



Trinity Wellness Newsletter

Holy Trinity Catholic High School

A Prayer for Inner Peace

Lord, please put Your peace in my heart.
 I'm worried and anxious.
 My mind races and obsesses.
 I can't help thinking about my problems.
 And the more I think about them,
 the more depressed I become.
 I feel like I'm sinking down in quicksand
 and can't get out.
 Calm me, Lord.
 Slow me down, put Your peace in my heart.

No matter what problem I have, Lord,
 You are bigger,
 You are more powerful than it is.
 So I bring my problem to You.
 I know what I want.
 I know my will.
 I do not know Yours.
 I do not know how You will use this problem
 for my salvation.
 I do not know what good You will workout from
 this evil.
 But I trust You.
 I trust Your goodness and Your wisdom.
 So I place myself in Your hands.
 Please fill my heart with peace.

- Author Unknown

Holy Trinity Student Services:
 Committed to Connection

We're here to help you through this.
 If you feel the need to reach out or
 are feeling overwhelmed, we are
 here to support you!

Your School Counselor:
 Mr. Kris Christianson

Kristopher.Christianson@ecsd.net

Your Family School Liaison Worker:

Ms. Susan Worock

Susan.Worock@ecsd.net

Division Cell Phone #780-884-1105

Some helpful phone numbers:

211—A City-wide Resource Library

811—Health Link for Albertans

Family Violence Hotline—

780-310-1818

Children Mobile Mental Health—

780-427-4491

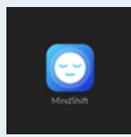
Adult Mental Health Help Line—

1-877-303-2642

Some helpful downloadable Apps for 'Minding Your Mind'



Always There:
 Kids Help Phone



Mindshift



Headspace



Calm



Sattva



Pause



Stop, Breathe
 & Think



Buddhify

On page 2:

- **Some Ideas for Dealing with Anxiety and Stress**
- **Structuring Your Day**

DEALING WITH ANXIETY and STRESS

It is natural to feel anxious, overwhelmed and concerned during this time of uncertainty. Often we turn to social media to keep us informed of the latest news....however, this can sometimes backfire. There is a fine line between informed and overload. Here are some suggestions to help cope with those feelings:

- Acknowledge your feelings. Accept how you feel, then look at how to best cope with those (see the variety of apps suggested in this newsletter)
- Put yourself on a social media diet – only look to reliable sites (AHS, Government of Alberta/Canada) for updates. Avoid reading every story that is out there, as the messages are often conflicting.
- Don't be afraid to reach out for help – there are contacts in this newsletter you can reach out for support.
- Plan Netflix movie night with friends, where you can FaceTime/text/message each other during the movie
- Create a “feel good” play list
- Get away from screens – get outside, read a book, do a puzzle, play a board game!
- Baking/cooking can be a great exercise in mindfulness and distraction.
- “Marie Kondo” your room – declutter, clean up or reorganize your room.

Remember to take things one day at a time!

STRUCTURE YOUR DAY

One key way to deal with feeling anxious or overwhelmed is to continue to follow a routine! Here are some suggestions on how to keep yourself on a regular schedule:

- Get up in the MORNING! You can allow yourself a little sleep in time, but if you had a class at 8:50am, try to get up close to the time you normally would have.
- Get dressed. It is important to shift your mindset from lazing about and sleeping to being ready for the day.
- Follow your class schedule. You should be able to access work for all your classes online...so act like it's a regular day!
- Give yourself breaks – between “classes”, get a snack, chat with friends on social media/texting....but make sure you get back to work.
- During your lunch break, try to get outside and go for a walk. Fresh air is a great way to reduce stress/anxiety, and will keep you from feeling “cooped up”
- Eating on schedule is also very important. If possible, try and have dinner (at the very least) with family. That connection is important during stressful times. Talk about your lessons/activities, what you did with your day...but try not to dwell too much the news...
- Get to bed at a reasonable hour – just like a regular school day. Turn off all devices a half hour before bed time.