

MOBYSS

February Newsletter



Canadian Mental
Health Association
York and South Simcoe
Mental health for all

MENTAL HEALTH TIP

Getting quality sleep, and enough of it, is important for our mental health! Poor sleep can affect our mood, memory, increase anxiety and depression, and more! Here are 3 sleep hygiene tips to help improve your sleep:

1. Try to keep a consistent sleep schedule by going to sleep and waking up at the same time each day
2. Turn off your devices before bed. Blue light from devices can reduce melatonin levels
3. Limit or avoid napping, especially later in the afternoon

5-4-3-2-1 GROUNDING EXERCISE

Feeling stressed? Overwhelmed? Anxious? Just not yourself? Try this exercise to help get you reconnect with the present moment again.

- 5 - Look around and name 5 things you see
- 4 - Name 4 things you can touch
- 3 - Name 3 things you can hear
- 2 - Name 2 things you can smell
- 1 - Name 1 thing you can taste

BE KIND
TO
YOUR MIND

CMHA YOUTH PROGRAMS LINK



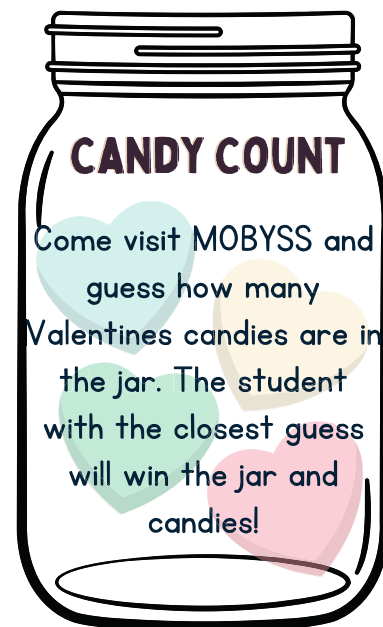
Scan this QR code for more information about CMHA

PHYSICAL HEALTH TIP

Are you getting enough vitamin D?

Vitamin D is essential for maintaining strong bones and teeth. Our main source of vitamin D comes from the sun, so how do we ensure we get enough vitamin D during the winter months?

- Diet - egg yolks, salmon, fortified cereals, and milk
- Supplements - ask your doctor or the MOBYSS NP if this is good option for you



Questions? Please see your guidance counselor about when MOBYSS will be visiting your school.