# TWO RIVERS SS WELLNESS newsletter






## November

Stressed? You're not alone! It feels like a lot but you have many of options...



### Mental Health Overload

IT'S A LOT TO CARRY.

Between school, family, social life and the future, it can feel like your mind never gets a break. You're not alone~and it's okay to ask for help.

Try these:

- The 5-4-3-2-1 Grounding Method: When feeling overwhelmed, reset your nervous system by naming 5 things you see, 4 you can touch, 3 you hear, 2 you smell, and 1 you taste.
- Talk to someone you trust~a friend, parent, teacher or counsellor.
- Limit screen time when it feels overwhelming.

### Midterms and Literacy test stress

IT'S NORMAL TO FEEL NERVOUS.

Midterms can feel intense but they are one step~not the whole journey. It can bring pressure especially when you want to do well.

Try these:

- Break your study time into smaller chunks.
- Use active study methods (notes, flashcards, practice questions)
- Get enough sleep and fuel your brain with healthy food and water.
- Do something you love every day.
- Take deep breaths and celebrate your efforts.

### Darker Days

LESS SUN. MORE IMPACT.

Shorter days and less sunlight can affect your sleep, energy and mood. Seasonal changes are real~you are NOT imagining it.

Try these:

- Get natural light when you can (even on cloudy days).
- Stay as active as you can (a short walk helps).
- Keep a consistent sleep schedule (7-9 hours a night).
- Embrace the season with warm teas, comfortable study spaces, and uplifting playlists to counter seasonal slump.

### Building Your Support Network

BE AWARE OF WHO TO REACH OUT TO!

Normalize Asking for Help: Talk to school guidance counsellors, teachers, or trusted friends when workload feels unmanageable.

Study Groups for Connection: Combine review sessions with peers so studying feels less isolating.

Protect Your Boundaries: It's okay to say no to extra extracurriculars or social commitments during peak exam weeks

Be kind to yourself and do something that makes you smile.

## Remember...



Good sleep fuels your brain.



Movement boosts your mood.



Nutritious food gives you energy.



Connection reduces stress.



Small steps make a big difference.

# Bully Prevention Week

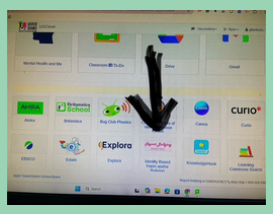
## IF YOU SEE SOMETHING, SPEAK UP.

Sometimes we see someone being bullied and want to help, but we might feel nervous or unsure about what to do. You don't have to put yourself in an unsafe situation to make a difference.

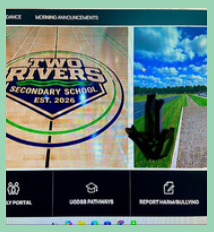
**There are many ways you can help:**

- Show support: Let the person being bullied know they're not alone. A simple conversation or friendly gesture can mean a lot.
- Stand together: Encourage friends and other students to support each other and speak out against bullying.
- Speak up safely: You don't have to confront the person bullying someone but sometimes a simple “don’t say that” can be enough to stop the rudeness. Find a safe way to show that the behaviour isn't okay.
- Tell a trusted adult: Report what you've seen to a teacher, the office, a counsellor, or another trusted adult who can help.

Remember, you don't have to handle bullying on your own. Speaking up and reporting what you see can make a real difference. Your actions could help someone feel safer, supported, and less alone.



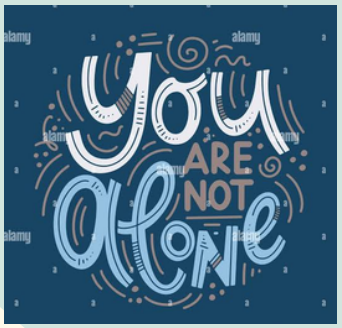
DO YOU KNOW WHERE TO REPORT HARMFUL/RACIST BEHAVIOUR OR BULLYING?






**Don’t forget all TRSS students have access to the Wellness Hub! Whether you need support with daily stress, social or emotional well-being, or just someone to help you navigate the ups and downs of high school life, come drop in anytime to room 109 on Tuesday or Thursday and see Gayton.**

# mental health resources




If there is an emergency, call 911.
If you or someone you know is in crisis or needs help:

- Guelph/Wellington: 1-844-437-3247 (HERE247)
- COMPASS Distress Line at 1-888-821-3760
- KidsHelpPhone: 1-800-668-6868
- 2SLGBTQA+ support line: call 226-669-3760
- Black Youth Helpline: 1-833-294-8650
- Indigenous Hope for Wellness Helpline: 1-855-242-3310
- Multilingual Distress Line: 1-877-298-5444; (TTY) 905-278-4890, Languages served include: English, Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi and Urdu.
- Naseeha Helpline (All ages): Muslim support line:
- 1-866-627-3342 (call) or 1-866-627-3342 (text)
- Trans peer support line: 1-877-330-6366

Need a resource that isn't here? Stop in at the Wellness Hub (room 109) to see Gayton or Dave and we will find it for you!

youth wellness hubs ONTARIO

**Youth Wellness Hub(formerly The Grove)**:
Drop In: Mon-Fri 11am to 7pm, Sat 11am to 4pm
Guelph YMCA https://www.thegrovehubs.ca/ymca
or Drop in: Mon-Fri 11am to 7pm
737 Woolwich Street https://www.thegrovehubs.ca/woolwich