

Focus on healthy habits and routines. Things we do for our physical health, like sleep, eating well, exercising and minimizing screen time, are also good for our mental health.



Do things you enjoy as much as you can. Is there a hobby you like or something that you want to learn?

Notice the good things. It's easy to get caught up in the negatives that happen in life. Instead, look for the positives each day and write them down.



Stay connected. Even when stuck at home, you can message, call or video chat with family and friends. You could even ask your caregivers to help you write a letter!

Smile. Even when you don't feel like it. Just the act of smiling can help us feel better. Keep a hopeful heart.

Give yourself a break. This is new for everyone. It's normal to feel lots of emotion and all your feelings are ok. Your parents can help you reach out to us. We are there for you.



Wondering how you can cope?

Were you meeting with Amy, Natasha, Melissa or Jillian during the 2019/2020 school year? Want to re-connect? Contact Sue (sdevlin@kcdsb.on.ca) with the name of your counsellor, and the best way for them to reach you.



Want to talk? Or need more information?
Sue Devlin, Mental Health Lead (KCDSB) - sdevlin@kcdsb.on.ca
Kids Help Phone 1-800-668-6868
Or text CONNECT to 686868

