

# VIRTUAL C.A.R.E. KIT

C.A.R.E (CONNECT, ACCEPT, RESPOND, EMPOWER)

Students helping students with mental health



Hello and welcome to your Fall Semester. **Clear Image**, a student run Enactus project from the Grand Falls-Windsor campus, with the assistance from College of the North Atlantic and TD Bank, is proud to offer you a virtual mental health and wellness self care kit. Attending a new school and studying online can raise anxiety levels for people so we hope this self care kit helps you adjust to your new normal.

In this kit you will find:

- **Pretzel Breathing Exercise** to help you feel centered and relaxed.
- **Positivity Jar Instructions** to create a container of positive affirmations for when you are feeling down.
- **Healthy Recipes** to add in your diet to feel healthy and energized.
- **Spotify Music Links** to help you relax or boost energy.
- **Grounding Exercises Card** with suggestions for what to focus on to help relieve tension or anxiety.
- **Calming Scent** suggestions to effect your emotions and mood
- **STOPP Card** with instructions to use if you are finding yourself in a situation where you feel overwhelmed.
- **Positive Steps to Wellbeing Card** with suggestions on different activities or choices you can make for wellbeing.

Taking time to take care of yourself is important. We want you to be successful so we hope you find the **Clear Image** Mental Health and Wellness kit helpful in your transition to College of the North Atlantic.

If you would like more information about Enactus you can visit us on our website [www.enactus.ca](http://www.enactus.ca) or reach us by email at [cnagfwenactus@gmail.com](mailto:cnagfwenactus@gmail.com).

Good Luck as you begin your journey at CNA!

**Your friends at Clear Image**





## Touch and Mental Health

This is possibly the most important sense to improve for overall health. A positive sense of touch will do wonders for your mental health.

## The Pretzel Breathing Exercise

Stand up and cross your ankles.

Now cross your right wrist over your left, turn your hands so your thumbs are facing the floor.

Put your palms together and interlace fingers.

Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest.

Put your tongue on the roof of your mouth.

Relax and breathe.

## Positivity Jars

Positivity jars are a good way to connect with your creative side!

For this activity you will need:

- A jar, mug, or anything to contain the positive affirmations
- Paint supplies (If you wish to paint the jar)
- Paper and pen

Gather your materials, and paint/decorate the jar to whichever way you want it to look. Usually, we paint them on the outside so they take less time to dry. While waiting for the jar to dry, write some positive sayings to put in the jar.

Once dried, place the sayings inside.

The positive affirmations are to be used when you're feeling down.





## Taste and Mental Health

Food can play a huge role in boosting your mood. Whatever foods or beverages you enjoy, take delight and savor the experience.

### Smoothies

#### Blueberry Breakfast

- 1 cup blueberries - 1/2 cup Greek yogurt
- 1/4 cup orange juice - 1 tablespoon sugar
- 1/4 teaspoon vanilla - 3 ice cubes

#### Banana Peanut Butter

- 2 bananas
- 2 cups milk
- 1/2 cup peanut butter
- 2 tablespoons honey
- 2 cups ice

### No-Bake Energy Bites

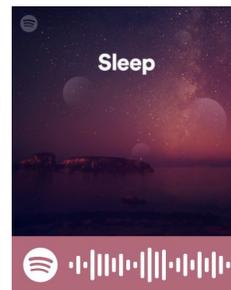
- 1 cup rolled oats
- 1/2 cup mini semi-sweet chocolate chips
- 1/2 cup crunchy peanut butter
- 1/2 cup ground flax seed
- 1/3 cup honey
- 1 tsp. vanilla extract



Combine oats, chocolate chips, flax seed, peanut butter, honey, and vanilla extract together in a bowl; form into balls using your hands. Arrange energy bites on a baking sheet and freeze until set, about 1 hour.

## Hearing and Mental Health

Give yourself a few minutes every day where you can go somewhere quiet and just breathe. By doing this exercise you will experience mental stillness, which is vital for a healthy mind.





## Sight and Mental Health

Using your sense of sight for good will reinforce its importance to you and will remind you how to view the world in a way that will bring you true inner peace and happiness.

During episodes of panic and anxiety, a grounding exercise can give you relief and change your perspective.

### Grounding Exercise

#### Look Around you. Identify + name:

- 5 things you **see**
- 4 things you **feel**
- 3 things you **hear**
- 2 things you **smell**
- 1 thing you **taste**



### Lavender

Has calming properties and control emotional stress

### Jasmine

Commonly used as an anti-depressant to boost confidence

### Lemon

Promotes concentration and has calming and clarifying properties

### Peppermint

Helps boost brainstorming and its also a energy booster

## Smell and Mental Health

Scents have the ability to positively affect our emotions and mood. As such, scent becomes a powerful tool for mental health. You have the ability to shape your environment and pay attention to the emotions certain scents trigger.

Peppermint will naturally energize you, and lavender can relax your mind. Lemon has calming properties and jasmine can help boost your mood.

# STOP!

**Take a Breath:** Notice your breathing as you breathe in and out. In through the nose, out through the mouth.

**Observe:** What am I thinking?  
What are you reacting to?  
What am I feeling in my body?

**Pull Back:** Put in some perspective. See the bigger picture. Is this fact or opinion? How would someone else see this?

**Practise what works:** Whats the best thing to do for me, for others, for this situation?



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## Positive Steps to Wellbeing



Be kind to yourself



Exercise regularly

Hobbies/New skill



Have fun/Be creative



Help Others

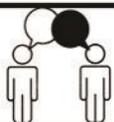


Rest & relaxation

Eat Healthy



Balance sleep



Contact with others



Beware of alcohol/Drugs

See the bigger picture



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# STUDENT MENTAL WELLNESS

## Students coping with stress and anxiety during Covid-19

A pandemic is a very stressful event for individuals and communities. It's normal to feel stress and anxiety. It's also common for people to display great resiliency during times of crisis.

We should remember that this is absolutely the time to lean on each other. Even if we can't be close physically, we need to stay close emotionally. So, while you're staying in, stay in touch with each other, and reach out if you need support.

### TIPS FOR TAKING CARE OF YOURSELF

Stay informed, but take breaks from social media and the news. Practice physical distancing, but stay connected to friends and family with email, phone calls, texts, video chats, and social media.

Practice mindfulness by stretching, exercising, meditating, and taking deep breaths.

Try to:

- eat healthy meals
- exercise regularly
- get plenty of sleep
- limit your use of substances
- be kind to yourself and others
- focus on positive aspects of your life
- use unexpected flexibility in your daily routine
- schedule your school work according to deadlines

### MENTAL HEALTH SUPPORT CONTACTS

CNA Guidance Counselling Support

Each campus has a guidance counsellor to directly support you

<https://www.cna.nl.ca/student-support/counselling-services.aspx>

Doorways Mental Health Walk-In Clinics

Eastern, Central, Western, Labrador-Grenfell

<https://www.bridgethegapp.ca/adult/service-directory/doorways-walk-in-clinic-counselling/>

Mental Health Crisis Line 1-888-737-4668

### MENTAL HEALTH RESOURCES

<https://www.bridgethegapp.ca/>

<https://www.camh.ca/en/health-info/mental-health-and-covid-19#quarantine>

<https://cmha.ca/news/covid-19-and-mental-health>

<https://www.mentalhealthcommission.ca/English/covid19>

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/mental-health.html>

<https://www.mhanational.org/helping-home-tips-parents>

<https://enactusclearimage.wixsite.com/enactusgfw/covid-19>

\*\* This resource is not a replacement for professional mental health assistance.