

May, 2021

## opiniyâwewowipîsim - egg laying month

*Reminder:*

*Students who selected in-person learning for Quarter 4 will return to classrooms on Thursday, May 27.*



The month of May is Mental Health awareness month and as we near 15 months into the pandemic, I would like to send strength and courage to all of the students who are struggling with motivation, patience and a lack of direction or confusion, due to the unusual challenges that Covid has created in our lives. You are not alone.

In the Indigenous world, our ancestors always believed in the making of a good life, in the Anishinaabe language the word is *mino-bimaadiziwin* and in Cree we say, *mino-pimatisiwin*....both of which refer to “well being” or “living life in a good way”. The Metis became known as “otipemisiwak”, meaning “their own boss”, exemplified by their unique ability to overcome adversity and extreme display of independence.

So, if this month and moving onto June, you are finding your motivation lacking, keep in mind that we care about you, we are here to help and support you and most importantly, that “living in a good way”, “well being”,

overcoming adversity and remaining true to yourself and your personal goals,  
is possible!

I am including references which I hope you will find of interest in addition to  
the links for the staff in Student Services who are available to meet with you.  
(links indicated below). Have a great long weekend! Keep moving forward.

Hiy Hiy,

Joanne - Indigenous Liaison

**Brittany Gagne**

<https://calendly.com/brittany-gagne>

**Kayla Chorley**

<https://calendly.com/kayla-chorley>

**Joanne Ladouceur**

<https://calendly.com/joanne-ladouceur>

**Renee Parker**

<https://calendly.com/renee-parker>

**Mario DeBenedetto**

<https://calendly.com/mario-debenedetto>

Centre High Links....check it out!

<https://linktr.ee/centrehigh>

Centre High Campus - Alumni video

<https://youtu.be/xmKikXf5tCl>

**Check out the following resources!!**

# Virtual Calming Room

#StayHomeSaveLivesBeWell

<https://calmingroom.scusd.edu/>

## Career and Employment Snapshot

Week of May 17, 2021

Regional Employment Services - Edmonton

[https://docs.google.com/document/d/1R1uiivt3XTJa3YE\\_KEEnXHG7AXFQk4iazedfPC3b6LU/edit](https://docs.google.com/document/d/1R1uiivt3XTJa3YE_KEEnXHG7AXFQk4iazedfPC3b6LU/edit)

WE MATTER - **EXCELLENT!**



We Matter is a place to help Indigenous youth get through hard times, whether you need support yourself or want to support someone you know.

<https://wemattercampaign.org/>

# COVID-19 Youth Mental Health Resource Hub

Powered by:

jack.org



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Ontario

Santé mentale  
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Ontario

Kids Help Phone

<https://jack.org/covid>

## REMINDERS:

### WHY GRATITUDE?



Quite simply, to make you **feel happier!** Research shows that expressing gratitude can help us feel happier, healthier, and more productive. Noticing **good things** around you, thanking others for the little things they do, or keeping a **hopeful** attitude are just a few examples of expressing gratitude.

Find out more at:  
jack.org/covid



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## **Do Some Good.**

Scientific evidence shows that compassion can calm our minds. Consider who in your life might be a part of a vulnerable population and find a way to help them out.

[jack.org](http://jack.org)

## **Look Out for the People You Love.**

COVID-19 has been dominating our conversations. When you're checking in with your friends and family, try to ask about other things that are going on in their lives too. Head to [BeThere.org](http://BeThere.org) to learn how to support someone who may be struggling.

[jack.org](http://jack.org)

**We all find ourselves trapped in our own thoughts sometimes. Whether it's getting stuck worrying about the future, things going on right now, or staying safe. Thinking traps can happen to any and all of us!**



Here are some common thinking traps we might find ourselves stuck in:



### **COMMON THINKING TRAPS**

All or nothing thinking

Catastrophizing

Over-generalization

Mind reading

Negative filter

### **EXAMPLE**

Everything is either going to be REALLY good or REALLY bad.

The pandemic is never going to end, ever!

I got a C- on my first test, I'm going to fail this whole course!

I know they're gossiping about me and that post I made on Instagram last night.

So what if I scored 2 goals, I also missed a penalty kick. We lost and it's all my fault.

We can practice how to identify these thinking traps and learn to think more helpfully.

Find out more at:  
[jack.org/covid](https://jack.org/covid)



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# IDENTIFYING AND ADDRESSING UNHELPFUL THOUGHTS

Reflect on your thought patterns over the past few days. Are there recurring unhelpful or anxious thoughts? Are you stuck on a particular thought that keeps coming back?

Try to identify what thoughts keep coming back. Every time this unhelpful thought pops back into your brain, replace it with a new and helpful thought.

Examples of unhelpful thoughts you can turn into helpful thoughts include:



## UNHELPFUL THOUGHTS

I made a mistake. I'm a bad person.

I haven't gotten any homework done this whole week - I'm the worst!

I ignored my friend's message. She probably thinks I don't like her anymore.

We're all going to get sick. No one is safe.

## HELPFUL THOUGHTS

I am a good person. No one is perfect. We all make mistakes.

It's normal to feel less productive during a pandemic.

She probably knows I care about her. These are weird times and we all need to be understanding.

We are learning more about the virus and ways to stay safe. When we follow public health guidelines, that keeps everyone more safe.

# REPLACING UNHELPFUL THOUGHTS

Sometimes it's hard to notice and challenge our unhelpful thinking. They are often **habits of thought** that can be persistent. Keep trying, it gets easier with practice!



If you're struggling to come up with helpful responses to your own unhelpful thoughts, it can help to put yourself in the mindset of a friend. **If your friend was having the same unhelpful thoughts**, how would you respond?



Identifying unhelpful thoughts and replacing them with helpful ones can make a big difference. In the left column, write out your unhelpful thoughts. In the right column, write out helpful thoughts to replace them with.

## UNHELPFUL THOUGHTS

Ex: I made a mistake.  
I'm a bad person.

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## HELPFUL THOUGHTS

I'm a good person. No one is perfect. We all make mistakes.

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# STOP NEGATIVE SELF TALK

S

**Stop!** - When you have a negative thought, STOP and give yourself a moment to address the thought.

O

**Observe** - Reflect on what you're saying. Think about where your thoughts are coming from.

S

**Shift** - Replace the thought with something positive. Shift your thinking.

**Repeat this every time  
you have a recurring  
negative thought.**

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# DON'T LET THINKING TRAPS WIN!

We all get caught in thinking traps sometimes, but with the rights tools, we can identify unhelpful thoughts and replace them with helpful ones. This can have a positive impact on our anxious feelings and our mental health.



Find out more at:  
[jack.org/covid](https://jack.org/covid)



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## The Nurture of Nature: Natural Settings and Their Mental Health Benefits.....

Results from a number of studies support the idea that both physical healing and stress recovery are facilitated by viewing a natural scene. The ability to view a natural scene may also enhance attention and improve job satisfaction (Kaplan and Kaplan, 1989). Maller, Townsend, St. Leger, et al. (2008) also refer to studies that indicate mood is improved by viewing nature.

<https://www.moodwalks.ca/about-mood-walks/the-nurture-of-nature-natural-settings-and-their-mental-health-benefits/>

**AS NATURE HEALS...  
I OFFER YOU MY PHOTOGRAPHS AND  
HOPE YOU WILL ENJOY THEM!!**

**JOANNE**

































**ENJOY THE LONG  
WEEKEND....AND TRY TO  
SPEND SOME TIME IN  
NATURE!**