

## EXPERT TIPS

with ERIN NEWMAN

*She's a mental health therapist, and an expert in all things stress! Be sure utilize any and all support staff anytime you feel you need someone to talk to.*

"It's about boundaries. It's about knowing when you walk out the door at the end of the day, you leave your stuff where it is. A lot of work-life balance is about mindfulness. Simply put: living life in the moment. When you do that, if you are living in the present, you are not doing work stuff at home, or home stuff at work; you're in the moment of where you are. It's about drawing those boundaries—knowing when you can keep going and when you can't. Mindfulness is impossible to maintain 24/7, but if you remind yourself of it throughout your day, then it helps.

Generally, as humans beings we all experience a lot of emotions all the time. But if your emotions come to a point where you can't seem to get it back to your normal, then that's when you need to reach out for help."

# CHECK THIS OUT

## Mental Health

Here are a ton of resources to help improve your mental health!

Mental Health Help Line

1-877-303-2642

Kids Help Phone

1-800-668-6868

<https://cmha.ca/resources/>

<https://www.anxietybc.com/>

<https://www.psychologytoday.com>

<https://www.mentalhealth.org.uk/>

<http://www.mentalhealthamerica.net>

## Meditation

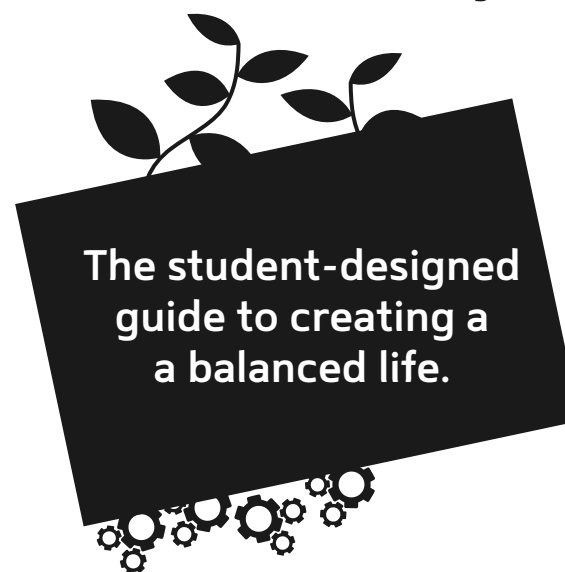
Meditation is a fantastic way to resolve your headspace and develop your mind-set. It can help you become more mindful, which is valuable in making tough decisions or working through conflicts.

Read more at: <http://how-to-meditate.org/>

EDMONTON PUBLIC SCHOOLS

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# YOUR TIME



"Time management is a skill you will work on for many years to come. You can always ask for help. Know that you've got this and I believe in you."

— Michelle Draper  
Board Chair, Edmonton Public Schools

# WELCOME to YOUR TIME

Balancing your life can be tricky at times. You have school, friends and family and many other activities that you have to find time for and amongst all the chaos, you have to remember to take care of yourself and continue to do things that make you happy! Your physical and mental health can largely influence your productivity and time management in both favourable and unfavourable ways.

- **Coping** with stress and your mental health
- Staying **active** and your physical health
- Finding a **balance** between your time and your health

# YOUR MENTAL HEALTH MATTERS.

Mental health is your state of emotional and social well-being. It influences your decision-making, how you interact with others, and how you handle stress. Your mental health is affected by aspects of your life such as your genetics and your experiences.

## Stress

Stress is a natural part of life. Short-term stress can have motivational power. Long-term stress however, can have actively neutralizing effects such as contributing to a mental illness. How you react in times of low or high stress is crucial for taking care of your mental health.

## Talking to Others

What often goes unacknowledged despite its life-changing power is your voice. This is the first and most difficult step on your path to wellbeing. You can find some of the best support through reaching out to a trusted person(s) in your life.

Your mental health matters. You matter. Trust yourself.

# A Field-Guide to Mental Health

## Step One: Reflect

Consider how you feel throughout a typical day. Here are a two questions to get you thinking.

### Is sleep really for the weak?

*The National Sleep Foundation* recommends that teens get 8-10 hours of sleep every night to stay healthy and alert.

### Am I hydrated?

Drinking enough water is crucial to your well-being. Dehydration can cause mood swings and sleepiness.

## Step Two: Plan

Are you worried about you growing to do list? Consider this:

### 9 hours later...

How long do you spend on social media? According to *Social Media Today* teens spend up to 9 hours a day! If you were able to cut that down you could find time in your day that you never realized was there.

### Treat yourself!

Go for a walk, catch up with an old friend, or take that much needed nap! Just do something for yourself.

## Step Three: Implement

If you find yourself constantly rushing through the day, give these tips a try.

### The swing of things

Doing small tasks in advance can help you maximize your time more than you would expect. If you can find a daily routine that works for you it can lead you to have more time for your needs throughout the day.

### You can colour code this part!

As cliché as it seems, keeping everything you need to do in a daytimer or a calendar can help you avoid procrastination and manage your time to the fullest.

## Step Four: Maintain

While having a routine is beneficial, rest days are important for your well-being. Remember to keep the balance.

### Old habits die hard

Get into the habit of taking care of yourself every day. Days will hopefully turn into weeks, months and so on. Taking care of yourself is often forgotten but remains an essential part of staying happy and healthy.

### Pushing through it

It's completely okay and normal to need to start back at square one. Do your best to pick yourself up and get back into your routine.

# YOUR PHYSICAL HEALTH IS CRUCIAL.

## Staying Active

Physical activity keeps your mind and body alert and ready for the day. According to *Teens Health*, it is recommended that you get at least 60 minutes of physical activity every day. This can include everyday routines such as walking, cycling, running, or chores. Experts suggest that you do both moderate and vigorous intensity workouts—basically any activities that get your heart racing and your blood flowing. Finding activities you enjoy can help motivate you and make being fit enjoyable!

## Eating Healthy

*Dietitians of Canada* encourage everyone to eat three balanced meals a day with snacks. This can make you more energetic, healthy, and productive. You can easily control what you eat with some simple steps: skip the junk food, pack healthy snacks, and only eat when you're actually hungry. Make sure that you get at least 3-4 food groups in every meal, and refer to *Canada's Food Guide* for more details and suggestions.