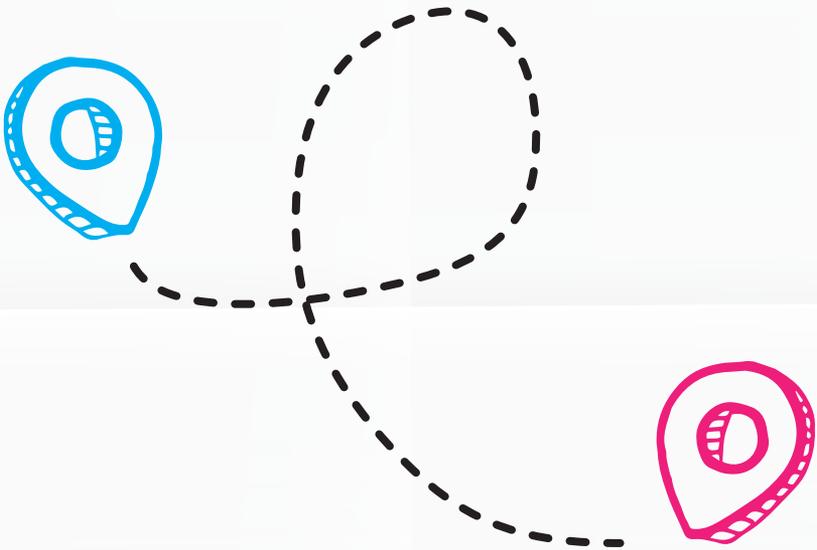




MENTAL HEALTH WEEK ... MAY 3 - MAY 9, 2021

NWO

BE WELL  PASSPORT



The Northwestern Ontario School Mental Health Team in partnership with Evolution Mining has put together a compilation of activities for individuals and families to do during Mental Health Week 2021.

This resource, the “**NWO Be Well Passport**”, takes participants on a wellness adventure within their communities, reminding them to consider a “whole person” perspective from the [First Nations Mental Wellness Continuum Framework](#), which includes aspects of Spiritual, Emotional, Mental and Physical wellness. Community partners will also participate by hosting different virtual activities throughout the week, participants can [tune in each day to join them!](#)

**This passport is full of activities, and each one is a “stop” on your journey to well-being!**

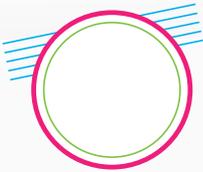
1. Save this booklet to your computer or [download the print copy.](#)
2. Take part in the activities and events throughout your passport. Digitally “stamp” (check off) each activity you complete, and use the tracking sheet on [Page 8](#) to describe what you did.
3. As you complete each passport stop, send a photo of your participation to [NWOBeWell@gmail.com](mailto:NWOBeWell@gmail.com). Each stop will enter you into a draw to win some amazing prizes! Don't forget to include your name and which school board/community you belong to.
4. Be sure to tag **@NWOBEWELL** and **#NWOBEWELL** to share the fun on social media!





Boozhoo and welcome to Mental Health Week. We acknowledge the land we stand on as within Treaty #3, Treaty #5, or Treaty #9, the traditional land of the Anishinaabe and Metis people. This is where we live, learn, work and grow. Acknowledging the traditional territories of our ancestors demonstrates respect for the original custodians of a region and serves to strengthen our relationships to one another and to the land. We can also find strength within ourselves when we stop to remember and appreciate the space around us and the courage of those who came before us. Miigwetch.

Tune in to the [Keewatin Patricia District School Board's YouTube channel](#) each day to participate in virtual wellness activities hosted by our local community partners. "Stamp" each day as you participate!



**MONDAY, MAY 3**

FIREFLY

"My Heart is Full" Self-love activity



**TUESDAY, MAY 4**

O.P.P.

Boot camp workout



**WEDNESDAY, MAY 5**

Jack.org

Jack Talk



**THURSDAY, MAY 6**

Tikinagan Child & Family Services

Eco Art Class, a Mindfulness Nature walk, a Progressive Muscle Relaxing Techniques and a Talking Stick making



**FRIDAY, MAY 7**

Red Lake Indian Friendship Centre

Traditional medicine bundle teachings





# Be Well Activities

## #NWOBWell to Spirit

- Plant a tree, vegetable garden, or flower. [Click here!](#)
- Create a bee bath or a bee garden to help save the bees.
- Spend an afternoon cleaning up your neighbourhood of litter.
- Take a photo at your favourite sunset spot.
- Draw out your own personal wheel of well-being. [Click here!](#)
- Engage with your community by attending a group virtual event or hosting a Zoom party.
- Find a place in nature and spend 5 minutes doing something spiritual like yoga, praying or meditating. [Click here](#) to follow along with a visualization.

## #NWOBWell to Emotions

- Reach out to a friend you haven't connected with lately, tell them you still love and support them even from far away. Find tips on reaching out [here](#).
- Make breakfast in bed for someone you love.
- Wrap your arms around you and give yourself a hug.
- Make a list of 15 things you are grateful for. [Click here!](#)
- Practice speaking to yourself with kindness, respect, and self-compassion out loud.
- Make a paper list of bothersome things that are "beyond my control". Let go of them by tearing it up and throwing it away.
- Let your feelings out: if you're sad, watch a sad movie. If you're happy, sing and dance to a happy song.
- Learn how to "Be There" for your loved ones. [Click here!](#)



## #NWOBeWell to Mind

- Set a goal, make a detailed plan to accomplish it, and write it down. Remember to prioritize important tasks and participate in self-care. [Click here!](#)
- Write a letter or make a card for a family member or neighbour.
- Take a video of yourself successfully teaching your pet a new trick.
- Show a receipt from when you “paid it forward” to a stranger. [Find inspiration here!](#)
- Find a book that you think you’ll enjoy, and read it each night before bed for 30 minutes, see if it helps you fall asleep.
- Build your sense of control by tidying up your workspace, room, or living area. “A clean space is a clean mind”.
- Create a “Sunshine” Jar of positive and happy thoughts, words and phrases that make you feel motivated and uplifted. [Click here](#) for an example!

## #NWOBeWell to Body

- Choose a day to only bike or walk instead of driving. Keep hydrated by also keeping track of your water intake.
- Try a breathing or muscle relaxation strategy. [Click here](#) to improve your mind-body connection.
- Do “Sun Salutations”– an easy yoga routine each day for a week, see if it makes you more flexible. Follow along with [this video](#) to try this practice.
- Learn a body-weight workout that you can do anywhere, any time, without equipment.
- Take the time to plan and prepare healthy meals for each day of the next week.
- Take a hike to a place with a beautiful view and have a healthy picnic there.
- Have a virtual steps challenge with family members, colleagues or friends.

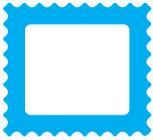


# Northwestern Ontario Ways to Be Well



- Draw, paint, or take a photo of an outdoor landscape “happy place”.
- Go fishing or sucker fishing.
- Distract yourself and count how many boats you can spot on the lake.
- Google a list of local birds and go bird watching.
- Go for a hike and try to find moose poop.
- Download a satellite tracker and try to find the Northern Lights or star gaze.
- Pack a picnic and go to your favourite outdoor spot.
- Watch an online video on how to stay bear safe. [Click here!](#)
- Go for a walk to your favourite beach spot.
- Watch the float planes take off and land on the lake.
- Make a bird feeder.
- Order takeout from your favourite local restaurant and treat yourself.
- Go for a swim in the lake.
- Play at a local park.
- Go frog hunting at night with a flashlight.
- Go geocaching.
- Have a fish fry.
- Read a book or magazine outside.
- Create and go on a photo scavenger hunt around town.
- Do some colouring! [Print this template](#), colour it, and put in your front window. Show others that you are participating in the “NWO BE Well activities”.





We practiced **#NWOBeWell to Spirit** by:

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We practiced **#NWOBeWell to Emotions** by:

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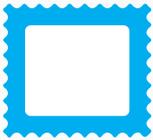


We practiced **#NWOBeWell to Mind** by:

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We practiced **#NWOBeWell to Body** by:

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We practiced **NWO Ways to Be Well** by:

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# Outreach Numbers

*\*Disclaimer: In the event you are experiencing a mental health crisis or crisis situation please access emergency services by dialling 911 or going to your local emergency room.*

EMERGENCY SERVICES

911

[OPP Non-Emergency Line](#)

1 888 310-1133

Mobile Crisis 24/7

1-866-888-8988

KidsHelpPhone 24/7

1-800-668-6868  
[kidshelpphone.ca](http://kidshelpphone.ca)

[FIREFLY](#)

(SERVICES RUN MONDAY TO FRIDAY 8:30AM-4:30PM)

1-833-696-5437  
[intake@fireflynw.ca](mailto:intake@fireflynw.ca)

FIREFLY's #TalkThursday

THURSDAYS 9AM – 4PM

1-833-696-5437

[NAN HOPE 24/7](#)

CALL 1-844-NAN-HOPE (626-4673)

[Canadian Mental Health Association](#)

(16 YEARS AND OLDER. SERVICES RUN MONDAY TO FRIDAY 8:30AM-4:30PM)

1-807-468-1838

[Tikinagan Child & Family Services](#)

1-800-465-3624

[Kenora-Rainy River Districts  
Child & Family Services](#)

1-800-465-1100

School Mental Health Ontario

[smho-smsso.ca](http://smho-smsso.ca)

Jack.org

[jack.org](http://jack.org)

Cybertip.ca

[cybertip.ca](http://cybertip.ca)

