Winter Mental Health Tips

1

Thinking About Gratitude

As a family, think of the things you are grateful for. For younger kids, try helping them journal their feelings using colours.

2

Stay Connected

Help your kids stay connected with friends, whether that be virtually or in-person. Create opportunities to help them keep in touch.

3

Let Your Kids Help Make Plans

Collaborate with your kids on activities to stay busy. Ask if they want to try anything new or to teach you something like a game or other interest.

4

Embrace Winter & Stay Active

Winter offers so many opportunities to stay active by enjoying all the cold-weather activities. As a family, go sledding, ice skating, skiing, or build a snow man!

5

Keep Healthy Habits and Routines

Prioritizing healthy habits such as getting enough sleep, eating healthily, and exercising regularly will help to keep your family mentally healthy.

6

Self Care for Parents & Caregivers

It is important for parents and caregivers to keep up with self-care and take time for themselves. Check in with your own mental health and reach out if you need support.

7

Reach Out

It's okay to ask for help if you, your family member, or child is struggling. Help is available from child and youth mental health professionals who can talk to your child or you, or both.

To find local supports & services near you, go to **www.ucdsb.on.ca**

- Click "For Students"
  - "Mental Health & Well-Being"
    - "**Community Supports & Services**"

The above content was developed from CMHA's Winter Mental Health Tips resource and provided by the UCDSB Mental Health and Wellness Department. Visit https://www.family.cmho.org/winter-mental-health-tips/ to view the complete resource.