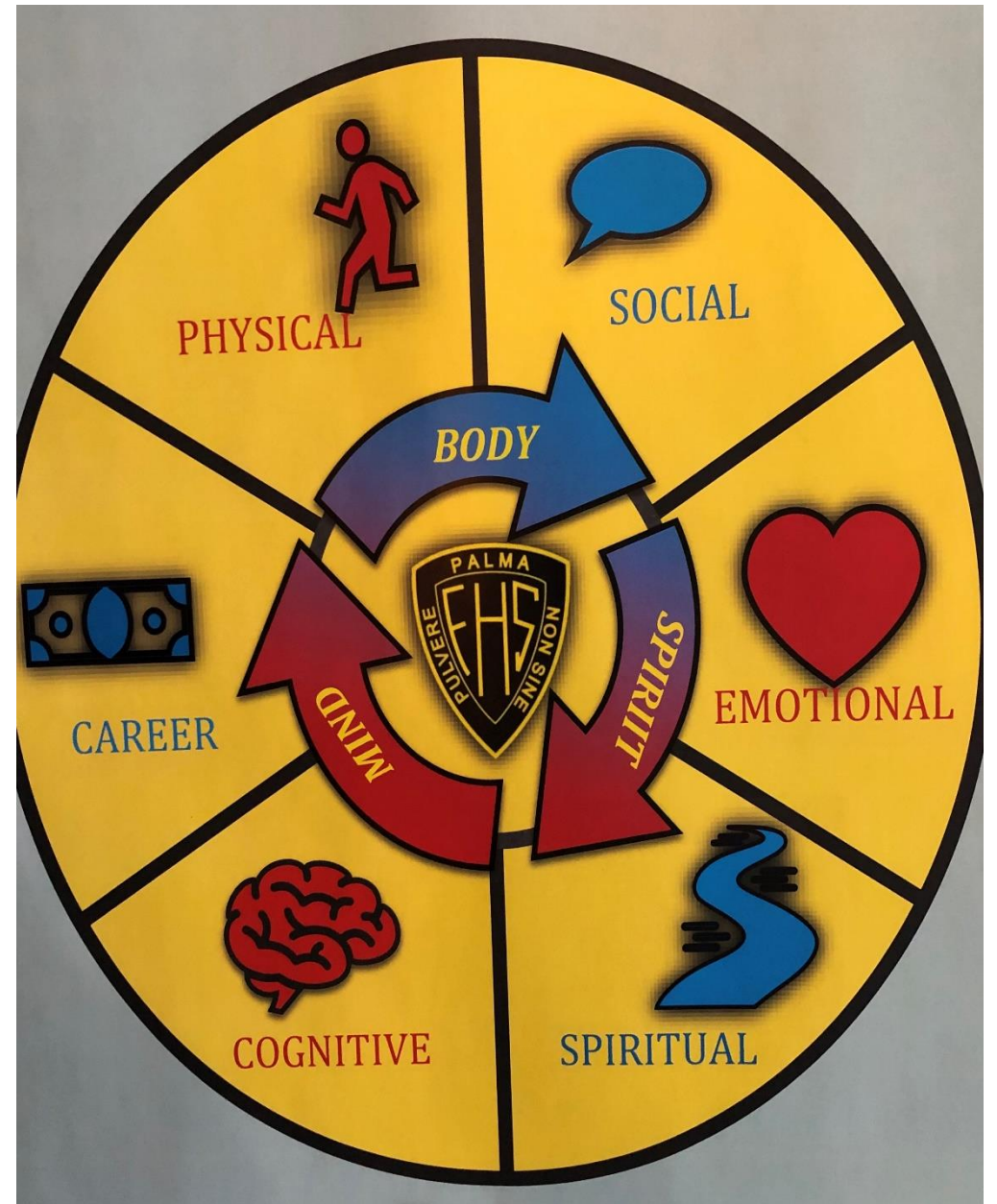


BALANCED LIFE:
FHS
2020-21

EMOTIONAL Health & Balance



Last year FHS introduced the school wide focus of “A Balanced Life”.

This focuses on the importance of looking at our overall health and how it is divided down into segments, or parts of a wheel.

If one part is weak, or “punctured”, it will impact the overall performance of the wheel.

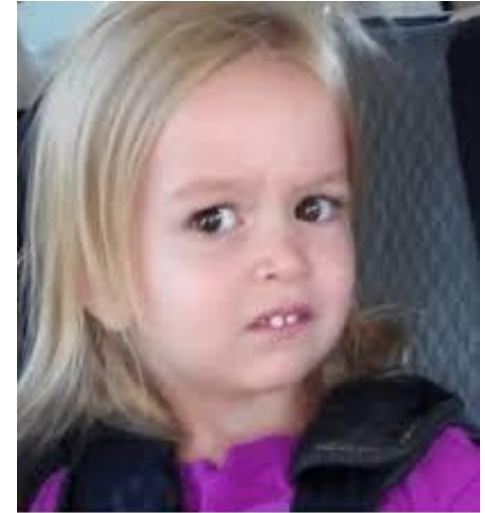


The Emotional Part of our Health

- **An emotionally healthy person is in control of their thoughts, feelings, and behaviours.**
- **They are able to cope with life's challenges.**
- **They can keep problems in perspective and bounce back from setbacks.**
- **They feel good about themselves and have good relationships.**

But Are There People Happy ALL the Time?

- “Staying positive doesn’t mean you have to be happy all the time. It means that even on hard days you know that there are better ones coming”
- Emotionally healthy people still feel all the “feels”. The difference is that they can tell when a problem is more than they can handle, and when they need to seek help from a doctor.
- Emotional health is a skill, which means it is something that can be worked on and developed (that is the good news!)



Confused little girl in car seat |
Meme Generator

Our Emotional Health can be Improved and/or Maintained by:

- Being aware of your emotions and reactions.

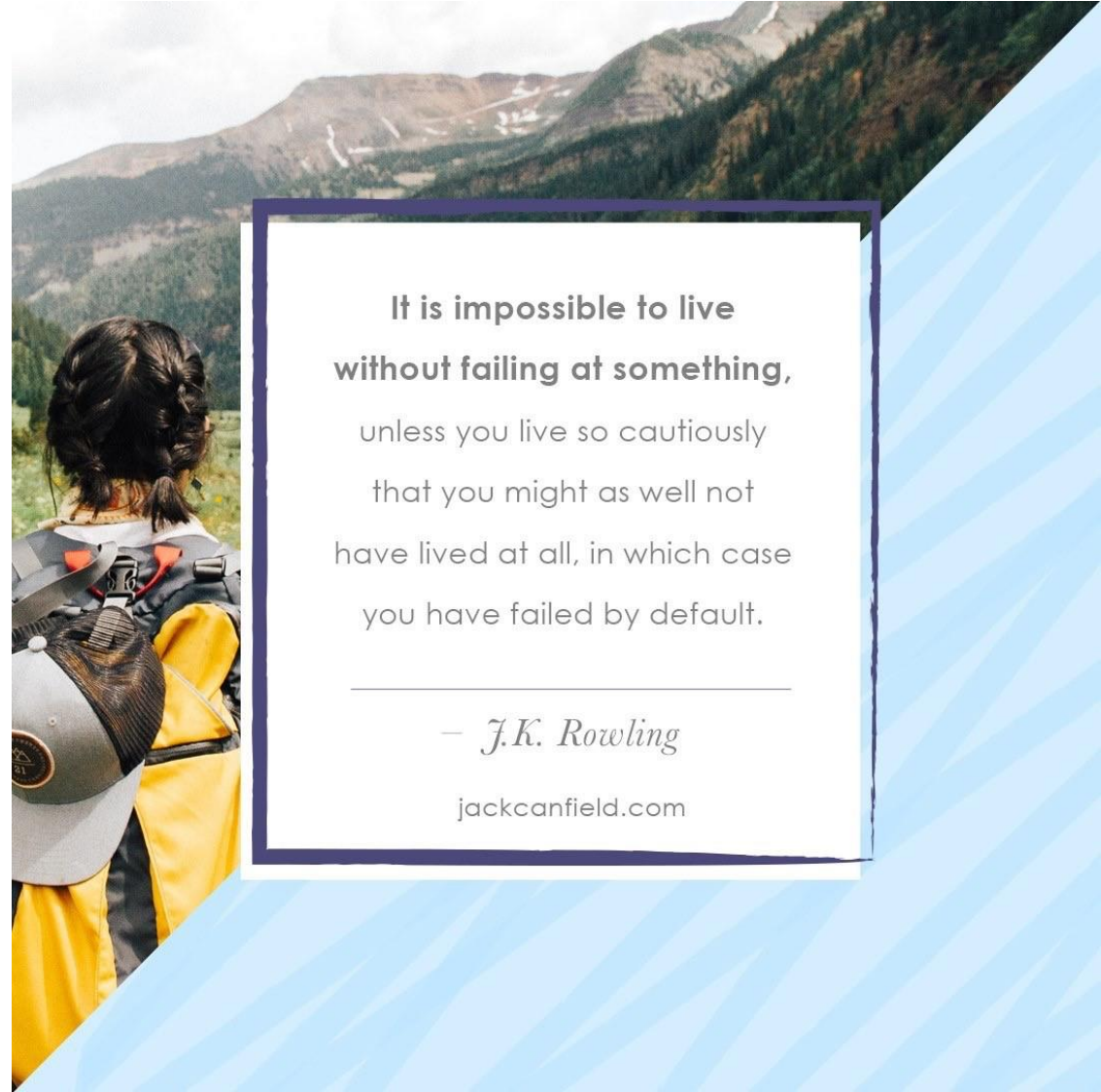


Notice what in your life makes you sad, frustrated, or angry.

Try to address or change those things, keeping in mind what is and what is not in your circle of control.

Our Emotional Health can be Improved and/or Maintained by:

- Emotional Health is also about growing as a person



It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all, in which case you have failed by default.

— *J.K. Rowling*

jackcanfield.com

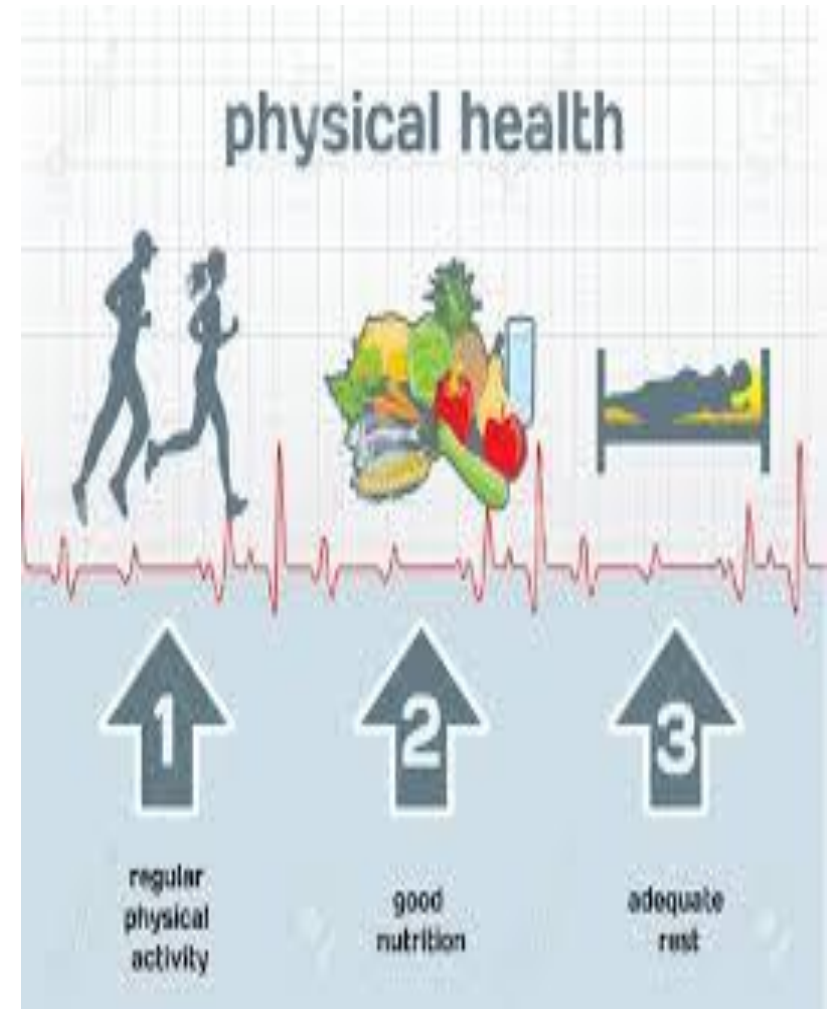
Our Emotional Health can be Improved and/or Maintained by:

- **Express your feelings in appropriate ways.**
- **Let people close to you know when something is bothering you.**
- **Keeping feelings of sadness or anger inside adds to stress. It can cause problems in your relationships and at work or school.**



Our Emotional Health can be Improved and/or Maintained by:

- Take care of your physical health.
- Your physical health can affect your emotional health.
- Daily Exercise is the number one prescription prescribed by doctors
- Exercise regularly, eat healthy meals, and get enough sleep.
- Don't abuse drugs or alcohol.



Our Emotional Health can be Improved and/or Maintained by:

- Think before you act.
- Emotions can be powerful.
- Give yourself time to think, and be calm before you say or do something you might regret.
- You can't take back harsh and hurtful words



Pause Button

There is almost always time to pause and think before acting

Stop

Think

Feel

Act

Our Emotional Health can be Improved and/or Maintained by:

- Manage Stress.

Try to change situations causing you stress.

Learn relaxation methods to cope with stress.

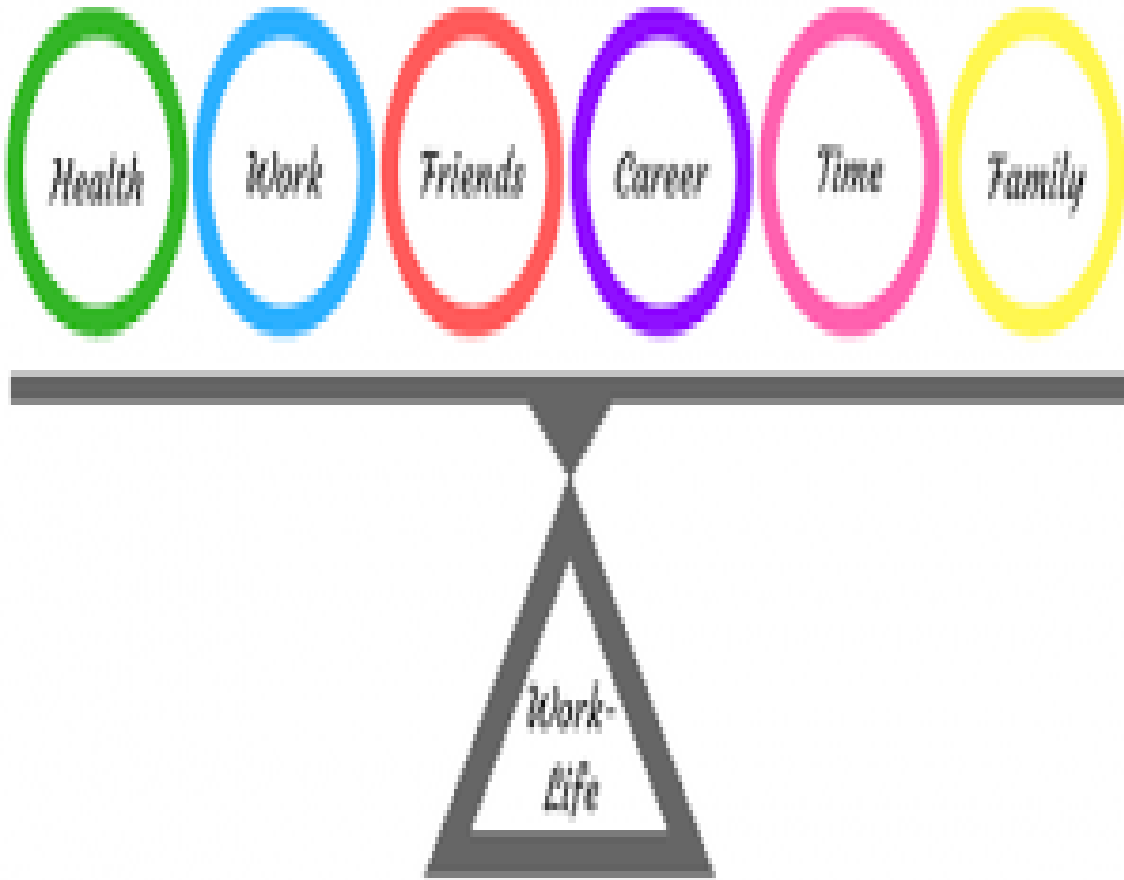
These could include deep breathing, meditation, and exercise.





Our Emotional Health can be Improved and/or Maintained by:

- **Strive for balance.**
- **Find a healthy balance between work and play and between activity and rest.**
- **Make time for things you enjoy.**
- **Focus on positive things in your life.**





COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

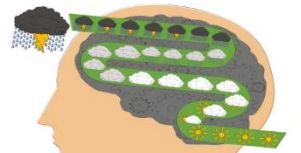


30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

- 1** Make a plan to help you keep calm and stay in contact
- 2** Enjoy washing your hands. Remember all they do for you!
- 3** Write down ten things you feel grateful for in life and why
- 4** Stay hydrated, eat healthy food and boost your immune system
- 5** Get active. Even if you're stuck indoors, move & stretch
- 6** Contact a neighbour or friend and offer to help them
- 7** Share what you are feeling and be willing to ask for help
- 8** Take five minutes to sit still and breathe. Repeat regularly
- 9** Call a loved one to catch up and really listen to them
- 10** Get good sleep. No screens before bed or when waking up
- 11** Notice five things that are beautiful in the world around you
- 12** Immerse yourself in a new book, TV show or podcast
- 13** Respond positively to everyone you interact with
- 14** Play a game that you enjoyed when you were younger
- 15** Make some progress on a project that matters to you
- 16** Rediscover your favourite music that really lifts your spirits
- 17** Learn something new or do something creative
- 18** Find a fun way to do an extra 15 minutes of physical activity
- 19** Do three acts of kindness to help others, however small
- 20** Make time for self-care. Do something kind for yourself
- 21** Send a letter or message to someone you can't be with
- 22** Find positive stories in the news and share these with others
- 23** Have a tech-free day. Stop scrolling and turn off the news
- 24** Put your worries into perspective and try to let them go
- 25** Look for the good in others and notice their strengths
- 26** Take a small step towards an important goal
- 27** Thank three people you're grateful to and tell them why
- 28** Make a plan to meet up with others again later in the year
- 29** Connect with nature. Breathe and notice life continuing
- 30** Remember that all feelings and situations pass in time



“ Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances ” ~ Viktor Frankl



ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10

Our Emotional Health can be Improved and/or Maintained by:



- **Connect with others. We are social creatures. Talk face to face with others.**
- **We need positive connections with other people.**
- **Make a lunch date, join a group, say hi to strangers.**
- **16:03 Ted Talk- The secret to living longer may be your social life. Susan Pinker (V. Whyte)**

<https://www.youtube.com/watch?v=ptlecdCZ3dg>

Our Emotional Health can be Improved and/or Maintained by:

- Find purpose and meaning.
- Figure out what is important to you in life, and focus on that.
- This could be your work, your family, volunteering, caregiving, or something else.
- Spend your times doing what feels meaningful to you.

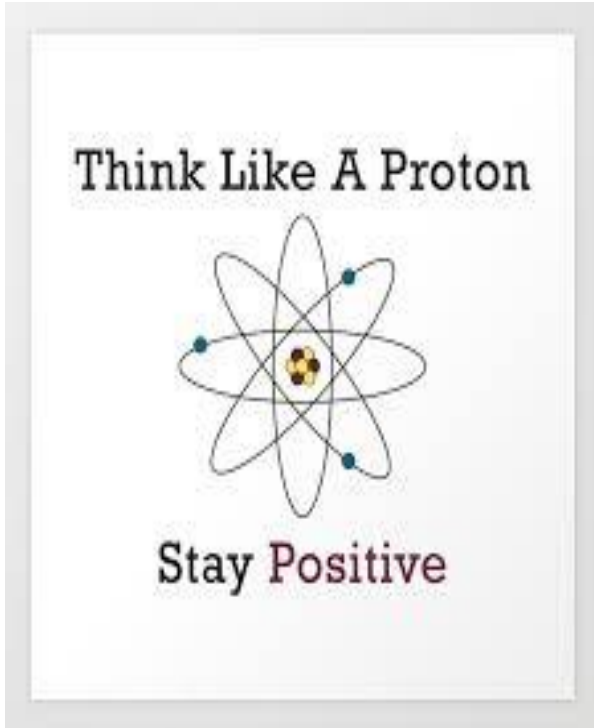
THE TWO MOST IMPORTANT DAYS IN YOUR LIFE ARE THE DAY YOU ARE BORN, AND THE DAY YOU FIND OUT WHY.

MARK TWAIN

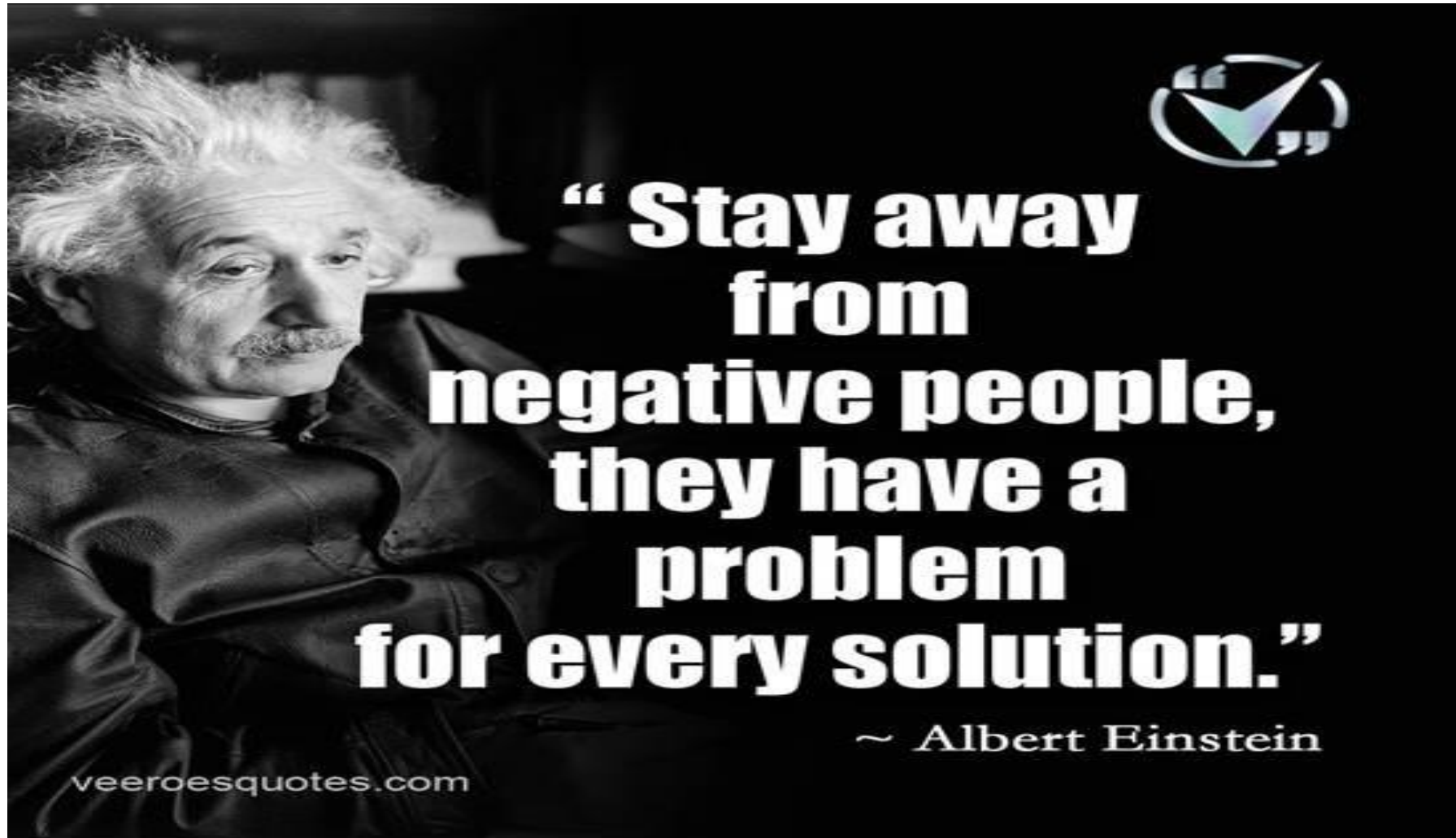


Our Emotional Health can be Improved and/or Maintained by:

- Stay positive.
- Focus on the good things in your life.
- *Forgive yourself for making mistakes, and forgive others.*
- Spend time with healthy, positive people. It's exhausting trying to stay positive when you spend time with negative people.
- Attitude is contagious. A negative attitude is like a virus that continues to spread. It can be toxic.



Great Advice from a very Reliable Source



Things to Consider

- **People who have good emotional health can still have emotional problems or mental illness.**
- **Mental illness often has a physical cause. This could be a chemical imbalance in the brain.**
- **Stress and problems with family, work, or school can trigger mental illness or make it worse.**



What Next? I Am Struggling.....

- **Counselling, support groups, and sometimes* medicine can help people who have emotional problems or mental illness.**
- **If you have an ongoing emotional problem, **talk to your family doctor**. They can help you find the right type of treatment.**
- **Your family doctor needs to know what is going on in order to help establish a baseline, which is used to look at whether things are improving or getting worse compared to your norm.**



More Support.....Easy Access

- **Guidance Counsellors at FHS can provide short-term counselling.**
- **If more time intensive supports are required (ie., long term counselling is required), they can (or your parents can) refer to the Child & Youth team.**
- **The Child & Youth team (sometimes referred to as ISD) include Social Workers, Mental Health counsellors, and other support workers that can meet you at FHS for your appointments. They help work with you as a team.**



More Options....Easy Access Support

- UNB is offering a FREE 8 week therapy group for teens who are experiencing symptoms of anxiety and depression starting in February at FHS on Wednesdays after school. If interested email pwc@unb.ca, or call 452-6301, or get your guidance counsellor to refer you. Screening interviews with those referred will occur in December before Winter Holidays.



Sources

- Emotional Intelligence Activities, (https://ong.ohio.gov/frg/FRGresources/emotional_intelligence_13-18.pdf)
- From Surviving to Thriving: Developing Personal and Academic Resilience, (www.workplacestrategiesformentalhealth.com)
- Mental Health: Keeping Your Emotional Health, (Familydoctor.org)