



Exploring 4-H at Home



Environment & Healthy
Living

Pillar: Environment & Healthy Living

Project: Healthy Living (Previously called "On the Move")

Activities: Mental Health Tips



CANADA
4-H Saskatchewan

Healthy Living

Activity Guide

Mental Health (During a Pandemic)

Being stuck at home with everything cancelled seems like the worst possible thing at times. We have provided some tips of things that will help you improve your mental health not only while stuck at home but any day of the year!

Remember that everything included in this handout are just suggestions and you should choose the things that you think will work best for you. There is no “one thing” that will help everyone.

Tips

- Do one thing every day that makes you happy and one thing that makes you calm.
 - If that is going outside, reading a book, taking a bath or going for a swim. Whatever it is, try to do one activity a day that makes you happy and calm.
- Smile, when you're alone or with others
 - Did you know smiling is contagious? When you see someone smiling, it makes you want to smile too.
- Stay connected to those around you.
 - Check in with your friends and family, reach out to them if you are struggling
 - Plan a group video chat or group call with friends and family so you can all catch up and stay connected.
- Go for a walk outside
 - When and where it is safe to do so. Go outside and enjoy the fresh air and the nice weather.
 - Sunshine and exercise are both mood boosters too!
- Be kind to yourself and others.
 - This is a difficult time for everyone. You do not need to be working at the same levels you were before this started.
 - It is okay to need a break every once in a while. It is also okay to need more breaks from the people around you, or want to spend more time than usual with them too.
- Stay positive!
 - If you come across a challenging time in the day, try take a moment to find a positive instead.
 - Example: Instead of “Why does it have to rain today” try to change your mindset to “I can learn how to [insert skill] today!” or “Now I can get [insert chore] done without missing out on great weather!”
- Try some new activities!
 - 4-H Saskatchewan as well as many other places have been posting many new activities for members to try! Pick something you normally wouldn't have tried and give it a go. You might find something you didn't know you enjoyed.
- Make goals (or promises) to yourself and keep them!
 - Working towards big goals can be tough. Start small and work your way up!
 - Making a simple goal like ‘I will get up and get ready before 9 AM every day’ is an easy goal to achieve and will teach your mind that when you make goals you follow through.
- Ask for help
 - Only you know when you need help with something that is on your mind. Reach out to someone you trust if you are struggling.