

WEEKLY WELLNESS

Weekly Newsletter from ABJ Student Services

THIS WEEK'S FEATURES

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worried or anxious about
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ABJ Student Services are
here to help you through
this. If you feel the need
to reach out or are
feeling overwhelmed, we
are here to support you!



Faith Amongst Panic

Panic and Fear are not from God.
Hope and Calm ARE from God.

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. You, Salvation of the Roman (all) People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen. We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas - we who are put to the test - and deliver us from every danger, O glorious and blessed Virgin.

There is a fine line between informed and overload...

Please mind your mind too!

Acknowledge your feelings.

Don't be afraid to reach out for help.

Don't isolate yourself.

Take care of your physical health.

Embrace some relaxation and grounding techniques.

Worrying is consumptive...

What to do if you are worried or anxious about coronavirus

ANXIETY BC

Life is uncertain. We all know it and it can make people anxious. But there are times when world events bring forward even greater uncertainty in daily life, which in turn can make us even more anxious than usual. The coronavirus outbreak is one of these times for many people. How can you manage this anxiety and worry during these uncertain times? Here are a few suggestions:

Be self-compassionate

Even people who don't usually struggle with anxiety are experiencing more worry and anxiety now. So: don't be too hard on yourself if you're experiencing more anxiety than usual.

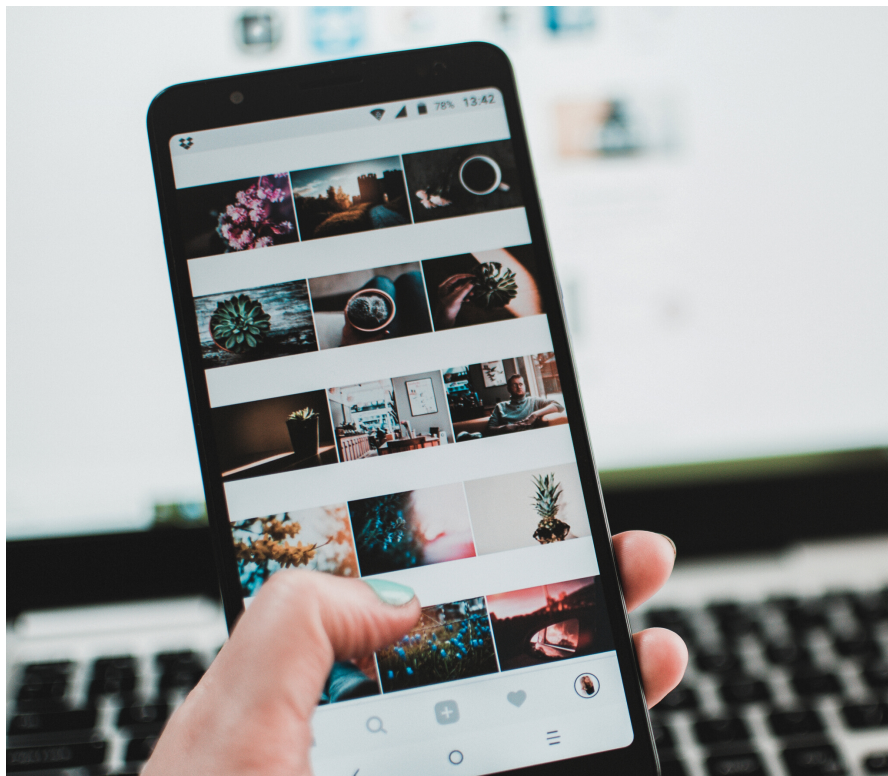
Limit the news & unplug from social media

Understandably coronavirus is the lead story for most news outlets. People on social media are likewise sharing information and stories, some of which are accurate but others may have little to do with reality. The general public is interested and wants to know the latest details. Yet when our attention is drawn to something, we are more likely to focus on it and continue thinking about it. As we think about and focus more on coronavirus, the PERCEPTION of threat increases (not the actual risk but our perception of it). By limiting or eliminating contact with media you can help yourself manage your own anxiety and worry. If you cannot eliminate contact with media, control it: Make sure that your information only comes from reputable sources.

Alternatives to Anxious Scrolling

How to use time online when the world feels more scary:

- Prioritise connection with loved ones.
- Curate your social media feed.
- Download a meditation app.
- Synchronize a Netflix movie night with friends.
- Create a "feel-good" playlist.
- Watch the "Best Of" Ted videos.
- Build a virtual Bookshelf on GoodReads.
- Stay informed without overloading.
- What could you add to this list? Share with us on Instagram @ABJCounsellors



Resources

Kids Help Phone
Call a counsellor at
1-800-668-6868 OR
Text Kids Help Phone
Text CONNECT to
686868Alberta

Health Services Mental Health
Help Line
1-877-303-2642 (24/7)

Child and Youth Counselling
Services Intake Services
780-342-2701

Access Open Minds
(780) 415-0048

This is a voicemail line – you can leave your contact information and someone from their team will contact you as soon as possible

Additionally, we are always here for you to connect:

Counsellors:
Sara Glass
sarag@eics.ab.ca
Courtney St.Amand
courtney.stamand@eics.ab.ca

Family Wellness Worker
Michelle Horon
michelle.horon@eics.ab.ca

