

Mental Wellness Kits

DEAR RESIDENTS OF RURAL SOUTHEAST ALBERTA,

Our team provides services to students, families and communities in this area. We wanted to update you that LONG Creations has developed an adult version of the Covid-19 Time Capsule we had included in our last kit, as well as additional pages for special events for the original time capsule, all of which can be found at <http://letsembark.ca/time-capsule>

Alberta Health Services has two pages, accessible from www.albertahealthservices.ca, to connect people to extra help when they need it: they are **Help in Tough Times**, and **Healthy Together**.

The escape room activity is being distributed by Escape Point, based in North Dakota; if the activity is a hit, there is a second one available on the website! You can find it at www.escapepointnd.com!

Our team is constantly seeking feedback and suggestions! Are there things you would like to see more of in these kits, or is there something that did not work for you? Contact information for our team is listed in the side bar, please feel free to reach out to us at any time!

Sincerely,

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

Mental Wellness

DEEP BREATHING AND MENTAL WELLNESS

Humans are social creatures, and we are currently living in a time when we need to be physically distant. Poor mental health, and prolonged exposure to stress can have severe, negative impacts on physical health and impact our ability to cope with the everyday regular stresses we are exposed to.

This stress can be draining and exhausting; deep breathing is one way to refresh your mind and body. British Columbia Health lists 3 different breathing exercises to reduce stress and reenergize. Two are:

- 1) **Belly Breathing:** Sit or lie flat in a comfortable position. Put one hand on your belly just below your ribs and the other hand on your chest. Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move. Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in, and use it to push all the air out. Do this breathing 3 to 10 times. Take your time with each breath.
- 2) **4-7-8 Breathing:** To start, put one hand on your belly and the other on your chest as in the belly breathing exercise. Take a deep, slow breath from your belly, and silently count to 4 as you breathe in. Hold your breath, and silently count from 1 to 7. Breathe out completely as you silently count from 1 to 8. Try to get all the air out of your lungs by the time you count to 8. Repeat 3 to 7 times or until you feel calm. Notice how you feel at the end of the exercise.



CONTACT US:

Office Phone:

403-529-3582

Heather Woodward
Heather.woodward@ahs.ca

Tiara McCulloch
tiara.mcculloch@ahs.ca

Montana Schneider
montana.schneider@ahs.ca

Amanda Yake-Kovitch
amanda.yake-kovitch@ahs.ca



Mental Health
Capacity Building

7 MENTAL HEALTH ACTIVITIES TO TRY OUT DURING YOUR WEEK

 @BELIEVEPHQ

MONDAY

Spend some time during your week writing down negative thoughts. This can be a really simple tool to help you identify thinking errors and to start managing them more effectively



MY MENTAL HEALTH ACTIVITY SCHEDULE

TUESDAY

If you experience a worry try and postpone it to your worry time. Use worry time to solve any practical worries which you have experienced and to learn how to problem solve more effectively



WEDNESDAY

If you experience a worry and can't get it out of your mind why not try and stay present with what it is you were doing before the worry popped up. Use all of your senses to stay in the present moment and to really engage with a task



THURSDAY

Challenge those negative thoughts. Ask yourself the following questions: are they fact or opinion? What is the evidence for or against thoughts? How can I develop a more realistic thought?



FRIDAY

Self care is really important. Why not try engaging in some deep breathing, ratio breathing or progressive muscle relaxation. They are really useful for reducing psychological and physiological arousal



SATURDAY

Within your week it is important that you schedule in activities that give you a sense of achievement, pleasure and satisfaction. Schedule some fun activities for the upcoming week



SUNDAY

Connect with some colleagues, friends or family members. Focus on building a positive mental health support network

