



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

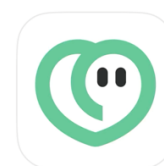
Website: <https://bouncebackontario.ca/>

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. Cambridge Street United Church - Lindsay, ON

Phone: 705-324-3547

Email: 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

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 (Formally Sacred Fire Foundation)

Email: 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

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

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: rkelleth@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

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=Cj0KCQjwIYy5BhD-ARIsAI0RbXajVeilDhimae5aRA0BghwZXkVG0kj4xqgil6BQbqtLG742YX_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.aeceo.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)

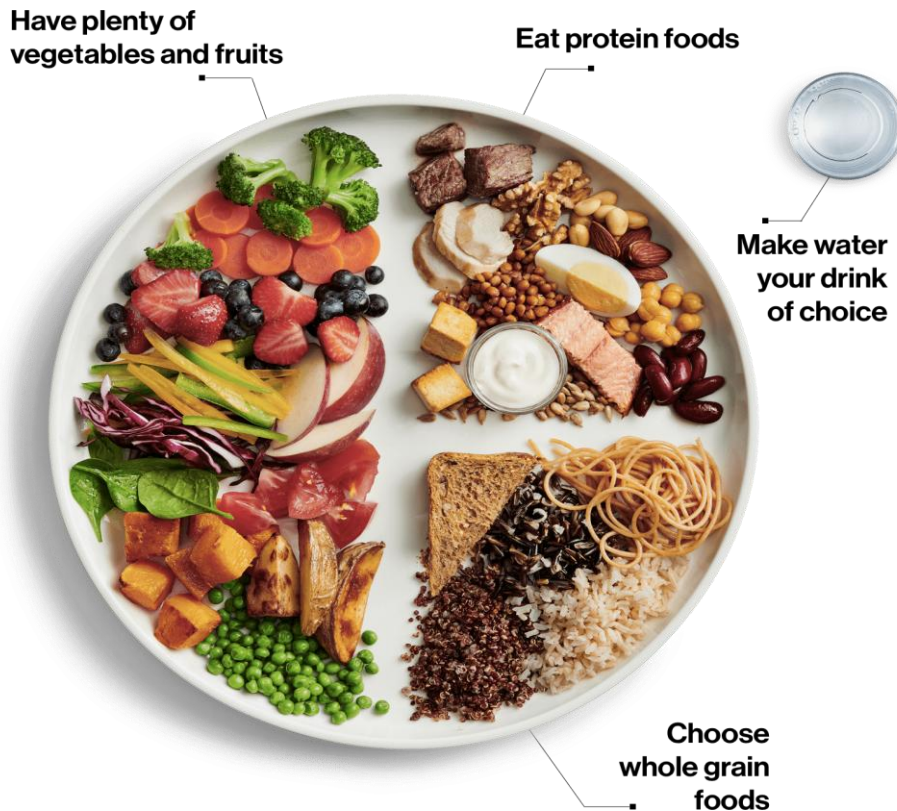
•**Health Implications:** Linked to increased cholesterol levels, increased blood pressure, depression, insomnia, coronary heart disease, diabetes, & unhealthy behaviours such as smoking, alcohol and inadequate sleeping patterns, among others (Precker, 2022)

•**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, ¼ plate protein & ¼ 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
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
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:

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

Believe
in
yourself



Get moving : Fun & Easy Ways to Stay Active

Dance/Zumba to your favourite song



Go for a walk/hike



Try yoga or a couple of new stretches



Engage in an outdoor game



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



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



Active meditation



Gardening (spring/summer)



Go sledding or build a snowman
(winter)



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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