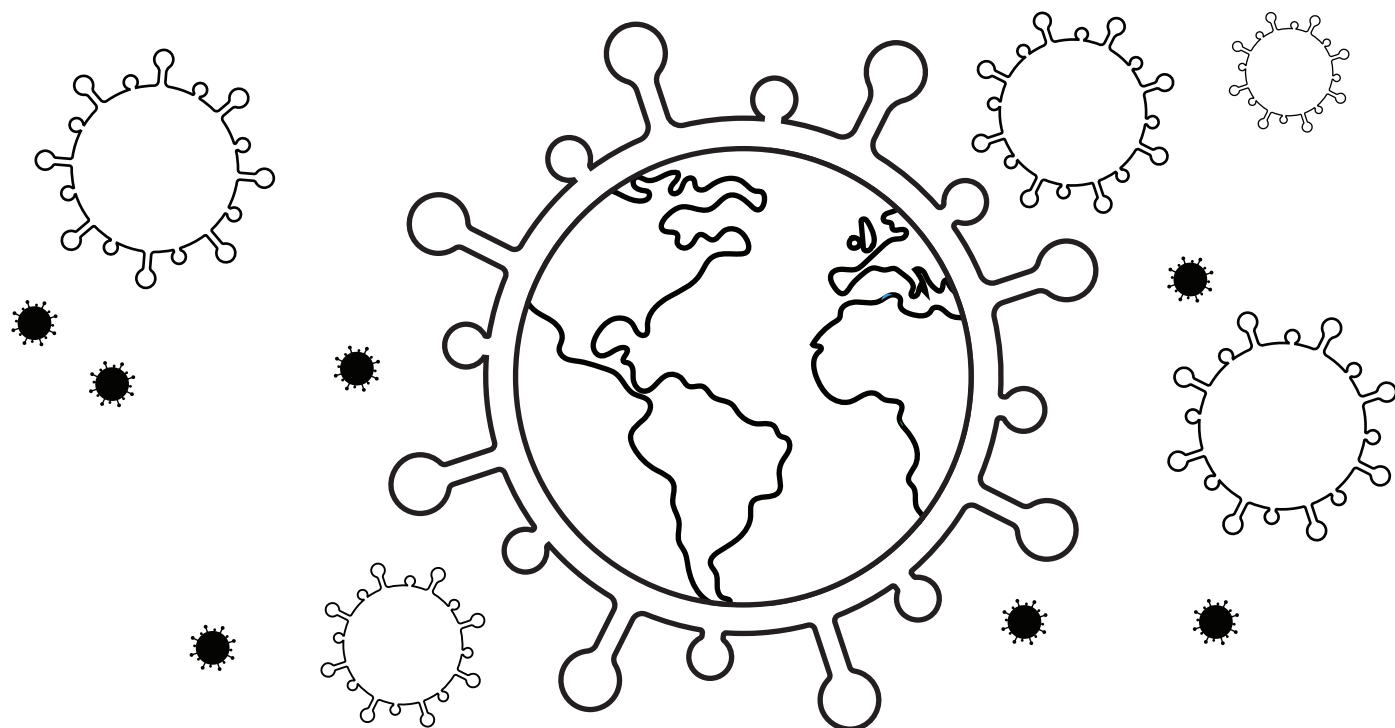
Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

# MY 2020 COVID-19 TIME CAPSULE

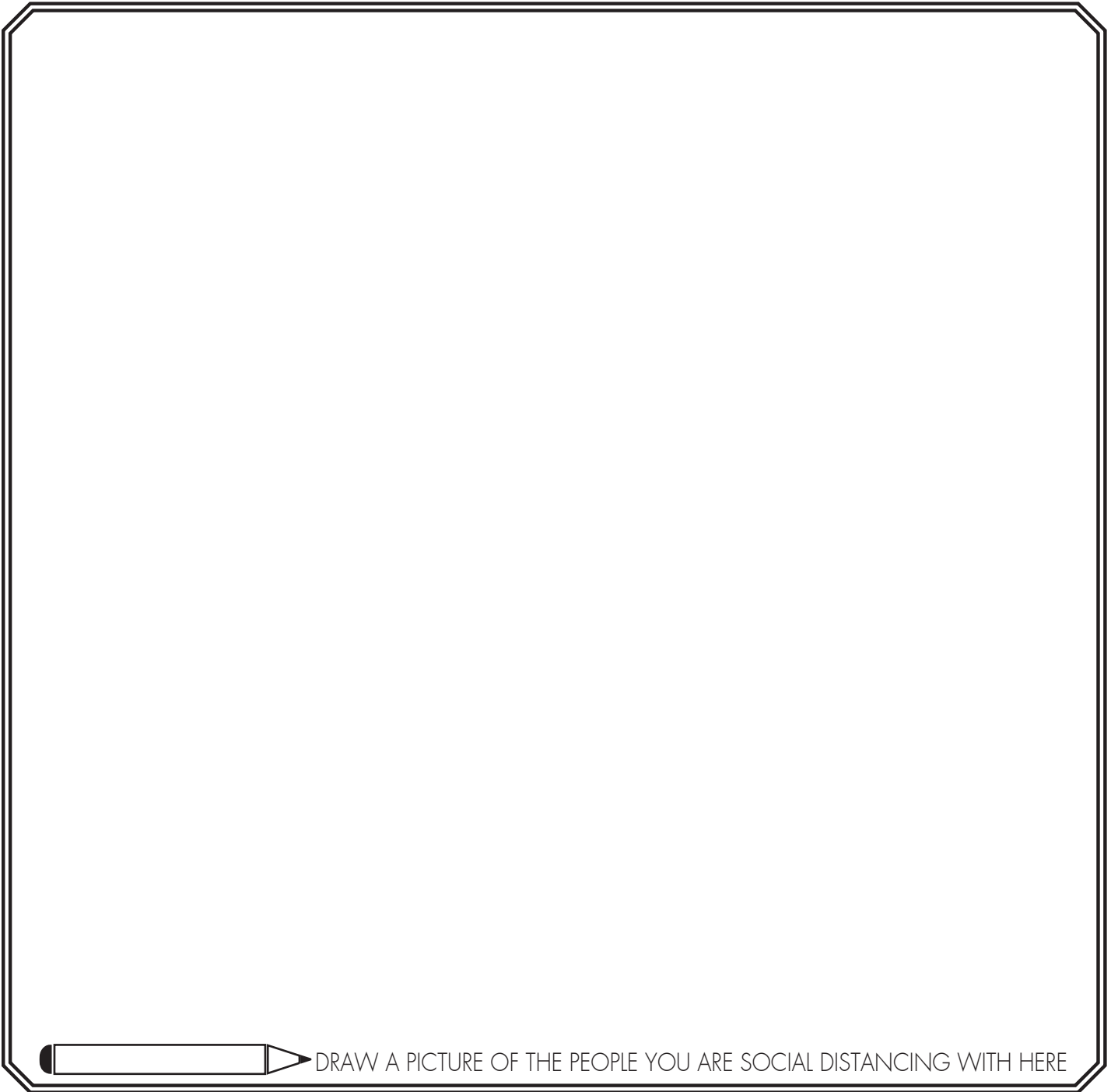



BY: \_\_\_\_\_

# YOU ARE LIVING THROUGH HISTORY RIGHT NOW

TAKE A MOMENT TO FILL IN THESE PAGES FOR YOUR FUTURE SELF TO LOOK BACK ON. AND HERE ARE SOME OTHER IDEAS OF THINGS TO INCLUDE:

- SOME PHOTOS FROM THIS TIME
- ANY ART WORK YOU CREATED
- A JOURNAL OF YOUR DAYS
- FAMILY / PET PICTURES
- LOCAL NEWSPAPER PAGES OR CLIPPING
- SPECIAL MEMORIES



 DRAW A PICTURE OF THE PEOPLE YOU ARE SOCIAL DISTANCING WITH HERE

# ♥♥ ALL ABOUT ME ♥♥

I AM  
\_\_\_\_\_  
YEARS  
OLD

I STAND  
\_\_\_\_\_  
INCHES  
TALL

I WEIGH  
\_\_\_\_\_  
POUNDS

SHOE SIZE  
\_\_\_\_\_

MY FAVOURITES

TOY: \_\_\_\_\_

COLOUR: \_\_\_\_\_

ANIMAL: \_\_\_\_\_

FOOD: \_\_\_\_\_

SHOW: \_\_\_\_\_

MOVIE: \_\_\_\_\_

BOOK: \_\_\_\_\_

ACTIVITY: \_\_\_\_\_

PLACE: \_\_\_\_\_

SONG: \_\_\_\_\_

MY BEST FRIEND/S:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

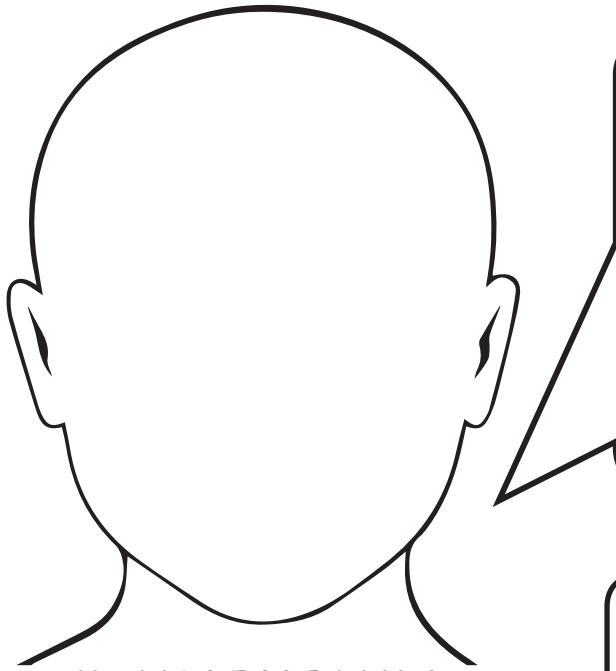
WHEN I GROW UP I WANT TO BE:

\_\_\_\_\_

\_\_\_\_\_

DATE: \_\_\_\_\_

# HOW I'M FEELING



HOW MY FACE LOOKS



WORDS TO DESCRIBE HOW I FEEL:

WHAT I HAVE LEARNT MOST FROM THIS EXPERIENCE:

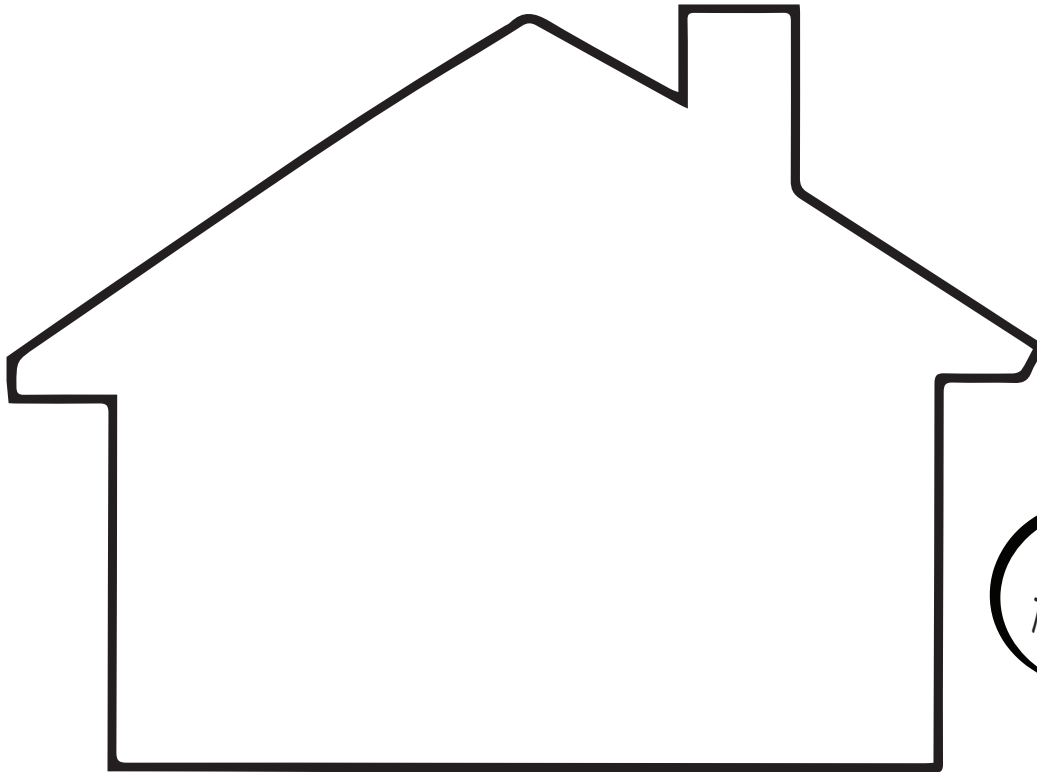
I AM MOST THANKFUL FOR

THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

<p>1</p>	<p>2</p>	<p>3</p>
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# MY COMMUNITY



COLOUR THIS HOUSE  
TO LOOK LIKE YOURS

WHERE I AM LIVING DURING THIS TIME:

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WHAT THINGS ARE YOU DOING TO HELP FEEL CONNECTED/HAVE FUN  
OUTSIDE (e.g hearts in windows, chalk notes on sidewalk, etc)

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HOW ARE YOU CONNECTING WITH OTHERS?

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YOU ARE NOT STUCK AT HOME,  
YOU ARE SAFE AT HOME!



WHAT I AM DOING  
TO KEEP BUSY:

# OUR HANDPRINTS



PRINT THE HANDS OF ALL THE PEOPLE LIVING IN YOUR HOME  
(IN DIFFERENT COLOURS) AND PLACE YOUR HANDS HERE

# SPECIAL OCCASIONS

WHAT OCCASIONS DID YOU CELEBRATE DURING THIS TIME?  
WRITE THE LIST DOWN HERE AND WHAT YOU DID TO CELEBRATE  
(E.G. ST. PATRICK'S DAY, EASTER, BIRTHDAYS, ANNIVERSARIES)

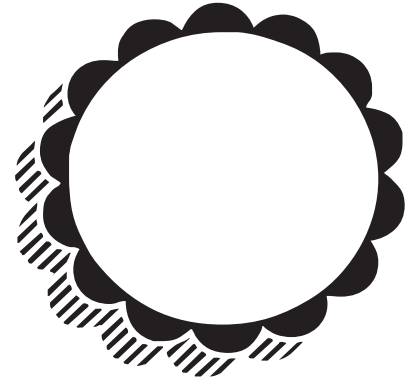
EVENT	DATE	HOW YOU CELEBRATED



# INTERVIEW YOUR PARENTS

WHAT HAS BEEN THE BIGGEST CHANGE?

HOW ARE YOU FINDING HOMESCHOOLING?



DAYS SPENT INSIDE

HOW ARE YOU FEELING?

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

WHAT ACTIVITIES/HOBBIES HAVE YOU MOST ENJOYED DOING?

WHAT ARE YOU MOST THANKFUL FOR?

WHAT TV SHOW YOU WATCHED : \_\_\_\_\_

GOAL/S FOR AFTER THIS:

YOUR NEW FOUND FAVOURITE INSIDE FAMILY ACTIVITY:

FAVOURITE FOOD TO BAKE: \_\_\_\_\_

FAVOURITE TIME OF DAY: \_\_\_\_\_

