

## MENTAL HEALTH MEMO: TAKING ON WINTER TO SUPPORT MENTAL HEALTH

For many of us, the pandemic has impacted our whole family's mental wellness. The start of the new year has brought new lockdown measures at a time of the year when the reduced exposure to light can cause sleep disturbances, low interest in activities, fatigue, and irritability. While this winter may be a difficult time, here are some ideas that may help support the mental health of our families:

- Focus on gratitude: despite the challenges, celebrate that there are still some good things happening!
- Collaborate with kids on plans: this will help motivate them to engage in activities to help keep busy
- Stay connected: use virtual programs and engage in physically distanced activities
- Embrace winter: spending more time outdoors can have a positive impact on mental health
- Stay active: taking care of your physical health also supports your mental health
- Keep healthy habits and routines: knowing what to expect is helpful for children with mental health issues
- Reach out for help: if you have concerns about your own or your child's mental health, connect with mental health services [Rainy River District School Board's Mental Health Resources Directory](#)

For more information, check out this article from Children's Mental Health Ontario:

[Get Ready To Take on Winter](#)

For more information, please contact the RRDSB Mental Health Leader at: [tracey.idle@rrdsb.com](mailto:tracey.idle@rrdsb.com)