Mental Health& Well-Being DuringCovidY

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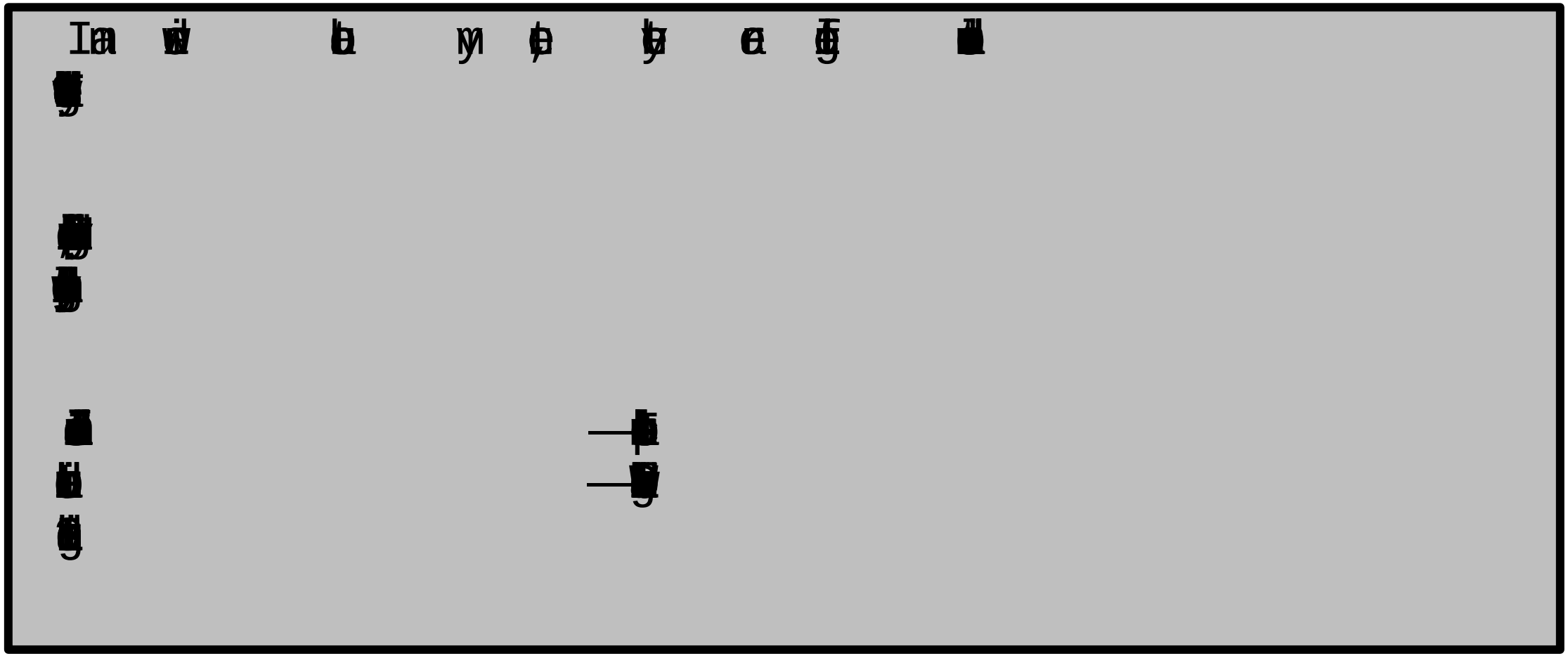

What is Mental Health?

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Mental health

Mental Health & Physical Conne

What Impacts HOW We^ D v š o , o š

BELIEFS, VALUES & NORMS
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experiences

- Whether you DO or DO NOT seek Support
- What type of Support you seek
- What Support you have around you

4 ways Culture Can Impact Mental Health

Cultural Stigma

- Every culture has a different way of looking at mental health.
- Can be considered a weakness and something to hide.
- Harder for those struggling to talk openly and ask for help.

Understanding Symptoms

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Retrieved from: https://www.mentalhealthfirstaid.org/2019/07/four-ways-culture-impacts-mental-health/#:~:text=Cultural%20stigma,openly%20and%20ask%20for%20help.

2018 Canada-Wide Health Behaviour Students grades 6-10

- Mental health
- Relationship/connections
- Substance use/abuse
- Social inequities in health

Grade 9/10 Females:

- Feeling hopeless; sad; nervous; lower confidence; less friendships; less parental understanding

Overall:

(+) family interactions

(-) risk taking (vaping/cyberbullying increasing)

(+) social media (with grade/age)

2021 TDSB Winter consultations with Parents, Students, and TDSB Staff Grades 6-12

- 36,000 students
- 70% coping well
- VS experiencing more social inequities

- Females: 40% feeling lonely; 50% nervous & 60% bored/stressed

- Overall 20% reduction in feeling happy and hopeful

- 84% want to be back in BM school

- 39% do not know how to access mental health supports

tdsb.on.ca/Portals/0/docs/Parent%2C%20Student%20and%20Staff%20Winter%20Che in%20Sur l <</Type /Page>>BDC [13.001(t)] TJ EMC /AreC BT /P <</MCID 34>>BDC

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‡Many students reported experiencing average (31.4%) to above average stress (46.2%),

‡with nearly 15% reporting tremendous stress levels. Overall, students reported moderate levels of distress.

‡ Anxiety (18.4%)
‡ Depression (14.7%)

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Retrieved from: National Standard for the Psychological Health and Safety of Post-Secondary Students https://www.athabas

Complex Layered Oppressions

- Inequities impact our mental health and well-being in complex, layered, in direct and non-direct ways.

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Marginalized

Vulnerable
populations

Lackof resources

White Supremacy

Colonialism

Discrimination

Hate and Bias

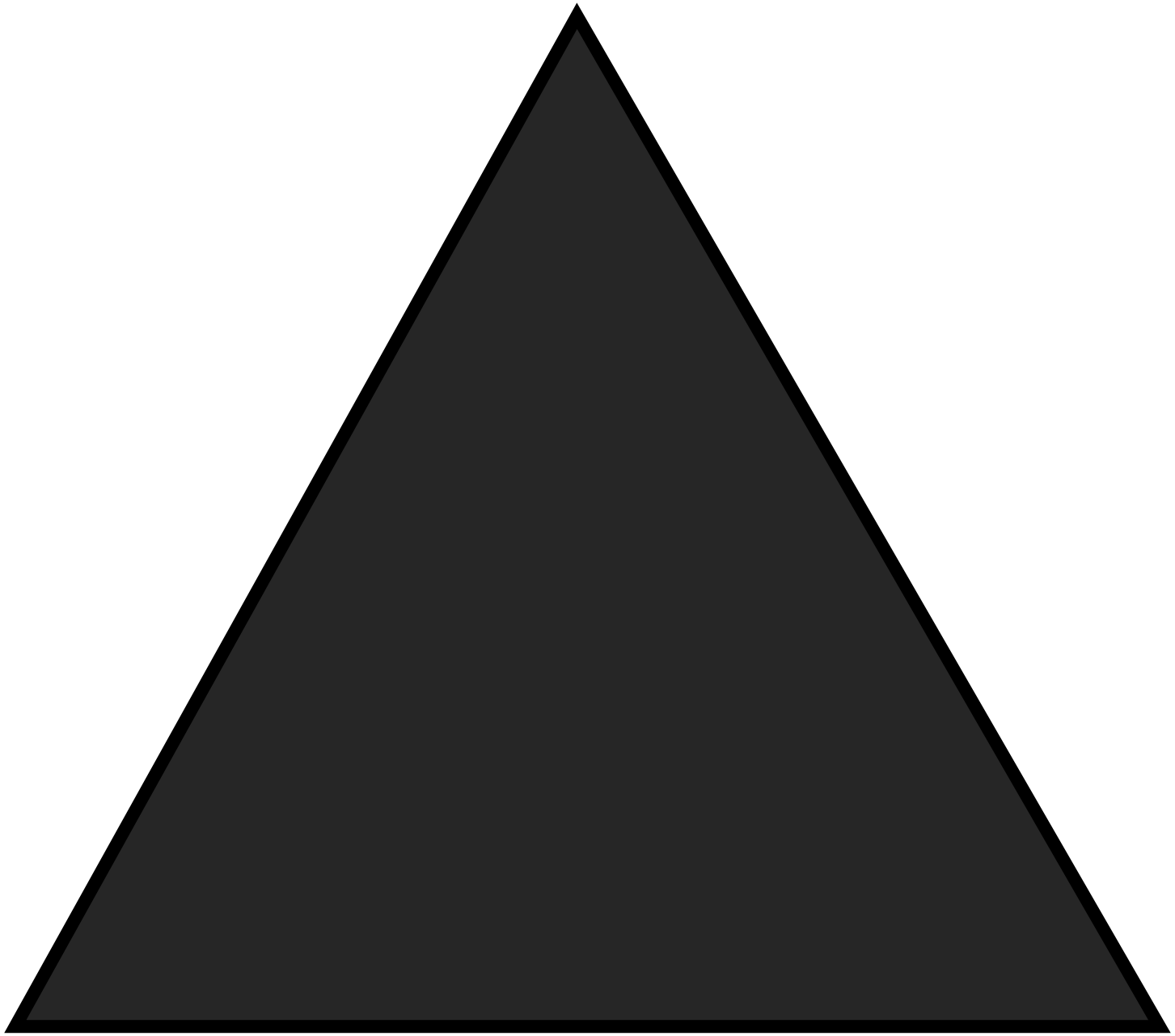
Access to
supports/technology

Social Issues Impact On Mental Health

- Discrimination, hate and violence
- Social Exclusion
- Lack of access to economic resources

Areas of Well Being that intersect & O D \ H U «

Well-Being is how we respond W R O L Y H V . X S D Q G downs; and



Behavioural Wellness

Stress

Some stress is normal and needed to obtain goals, move forward for positive mental health.

- Outburst anger or distress
- Frequent irritability
- Excessive worries

Chronic levels of stress impact our

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survival mode- fight/flight

‡ Feeling low/sad; unmotivated

2) Stops producing new brain cells

‡ inhibits adaption to new circumstances v feeling overwhelming

3) Shrinks parts of the brain

‡ Reduces reasoning & decision-making

Stressed Brain

How Stress Can Change your Brain retrieved from https://www.openculture.com/2017/10/how-stress-can-change-your-brain-an-animated-introduction.html

- Demands on our well being increase
- Poor decision making
- Can bankrupt your coping mechanisms/resilience
- Impact on your mind, body, emotions

- REACTIVE
- IMPULSIVE
- EASILY EXHAUSTIVE
- COUNTER PRODUCTIVE
- ON GUARD
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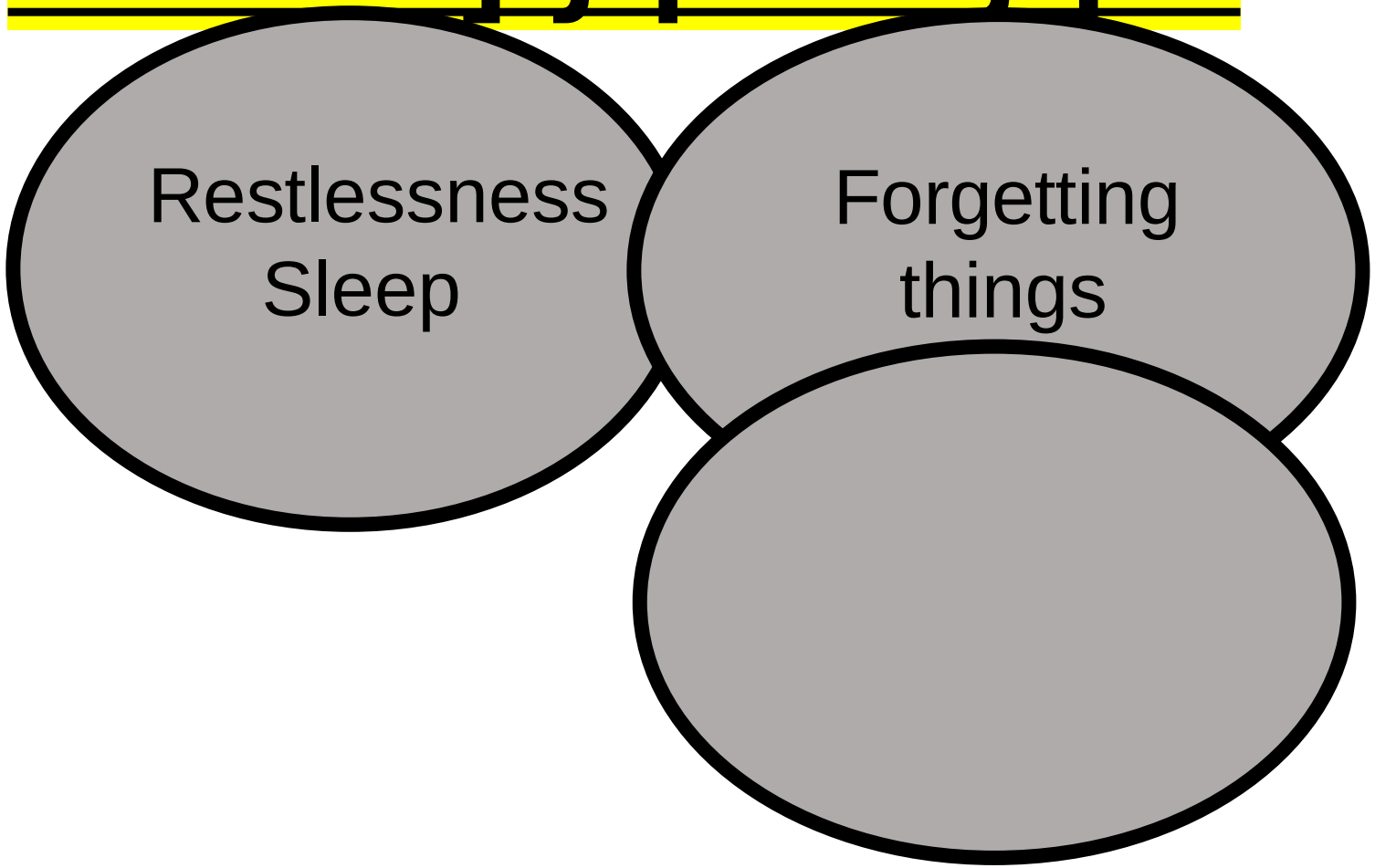
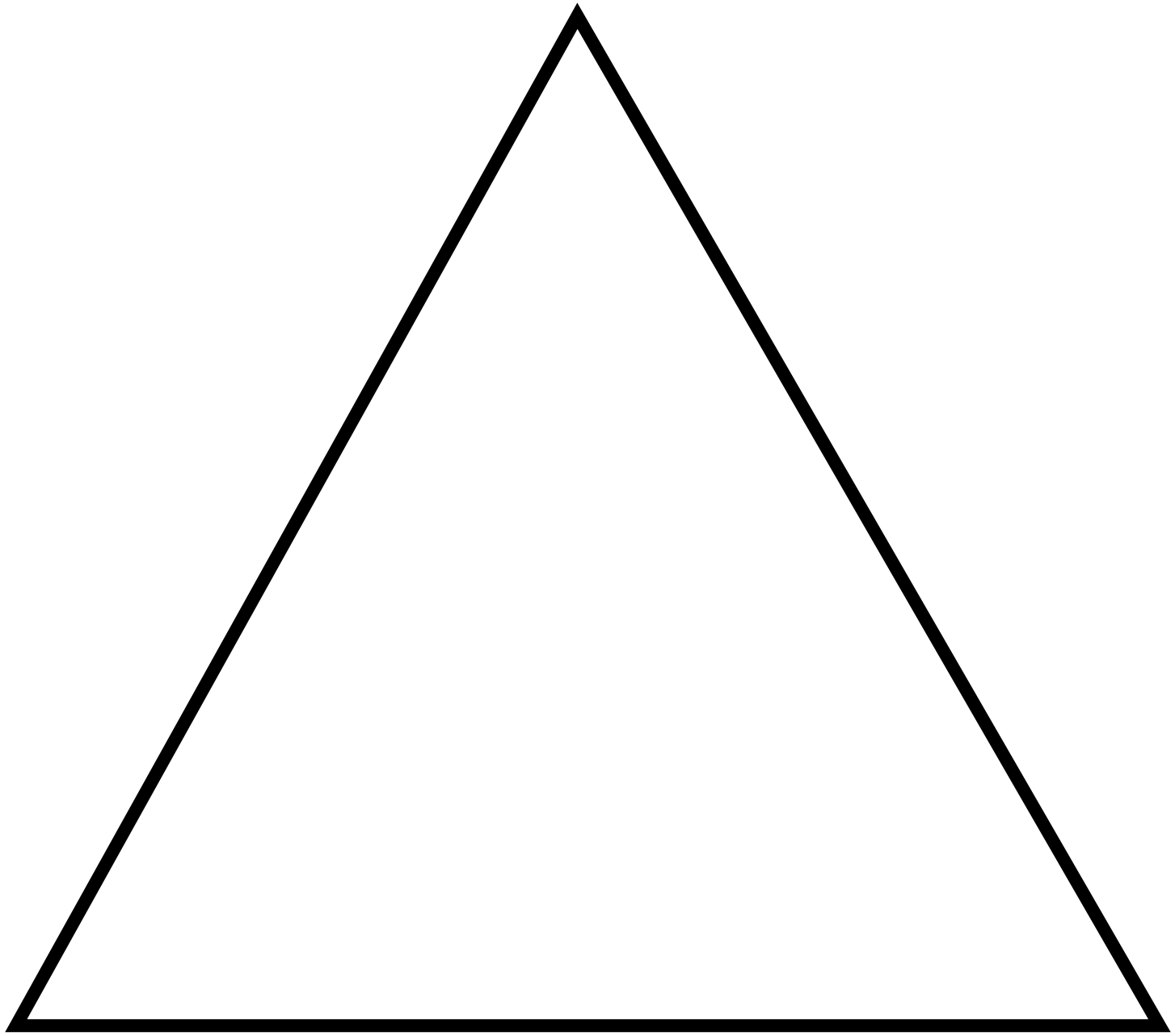




Behavioural Wellness

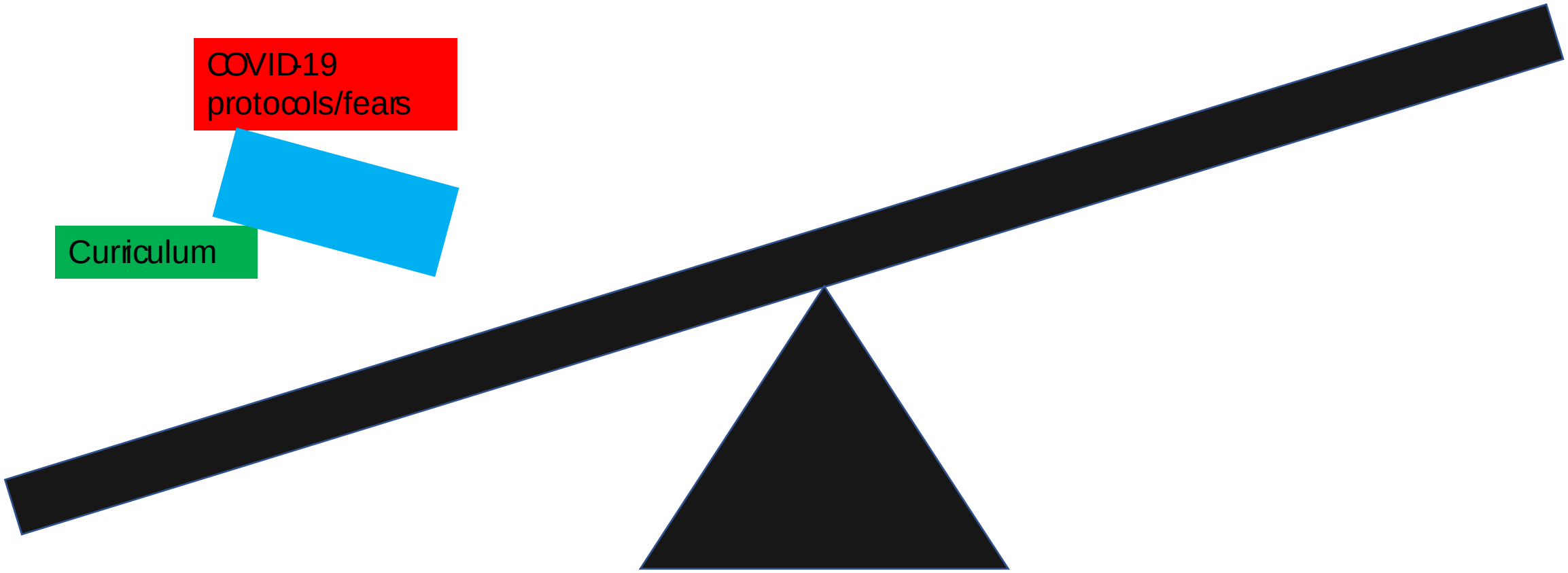
- Withdrawing
- Poor self-regulation of their behaviours/actions
- Overwhelmed and not able to compromise

Cognitive Wellness

- Ruminates about mistakes
- Difficulty making friends/keeping friends
- Does not want to try new things
- Unable to calm down and regulate emotional

Socio-Emotional Wellness

- Scared, fearful, not leaving home
- Refusing to play or group work
- Easily upset/crying with challenging tasks
- Constant worrying


COVID-19 protocols/fears
Curriculum

Mental Health and Well-Being Continuum

Revisit- } v Œ v • Y

- I am worried about my teen, they are feeling isolated and more and more sad. They are not doing school work and I do not know what to do?
- My 8 year old is having severe temper tantrums and I have tried relaxation, talking to them but it happens everyday and we are struggling.
- I am tired and feel drained and I cannot hear another person tell me to breathe and do meditation v it does not work for me? What other tangible things can I do?

Priority!!!!!!!!

- Need to find our calm
- Acknowledge what you can/cannot control
- Continue to establish short/long term goals
- Realistic expectations (High vs. Low vs. NEW)

W > ^ Y X

for it.”

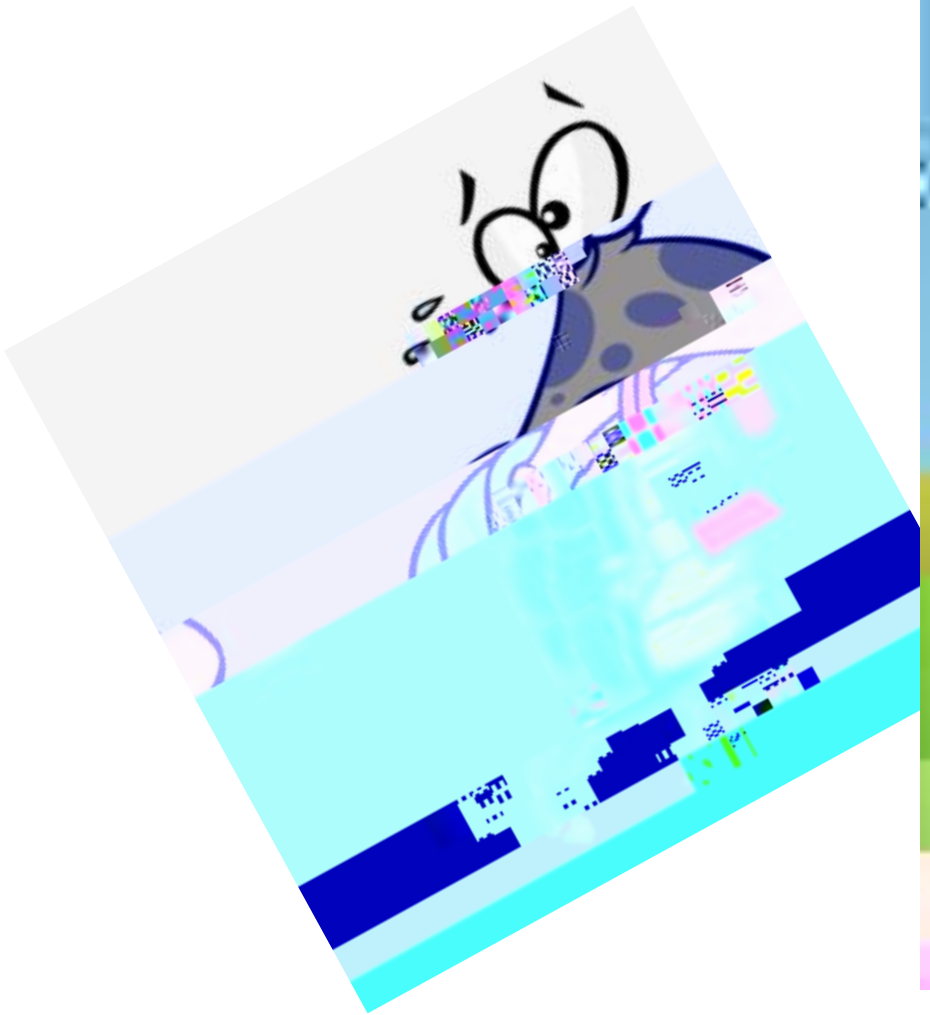
SPIRITUAL

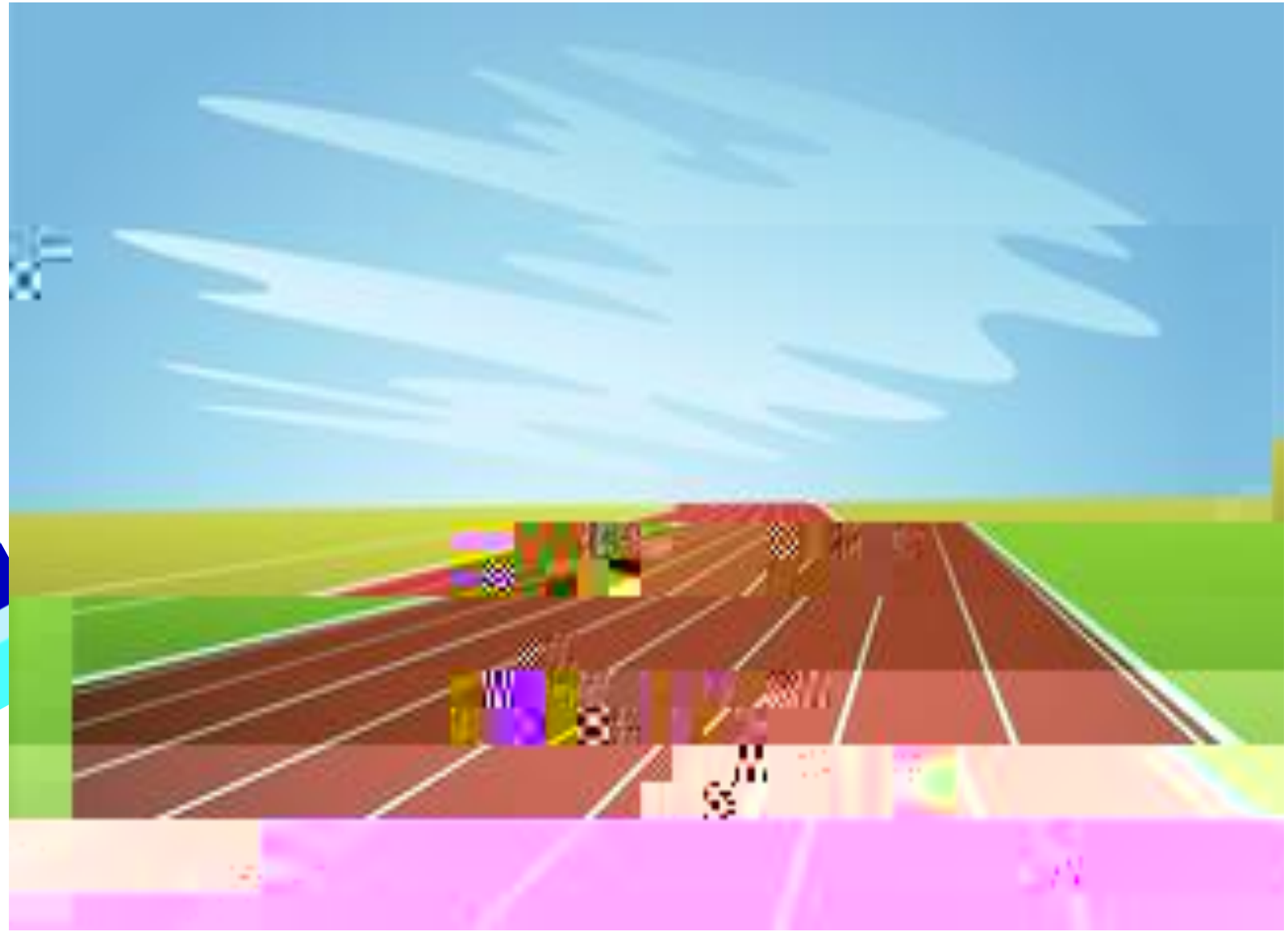
‡MEDITATION
‡SPIRITUALITY/FAITH
‡MINDFULNESS
‡PAUSING
‡BREAKING
‡BREATHING
‡CALMING STRATEGIES

SOCIAL

‡MAINTAIN CONNECTIONS WITH FRIENDS/FAMILY
‡MAINTAIN FRIEND VIRTUAL MEETINGS
‡VOLUNTEERISM
‡CREATIVE 159.62 Td (W) Tj [-3

Problems vs. Worries





Problems

Plan,
Prepare
Try

Worry

Misguided

Creates

Maintains

Strengthening Coping for Children/Youth with Worry

- Awareness of Feelings
- Thought Re-Direction/Stopping
- Thought Re-Framing
- Thought Re-Challenging
- Pausing

Prepare

- About the future;
- Potential issues that may arise;
- Strategies and pathways on how to deal with them.

Attention:

- Make time just for them; Listen;
- Do an activity;
- Ask them for help and include their ideas, thoughts, suggestions.

Cushion:

- Parents cannot do it all who else can be a support?

Echo:

- Model calm behaviours;
- Create safety for them;
-

Thought REDIRECTION

Focus on something unrelated to the worry

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Thought REFRAMING

Power of:

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Instead of ^/ [u v } š P } } š š Z] • _ ↑ can figure this ou X _

Instead of ^/ P] À µ ‰ _ ↑ am going to try something
] ((Œ v š X _

Instead of ^This is too hard_ ^This might take some time to solve_

Instead of ↑ made a mistake_ ^Mistakes lead to learning _

Instead of ^/ v [š } š Z] • ↑ EMC ET Q q /Artifact BMC agq /Arti

Thought RECHALLENGING

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& keeping short/long term goals in sight

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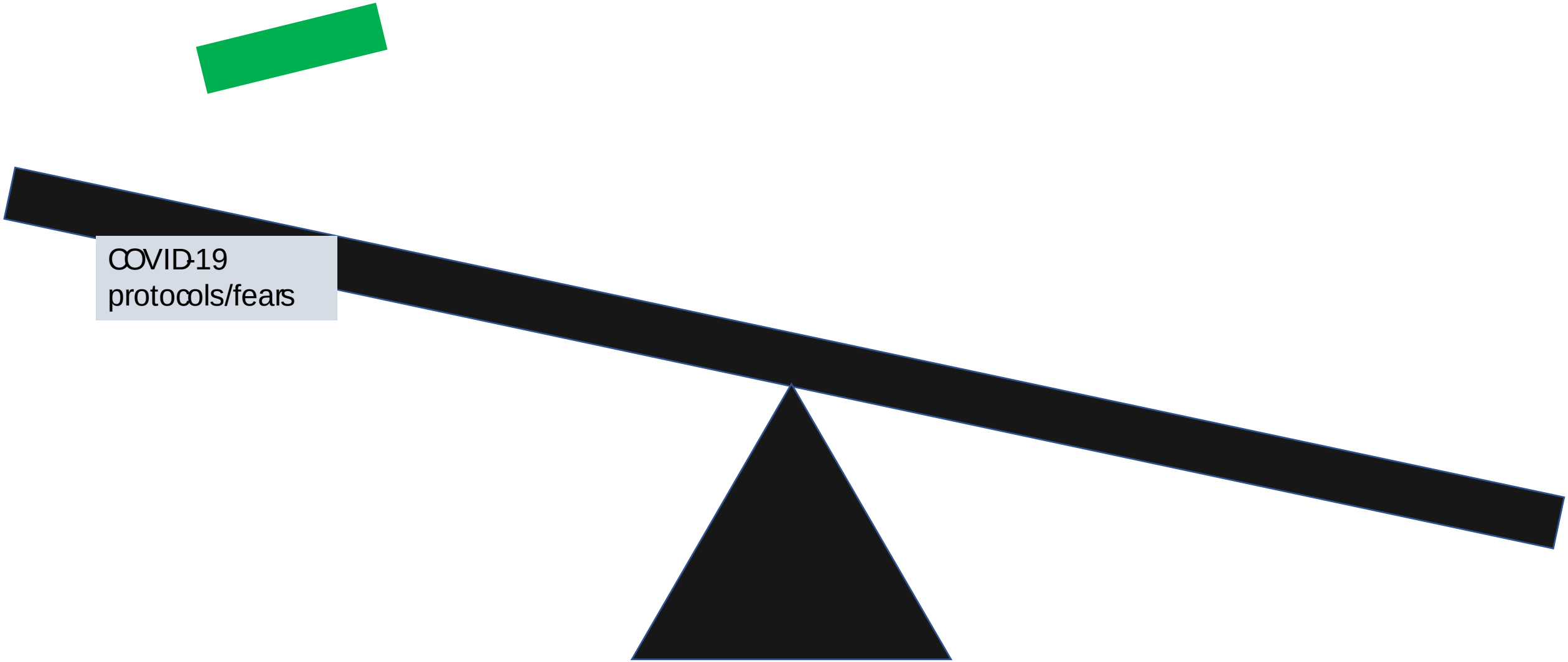
COVID-19
protocols/fears

Pathway to School Support

Professional Support Services (PSS)

- Child & Youth Services
- Occupational/Physical Therapists
- Psychological Services

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Parent & Caregiver Virtual Drop Ins:

Tuesdays,
10 a.m.- 11 a.m
https://tdsb - ca.zoom.us/j/93136458934?pwd=NDhMd051dXRxQ1JqWDU4cnZxQnRBZz09#success

Thursdays,
7 p.m. - 8 p.m.
https://tdsb - ca.zoom.us/j/93326356676?pwd=c2tzQ1hCL2JORU9Rb3J2dmE1cWQrQT09#success

Mental Health Supports/Resources

- Everyday Mental Health strategies for classroom (students) https://smho-smso.ca/emhc/
- Jack.org https://jack.org/Home
- https://www.youthab.ca/apps
- TDSB Mental Health/Wellbeing supports https://www.tdsb.on.ca/In-Person-Learning/Resources-During-Covid-19
- Student Mental Health Action Kit https://smho-smso.ca/covid-19/educators/
- Supporting Mentally Healthy Conversations about Anti-Black Racism for Students https://smho-smso.ca/wp-content/uploads/2020/09/Co

Wellness and Motivation

- SuperBetter: by SuperBetter, LLC. Designed to help you feel stronger, increase resiliency, increase motivation and optimism, strengthen social connection, and helps you feel more capable to tackle challenges and achieve your goals. *Free and available on iOS and android.* https://www.superbetter.com/

- Happify: by Happify Inc. Provides tools, techniques, and programs to help you improve your emotional wellbeing. Techniques include positive psychology, mindfulness, and CBT interventions. *Free with offers for in-app purchases. Available on both iOS and android. http://www.happify.com/*

Mindfulness Meditation

(promotes wellness and improves stress management):

- Calm: By Calm.com. Provides guided meditation, ranging from 2 to 20 minutes. Offers various soft music options to take you to your sanctuary. The goal: To allow you to slow down and de-stress. *Free with offers for in-app purchases. Available on both iOS and android.*

- Smiling Mind: by Smiling Minds. It is a tool designed to make meditation and mindfulness easy. Includes a tracker and daily meditations geared for specific age groups. *Free and available on iOS and android. https://smilingmind.com.au/smiling-mind-app/*

https://www.kings.uwo.ca/current-students/student-affairs/mental-health-and-wellness-at-king-s/mental-health-and-wellness-apps/

Stress Management

- Healthy Minds: by the Royal Ottawa Mental Health Care Centre. Designed specifically for post-secondary students. Designed as a problem solving tool to help you deal with emotions and cope with stresses both on and off campus. *Free and available on both iOS and android. http://www.theroyal.ca/mental-health-centre/apps/healthymindsapp/*

- thinkFull: By The Canadian Mental Health Association. Designed to help you manage stress, solve problems, and increase wellness. Provides a tracker and personalized tips to help you live a healthy and balanced life. *Free and available only on iOS. http://thinkfull.ca/*

https://www.kings.uwo.ca/current-students/student-affairs/mental-health-and-wellness-at-king-s/mental-health-and-wellness-apps/

THANK YOU