



## **Health & Wellness Resources Project**

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Placement at Community Living Trent Highlands

in the Early Learning Quality Initiative program

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## Wellbeing Resources:

### 1. ConnexOntario

Phone: 1-866-531-2600

Website: <https://www.connexontario.ca/>

### 2. Women's Resources of Kawartha Lakes

Phone: 705-878-5938

24 hr crisis support line: 705-878-3662 or 1-800-565-5350

Website: <https://womensresources.ca/vickys-values/>

### 3. Centre for Addiction & Mental Health (CAMH)- Resources for Teachers & Educators

Website: <https://www.camh.ca/en/health-info/guides-and-publications/talking-about-mental-illness>

### 4. YWCA Peterborough Haliburton

24 Hour Support & Crisis Line: 1-800-461-7656 or text: 705-991-0110

Website: <https://ywcapeterborough.org/>

### 5. Canadian Mental Health Association (CMHA) Haliburton, Kawartha, Pine Ridge Branch

Phone: 1-888-454-8875

Website: <https://cmhahkpr.ca/>

Location: 33 Lindsay Street South, Lindsay, ON

### 6. Mind Beacon

Website: <https://www.mindbeacon.com/news-media/cloudmd-to-acquire-mindbeacon-one-of-north-americas-leading-clinically-validated-icbt-solutions>



### 7. BounceBack Ontario

Phone: 1-866-345-0224

Website: <https://bouncebackontario.ca/>

### 8. MyFitnessPal

Location: App Store

### 9. StressWatch

Location: App Store



## Belonging Resources:

### 1. Curve Lake First Nation

Phone: 705-657-8045

Website: <https://curvelakefirstnation.ca/>

Location: 22 Winookeedaa Road, Curve Lake, Ontario, K0L1R0



### 2. Camebridge Street United Church - Lindsay, ON

Phone: 705-324-3547

Email: [csuc61@gmail.com](mailto:csuc61@gmail.com)

Website: <https://theunitedchurch.com/>

Location: 61 Cambridge St. N. Lindsay, Ontario, K9V 4C9

### 3. Anishnaabe Spiritual Centre

Phone: 705-869-4994

Email: [anishinabe.centre@gmail.com](mailto:anishinabe.centre@gmail.com)

Website: <https://www.anishinabespiritualcentre.ca/>



Location: 1091 Anderson Lake Road, Espanola, Ontario, P5E 1T1

Social media: Facebook & YouTube

**4. Canadian Association for Spiritual Care**

Phone: 289-837-2272

Website: <https://www.spiritualcare.ca/>

Location: 12-16715 Yonge St, Suite 315, Newmarket, ON L3X 1X4

**5. Seeds of Wisdom (Formerly Sacred Fire Foundation)**

Email: [info@seedsofwisdom.earth](mailto:info@seedsofwisdom.earth)

Website: <https://www.seedsofwisdom.earth/>

Location (PO box): 11014, Marina del Rey, CA 90295

**6. Kawartha Lakes Pride**

Location: Facebook & Instagram

**7. Pflagcanada**

Phone: 1-888-530-6777 ext 588

Email: [lindsayon@pflagcanada.ca](mailto:lindsayon@pflagcanada.ca)

Website: <https://pflagcanada.ca/chapters/>

Social Media: Facebook

Meeting Location: Cambridge St. United Church Upper Room, 61 Cambridge St. North, Lindsay, Ontario



**8. History of Canadian Pride- Queer Events**

Website: <https://www.queerevents.ca/canada/pride/history>

**9. New Canadians Centre Peterborough**

Phone: 705-743-0882

Fax: 705-743-6219

Email: [info@nccpeterborough.ca](mailto:info@nccpeterborough.ca)

Website: <https://nccpeterborough.ca/>

Location: 221 Romaine Street, Peterborough, Ontario, K9J 2C3

Available Monday to Friday, 9am to 5pm

Drop-in settlement services are available from 9:30am to 4pm on Monday, Tuesday, Thursday and Friday

**10. Farmer Wellness Initiative (Agriculture Wellness Ontario)**

Phone: 1-866-267-6255

Website: <https://farmerwellnessinitiative.ca/>



**Engagement Resources**

**1. Yoga with Adriene**

Available on YouTube (online): <https://www.youtube.com/user/yogawithadriene>

**2. Early Learning Quality Initiative (ELQI) & Travelling Tales Libraries & Blog**

Email: rkellett@clth.ca

Website: <https://elqi.ca/2023/08/28/elqi-and-travelling-tales-library-information/>

**3. Kawartha Lakes Public Library**

Phone: 705-324-9411 x 1291

Website: [www.kawarthalakeslibrary.ca](http://www.kawarthalakeslibrary.ca)

Location: 190 Kent Street West, Lindsay, Ontario, K9V 2Y6

#### 4. Action for Happiness: Get Tips

Location: App Store



#### 5. Insight Timer- Meditate, Sleep

Location: App Store



### Expression Resources

#### 1. AllTrails App

Location: App Store



#### 2. Finch: Self-Care Pet App

Location: App Store



#### 3. I am- Daily Affirmations App

Location: App Store



#### 4. Halo App

Location: App Store

### Other Resources (Free)

#### 1. Webinar “The Link to Stability When You’re on the Brink of Burnout”

Website: <https://www.earlychildhoodwebinars.com/webinar/the-link-to-stability-when-youre-on-the-brink-of-burnout-by-beth-cannon/>

#### 2. Website to support burnout, chronic stress, & mental health

Website: <https://tendtoolkit.com/search/>

#### 3. Free (live) weekly guided meditation sessions with Rajaa

Website: [https://www.yogarenewteachertraining.com/online-yoga-teacher-training-courses/mindfulness-certification/?gc\\_id=20051192834&h\\_ad\\_id=658851958513&gad\\_source=1&gclid=Cj0KCQjw1Yy5BhD-ARIsAI0RbXajVeilDhima5aRA0BghwZXkVG0kj4xqgil6BQbqtLG742YX\\_3I20aAvONEALw\\_wcB](https://www.yogarenewteachertraining.com/online-yoga-teacher-training-courses/mindfulness-certification/?gc_id=20051192834&h_ad_id=658851958513&gad_source=1&gclid=Cj0KCQjw1Yy5BhD-ARIsAI0RbXajVeilDhima5aRA0BghwZXkVG0kj4xqgil6BQbqtLG742YX_3I20aAvONEALw_wcB)

### Other Resources (Paid)

#### 1. Calm App (76.99 CAD Annually)

Location: App Store

#### 2. Headspace App (69.99 CAD Annually)

Location: App Store

#### 3. The Association of Early Childhood Educators of Ontario (AECEO)

Website: <https://www.aecko.ca/>

### Homelessness & Housing Resources

#### 1. Homelessness Coordinated Entry System - City of Kawartha Lakes

Website:

<https://www.kawarthalakes.ca/en/living-here/homelessness-coordinated-entry-system.aspx>

#### 2. A Place Called Home (City of Kawartha Lakes & County of Haliburton)

Website: <https://www.apch.ca/>

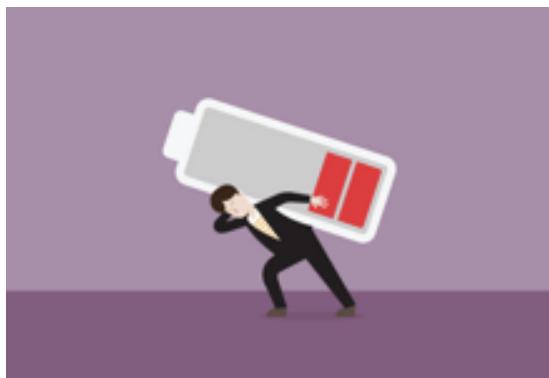
## The Impact of Stress & Burnout

- Did you know that burnout was officially recognized by the World Health Organization as an occupational phenomenon in 2019?
- Work-related burnout has been increasing over the years (Precker, 2022)
- Burnout is a phenomenon that occurs when an individual's efforts and coping mechanisms are not enough to combat work related stressors (Gupta & Simonsen, 2017)
- WHO defines burnout as “feeling depleted, exhausted, mentally distant or cynical about one’s job, with reduced competence and effectiveness at work” (Precker, 2022)
- Signs & Symptoms: Feeling tired/low energy, inability to cope with stressors, having trouble falling asleep or staying asleep, changing emotions (sad, angry, irritable, etc), trouble focusing, feeling doubtful or let down, use of alcohol & other substances, getting sick more than usual, “feeling off” or having headaches, stomach aches or other physical complaints with no known cause (Mayo Clinic, 2021)

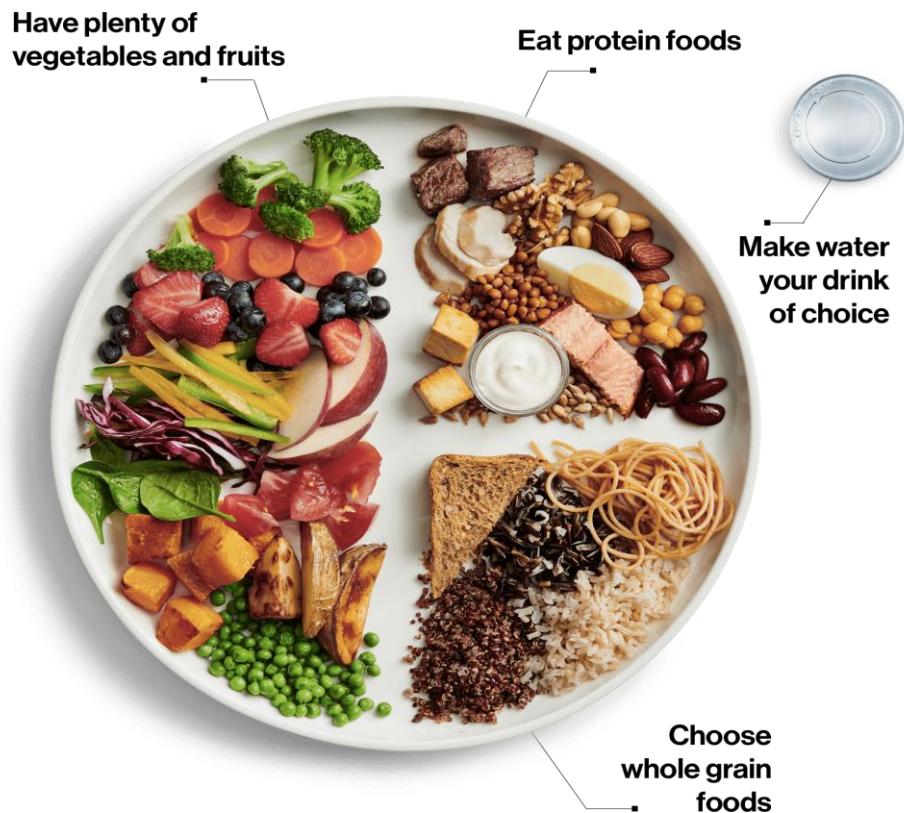
• **Health Implications:** Linked to increased cholesterol levels, increased blood pressure, depression, insomnia, coronary heart disease, diabetes, & unhealthy behaviours such as smoking, alcohol and inadequate sleeping patterns, among others (Precker, 2022)

• **Prevention & early recognition is key!**

• Get to know your “normal” and the potential signs and symptoms of burnout



# Making Nutritional Choices



**Link to Canada's Food Guide:**

<https://food-guide.canada.ca/en/>

## General Tips on Nutrition:

- 1. Balance your plate with all the food groups**
  - Include proteins, whole grains, fruits, vegetables & healthy fats
  - Half a plate of fruits & vegetables,  $\frac{1}{4}$  plate protein &  $\frac{1}{4}$  plate whole grains
- 2. Increase whole foods whenever possible**
  - Fresh produce > processed foods
- 3. Stay hydrated**
  - Make water your drink of choice (aim for 8 cups/day)
- 4. Read food labels to make informed decisions**
- 5. Plan/prepare meals ahead of time**
  - Create a weekly plan to avoid impulsive, less healthy decisions
- 6. Eat a diverse variety of foods**
  - Rotate in different foods to avoid boredom & optimize health
- 7. Practice mindful eating**
  - Eat slowly & avoid TV/phones during meals

**Healthy eating is a journey not a destination. Small changes over time make a big difference. Celebrate your progress & enjoy the process!**

## **Advice From Other Educators in Your Community on Combating Stress & Burnout Rates**

**“Focus on positives and be solution focused”**

**“Find someone that you can trust, can confide in and rant to when needed”**

**“Plan and engage in activities that you enjoy so that you can really turn your brain off from work”**

**“Take time for yourself to disconnect from work... Take ALL of your vacation time”**

**“Reach out for support, don’t deal with it alone”**

**“Slow down, advocate for yourself, work as a team, discuss and problem solve concerns, make time for yourself”**

**“Remember to breathe”**

**“You are not alone! In order to take care of others we need to take care of ourselves first!”**

**“Learn to prioritise your needs and find the joy in your day”**

**“Take deep breaths, keep on singing keep on dancing”**

**“Find your balance”**

**“Don’t take on too much and take things one thing at a time.**

**“If you need a day off take it”**

**“take the time to recharge”**

**“Be kind to yourself... it’s ok to ask for help”**

**“Wake up each morning knowing it’s going to be a successful day. Work hard play harder”**

**“Remember why you started in this field. Remember the children who we are supporting”**

**“Look for the good in every single person you meet”**

# **Kawartha Lakes & Haliburton Mental Health Crisis Resources**

**Telehealth:** 1-866-797-0000

**Four County Crisis 24 hours:** 1-866-995-9933

**Anishnaabe Kwewag Gamin Crisis Line:** 1-800-388-5171  
or 905-352-3708

**Social services in your community:** 211

**Canopy Support Services (APS):** 1-888-616-3456

**Kawartha Haliburton Victim Services:** 1-800-574-4401

**Development Services of Ontario:** 1-877-376-4674 ext. 212

**Kawartha Sexual Assault Centre:** 1-866-298-7778

**RMH Mental Health Intake:** 705-328-6064

**John Howard Society:** 705-328-0472

**Women's Resources of Kawartha Lakes:** 705-878-5938

**YWCA Peterborough Haliburton:** 1-800-461-7656

## Getting Motivated

### Links to Motivational Speakers:

1. **Prioritizing self-care & actions to take to promote mental, physical, spiritual and emotional health:**  
[https://www.ted.com/talks/reena\\_vokoun\\_why\\_wellness\\_is\\_the\\_secret\\_to\\_personal\\_and\\_professional\\_success?subtitle=en](https://www.ted.com/talks/reena_vokoun_why_wellness_is_the_secret_to_personal_and_professional_success?subtitle=en)
2. **Ted talk about creating a psychological boundary between home and work:**  
<https://cezannehr.com/hr-blog/2024/03/7-ted-talks-to-help-you-tackle-workplace-stress/>
3. **Learning how to motivate yourself:**  
[https://www.youtube.com/watch?v=g3CvsPAF3\\_0](https://www.youtube.com/watch?v=g3CvsPAF3_0)
4. **Taking care of your mental health:**  
<https://www.youtube.com/watch?v=BvpZktlBFs>
5. **Ted Talk on the exercise-happiness paradox & getting moving:**  
<https://www.youtube.com/watch?v=8so1WZ4j1oQ>

**Effective keywords or phrases for you to search to find motivational podcasts, speakers, or videos:**

“motivation” “easy ways to get moving” “burnout/stress prevention” “life balance”  
“mental health and self-care” “self-improvement motivational tasks” “positive mindset”  
“personal growth & wellness” “wellness focussed inspirational speakers”  
“mindfulness & motivation” “how to build resilience” “personal growth talks/speeches”  
“Ted Talks well-being” “Oprah Winfrey inspiration series”  
“Indigenous motivational speakers” “ways to destress/unwind”

**Platforms:** YouTube, Spotify, Apple Podcasts, TEDx talks

**Some specific podcasts to get you started:**

**Believe in yourself**

Jay Shetty Purpose  
The Mindset Mentor- Rob Dial Jr  
The School of Greatness- Lewis Howes  
Rich Roll  
The Mel Robbins Podcast  
WorkLife with Adam Grant  
Everything Happens with Kate Bowler  
Oprah's Super Soul



# Get moving : Fun & Easy Ways to Stay Active

## Dance/Zumba to your favourite song



## Try yoga or a couple of new stretches



## Do desk exercises at work (i.e seated leg lifts or desk push ups)



## Active meditation



## Go sledding or build a snowman (winter)



## Go for a walk/hike



## Engage in an outdoor game



## Go for a swim (summer) or try a new sport/activity of choice



## Gardening (spring/summer)



## Rake the leaves & jump in them (autumn)



## Daily Recommendations

**18-64 years-old:** 150-300 mins/week of moderate intensity aerobic activity & 2/more days/week of muscle strengthening activities involving major muscle groups

**Pregnant & postpartum women:** 150 mins/week of moderate-intensity aerobic activity & avoid activities with a high risk of falling or abdominal trauma

**Limiting sedentary time & replacing it with even light exercises goes a long way**

## Healthy Sleep Routine Tips



### 1. Stick to the same schedule

- Try your best to go to bed and wake up at the same time every day

### 2. Create a good sleeping environment

- Ensure that where you are sleeping is dark (even small/dim lights can make an impact), quiet, and between 16-20 degrees celsius if possible
- A fan, eye mask, or blackout curtains may also be helpful

### 3. Reduce screen time before bed

- Avoid all screen use if possible, including TV's, phones, tablets, etc. It is best not to look at any screen at least 1 hour before going to bed

### 4. Practice relaxation techniques

- Engage in activities that help you relax, such as meditation, reading or taking a warm bath

### 5. Be mindful that your diet may impact your sleep

- At least 3 hours before you go to bed it is best to avoid alcohol, caffeine, and heavy meals

### 6. Engage in physical activity

- You do not need to overdo it but regular physical activity (within your limits) can also promote better sleep.
- However, avoid intense exercise close to bedtime

### 7. Avoid taking long naps

- Avoid napping later in the day and try to limit naps to 20-30 minutes

### 8. Manage stress levels

- Refer to the resources handout. Find the ways that help you unwind best

### 9. Seek help from a professional if needed

- If you are still having issues with sleeping it's best to consult a healthcare provider

## Benefits of Getting Good Sleep

- **Improved physical & mental health:** Enhances immune system & recovery, while reducing the risk for heart disease, diabetes & obesity. Also improves emotional regulation & mood, while reducing anxiety & depression symptoms
- **Increased cognitive function:** Benefits on memory, focus, & problem solving
- **Increased energy levels:** More alert & effective while performing tasks
- **Regulation of hunger hormones**
- **Associated with a longer lifespan**

## Sleep Duration Recommendations

- ❖ 5-17 years old (WHO): 9-11 hours
- ❖ 18-64 years old: 7-9 hours
- ❖ 65+ years old: 7-8 hours



# Journal Prompts to Get Started



## Gratitude & Positivity

- ★ What is something that you are grateful for today?
- ★ What is a recent challenge that you have learned from?
- ★ What is something that you are proud of?
- ★ What are some things that have made you smile recently?

## Goal Setting & Achievement

- ★ What is one goal that you would like to accomplish today or this week?
- ★ Reflect on a time that you have achieved something. What did you do to get there?
- ★ Where do you see yourself in 5 years & what will you do to get there?
- ★ What is one habit you'd like to start or perhaps one that you'd like to break?

## Personal Growth

- ★ What is one quality that you admire & would like to cultivate in yourself?
- ★ What is one thing that you need to let go of in order to grow as a person?
- ★ What does prioritizing your needs & self-care look like for you?
- ★ Is there anything new that you'd like to learn & why does this matter to you?

## Inspiration & Dreams

- ★ Who/what inspires you the most & why?
- ★ If you could do anything without fear of failure what would it be?
- ★ What motivates you to keep going through the hard days?
- ★ How do you personally define success?

## Reflection on Strengths

- ★ List 5 things that you love about yourself
- ★ What is one skill/talent that you have developed over time?
- ★ How do you best recharge when needed?
- ★ Write about a time that you helped someone & how did that make you feel?

## Shifting Your Mindset

- ★ What is one limiting belief that you'd like to change & how will you do this?
- ★ What does resilience mean to you & how do you demonstrate it?
- ★ What is one positive affirmation that you can tell yourself today?
- ★ Describe a setback as if it were an opportunity in disguise

## Daily & Weekly Themes

- ★ How can you make today feel productive & fulfilling?
- ★ Reflect on one moment of the day. How did it make you feel?
- ★ How can you end your day/week feeling accomplished & relaxed?
- ★ What does living your best life look like today?
- ★ What are your intentions for the day/week ahead?

## References

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