



A Student's Guide to Building Resilience & MANAGING STRESS DURING DIFFICULT TIMES

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This guide is modeled on [A University Student Guide to Managing Stress During Difficult Times](#) from McGill University.
Thank you to the [DAIR Research Team](#) for sharing their resources.
Image of heart used with permission from [TheBeadingMama](#).

version française

WELLNESS FOR EVERYDAY



by Cheryl Gabriel
Student Support Worker
FNAESC

Cedar is a medicine that can help you immensely. Using the letters in the word cedar, here are a few reminders to help ground and center you during stressful times, or for everyday to keep well!

Connect - with the creator and others

Engage - in meaningful activities everyday

Do - some physical activity everyday (even if just a few steps daily!)

Acknowledge - your strengths and know your weaknesses

Recognize - when you or others may need help and reach out.
Help when you can



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GET MOVING

Movement helps to manage stress, boost resilience, & keep you healthy!



N8V DANCE FITNESS

"This class is a way to get in shape while bringing the fun of Pow-wow dance into your everyday routine!!"



ACTIVE BY POPSUGAR

From boxing to yoga to strength training - the programs are free during the pandemic - app or browser!

BOOST YOUR WELLNESS

STAY MINDFUL

Boost your well-being to prepare for difficult times..

Yoga Nidra

A good night's sleep can boost your wellness. Yoga Nidra helps you sleep so you are ready to face whatever the day brings!



Questions or comments: trosen@conseilscolaire-schoolcouncil.org



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CONNECTION

Finding fun ways to keep connected with others about things you enjoy can help to manage stress.

KEEP
CONNECTED
WITH
OTHERS

Teleparty

Try using [Teleparty](#) (previously known as Netflix Party) to watch movies together. With your friends.

PAY IT FORWARD

Taking time to do things for others keeps us connected to our community..

VIRTUAL GATHERINGS

[Online book clubs](#), [beading circles](#), [virtual powwow](#), and [Minecraft servers](#) can help increase feelings of connection.



Start your own with friends from the centre!

Prepare some food for a community member & leave it on their doorstep. If you don't know what to prepare - [here are some fancy ideas!](#)



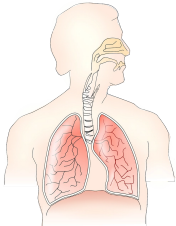
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CALMING BREATH

Breathing is one of the simplest ways to acknowledge our emotions and calm ourselves down, but most of us don't actually know how we can use our breath in stressful moments.



Here is an example.

ACKNOWLEDGE
YOUR
EMOTIONS

INTENSE EXERCISE

When intense feelings become overwhelming, try taking a few seconds to get active. Small 30 second bursts of intense exercise can help you feel more in control!



Here are some examples.

PROGRESSIVE MUSCLE RELAXATION

We might experience intense feelings physically, like with tension in our neck or shoulders. Using this strategy can help reduce that physical tension.

Here is an example.





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RECOGNIZING WHAT WE HAVE

It is ok to feel sad and frustrated about not seeing your friends or having to study online. It is normal. By practicing gratitude, we can start to realize what we do have to feel good about, even when life is difficult.

PRACTICE GRATITUDE

REACHING OUT

Send an email or message to let someone know you are thinking of them and appreciate them - you might make their day!

THREE GOOD THINGS

Take 30 seconds to think about 3 good things that happened today - from chatting with a friend to eating the best cookie. Write them down - do this often!



You can use a journal or [this worksheet](#) to make it a routine.



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