

Wellness Tips for Adult Students

Let's talk!

SAES students can speak with a professional therapist by calling/texting **514-700-2832**

Service available Tuesdays and Thursdays, 9 am to 5 pm

- ✓ **Try something new.** Even if you're at home, there are endless ways to create "positive distractions" and break free of old routines. For example, you could exercise, create art, practice photography with your camera phone, cook a new recipe, or build something. Sharing your activity with family or friends, in person or online, can also help you feel connected.
- ✓ **Return to nature.** Whether you decide to take a walk in the woods, or camp, hunt, or fish in the bush, spending time outdoors is very healing for the mind and body. Connecting with nature can help you find a sense of calm, peace, and renewal.
- ✓ **Get enough rest.** It is recommended that adults get between 7 to 9 hours of sleep each day. To function effectively, the mind and body need enough time to rest. If you're having difficulties sleeping, the 'Wellness Services' therapist can help you explore the reasons for your interrupted sleep patterns and find solutions so you can have more restful nights.
- ✓ **Wake up in gratitude.** Life can be hard sometimes. One way to stay positive and maintain hope is by starting each day with one positive thought. Think about something you are grateful for each day - it could be a friend, a teacher, a relative, your home, a meal, helping someone, your health, the sun, the moon, anything at all! Despite all of life's storms, there's always a reason to be grateful.
- ✓ **Talk to someone.** A great way to relieve stress, anxieties, worries, and fears is by talking to someone about your concerns. Speaking about challenges can help you work through problems, find solutions, and feel understood. Drop-in counselling with a professional therapist is available to adult education students every Tuesday and Thursday, from 9 AM to 5 PM.

