



# LLC Wellness Initiative

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The LLC Wellness Initiative was created to help you learn about and practice ways to deal with stress. The initiative runs throughout the month of April. You can participate by coming to the LLC with your class OR you can come to the LLC with your friends during Lunch or Spare Tuesday and Thursdays throughout April.

The word "APRIL" is displayed in large, bold, 3D block letters. Each letter is a different color: 'A' is red, 'P' is orange, 'R' is yellow, 'I' is green, and 'L' is blue. The letters have a slight shadow underneath them, giving them a three-dimensional appearance.

# Contest

The word "Contest" is written in a large, white, 3D sans-serif font. The letters are set against a vibrant, multi-colored paint splatter background. The splatters are in shades of red, yellow, blue, and green, creating a dynamic and energetic feel. The paint splatters are most concentrated behind the letters, with some extending outwards.

Receive a ballot for each completed activity. Fill it out to enter a draw to win gift cards and Lucas swag!

# What is stress?



- “Body’s response to a real or perceived threat” -CMHA, 2014
- Normal and necessary for our functioning (i.e. helps us prepare for a test, activity, important event etc.)
- Stress is about the response to a situation (not the actual situation)
- How our body tries to keep us “safe”
- Stress can become a problem when we experience too much and impact our ability to cope
- Causes of stress can be individual or collective (think “Pandemic”)

# How Does Stress Show Up for You?

Reminder: Stress can be triggered by both good and bad events/situations

- **Physically**
  - Increased heart rate and breathing
  - Headaches
  - Stomach problems
  - fatigue/feeling tired
- **Cognitive**
  - Racing thoughts/Constant Worry
  - Increase in feelings of anxiousness
  - Increased frustration, decrease in patience, irritability
  - Difficulty with decision making
- **Other**
  - Social withdrawal
  - Avoidance of responsibilities



# Managing Stress During Uncertainty

## ● Strategies/Skills

- Diaphragmatic Breathing (“Belly Breathing”)
- Mindfulness/Meditation (5 Senses Exercise)
- Talking/Writing it Out
- Physical Activity
- Healthy sleep habits
- Social Connection
- Understand our Triggers
- Practice
- Routine




Use activities, like those presented at each station, to help you manage stress.

## The Bucket List Station

A graphic for 'The Bucket List Station' featuring a yellow sticky note with the title, a blue background with a white airplane, clouds, and yellow stars, and a small globe icon.

When feeling stressed, try some deep breathing exercises, practice mindfulness with the 5-4-3-2-1 exercise, or listen to calming music.

## Grateful Station

A graphic for 'Grateful Station' with a white background, a large blue flower, a pink envelope with 'Thank you!' written on it, and a floral garland.

## SUDOKU/CROSSWORDS STATION

A graphic for 'SUDOKU/CROSSWORDS STATION' featuring a magnifying glass, a pencil, a small calendar grid with numbers 1, 8, and 2, and scattered letters.

## Colouring Station

A graphic for 'Colouring Station' with a purple background, a cloud, hearts, a pencil cup, and a branch with leaves.

# Remember....

- Stress is a normal and healthy part of daily functioning
- Our body's response is about keeping us safe
- Stress is individual and relative
- Staying connected is important!
- Reach out for support, you are never alone





# Need Additional Support?

Check out the A B Lucas Mind Matters website where you can find links and Mental Health Support!

