

# Wellness Letter

## Podcasts We Recommend...

Podcasts vary in length, content and purpose; they can be funny, informative, or anything in between. Podcasts can provide a feeling of connection, so if you are looking for a few good podcasts to start with, here are some suggestions from our team!

Heather: *Big Life Journal* (available on Apple or Google podcast services) has created a podcast for children and their parents on developing a growth mindset! A growth mindset has been linked to better problem-solving skills and self-esteem. The podcasts are fun for children to listen to, and include story telling and craft ideas!

Amanda: *Arm Chair Expert with Dax Shepard* (available on Apple or Google podcast services) is super long, and requires a time commitment, but if you are looking for something funny, and insightful, *Arm Chair* is my go to! When I'm going for a long walk or drive, *Arm Chair* is my first choice!

Tiara: I love *How to Fail* (available on Apple or Google podcast services). This podcast always reminds me in some way that everyone has their own messy, hard stuff happening, or that has happened. But from messy, hard stuff, we learn more about ourselves. Definitely one I recommend!

Montana: I like *Case File* (available on Apple or Google podcast services) because it is obscure true crime cases from all around the world. If you like mystery novels or are a true crime fanatic, this is a good one!!

## THE BENEFITS OF DEEP BREATHING

Yoga has shown to reduce inflammation, especially inflammation that results from stress. Inflammation is linked with poor physical health, and so reducing inflammation can have lots of health benefits.

If yoga is not for you, similar benefits can be gained from meditation and deep breathing. Meditation has shown similar reduction in inflammation, and reducing anxiety.

Below are 3 short guided meditations to reduce stress or anxiety.

**Meditation for Anxiety** <https://youtu.be/4pLUleLdwY4>

**5 minute meditation you can do anywhere** <https://youtu.be/inpok4MKV>

**Mindful Breathing** <https://youtu.be/nmFUDkj1Aqo>

### References

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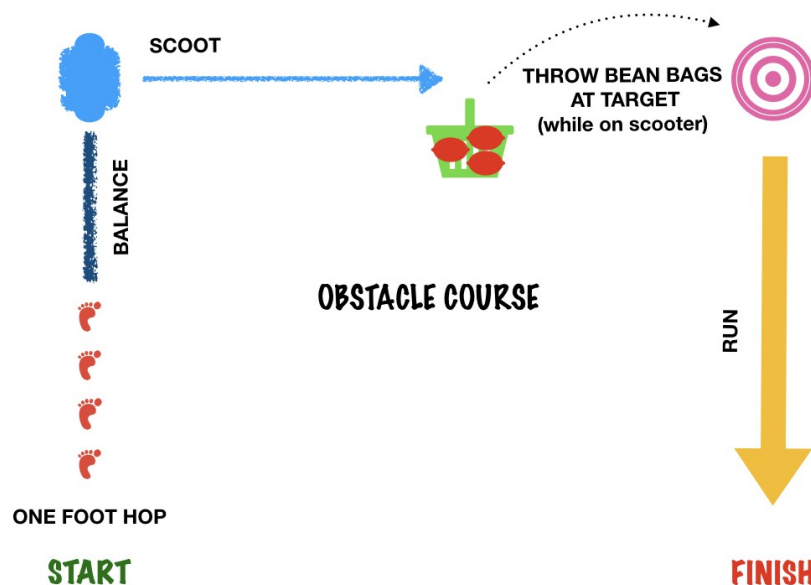
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With spring and the weather warm finally here, families are getting outside. Building a chalk obstacle course outside can promote physical movement, creativity and family connection. With physical distancing in mind, you could even challenge a neighbouring family, or others, virtually!



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# Mobile tools to promote mental wellness

Looking for ways to deal with COVID-related stress and anxiety?  
Access these services and tools right from your phone.

## Mental Health Helpline

Confidential information and service referral for all mental health concerns.  
Available toll-free 24/7 at:  
**1-877-303-2642**



## Text4Hope

Receive daily texts to help you identify and adjust your negative thoughts, feelings and behaviours due to COVID-19. To subscribe, text **COVID19HOPE** to **393939**.

## 5 questions to ask when choosing a mental health app



### Who developed the app?

Look for reliable organizations like universities, governments, and mental health services.



### Is there a privacy policy?

Make sure you're comfortable with how your data may be used (stored, shared, or sold).



### Will you use the app long-term?

Do the activities fit into your lifestyle? Do you find the app engaging and appealing?



### Is there evidence that the app is effective?

Read the app description to see if it uses evidence-based practices (such as cognitive behavioural therapy).



### Can you share your results with others?

Some apps allow you to download and share your data. Look for this feature if you want to involve your healthcare team with your status and progress.

## 5 free and evidence-based apps to try

1

### Headspace

Headspace includes hundreds of guided meditations on a wide range of topics, including sleep, focus, and exercise. The free version is limited, but includes a COVID-19 collection called Weathering the Storm.



2

### MindShift CBT

Uses proven strategies based on cognitive behavioural therapy to help you learn to relax and take charge of your anxiety.

3

### Sanvello

Offers tools to help ease stress and anxiety, including a daily mood tracker, relaxation audio recordings, and peer support.

4

### Happify

Complete happiness activities based on the principles of positive psychology, cognitive behavioural therapy, and mindfulness.



5

### Wysa

Wysa keeps track of your mood with friendly chats and helps you fight stress and anxiety with tailored tools and exercises.

For more information, see:

- [AHS novel coronavirus \(COVID-19\)](#)
- [AHS Addiction and Mental Health Mobile Application Directory](#)

Mobile Tools to Promote Mental Wellness  
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# Glitter Jar Ingredients & Recipe

JAR OR BOTTLE: use any size; VOSS 11.2 oz water bottles work great.

GLUE: Elmer's Clear School Glue works best; If using 11 oz bottle one 5 oz bottle of glue will do 2 jars.

GLITTER: fine glitter works best

WATER: warm water

OPTIONAL: food colouring  
small funnel for glitter

1. Fill your bottle about 1/8 to 1/3 full with glue. The more glue you add, the longer it will take for the glitter to settle after shaking

2. Add glitter, start with a tablespoon or so. Take a deep breath as you watch your child pour glitter everywhere but inside the bottle. PS: a slightly damp paper towel wipes up fine glitter pretty well. A vacuum works even better.

3. Fill the bottle the rest of the way with warm water. At this step, before filling the bottle all the way, you can leave a little less than an inch of space at the top of the bottle, cap it, and shake it to see if you want to add more glitter, more glue, or just more water.

5. When the bottle is full up to the neck with water, glitter, and glue, cap it. I recommend using a hot glue gun to seal the cap closed. I did this by applying a single ring of glue all around the top threading and then screwing the cap on.

## WAYS TO USE A GLITTER JAR

### **\*FOR CALMING**

Shaking the bottle feels just as good as watching the last few specks of glitter fall to the bottom of the bottle

### **\*FOR RELAXATION**

shaking the bottle and watching the glitter settle can further relaxation when you're already calm.

### **\*FOCUS BUILDING: FIND IT FUN**

For a variation, put in one larger piece of metallic confetti in for find-it fun.

### **\*FOCUS ON FALLING STARS**

Add several larger pieces of glitter to your glitter jar, like star spangles and after you shake the bottle, pick one to watch. Watch your piece of glitter until you either lose sight of it, or until it falls to the bottom of the jar. Then, choose another to watch.



# Make Your Own Bubbles

What you need:  
4 TBLS of water  
2 TBLS of sugar  
1 TBLS of  
Dish soap



Step 1:  
Mix sugar with  
water. Stir well!



Step 2:  
Add dish soap.  
Mix well!



Step 3:  
Put in a water-  
tight container,  
then enjoy!



For touchable  
bubbles, use:  
4 TBLS Water  
2 TBLS Dish Soap  
2 TSP Corn Syrup