



February, 2021

PROJECT BLUE

Resource Booklet

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WEEK 1

JOYFUL MOVEMENT



Movement

February 1st - 7th
2021

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Movement and
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Movement & Mental Health



Movement is an important part of healthy living. In order for exercise to add rather than detract from our health, it is recommended that healthful behaviours and beliefs should:

- Rejuvenate the body, not exhaust or deplete it;
- Increase mind-body connection, not allow or induce disconnection
- Alleviate mental and physical stress, not produce more stress

**Please consult with your healthcare provider before starting any exercise program.*

There are numerous mental* and physical benefits of joyful movement. It can:

1. Boost Energy & Improve Sleep*

*

2. Promote Self-Confidence* & Positive Body Image*

3. Raise Mood* & Lower Stress*

Exercise releases feel-good chemicals like endorphins and can promote mind-body awareness.

4. Offer Social Connection*

5. Improves Cognition & Memory*

6. Maintain Heart & Respiratory Health*

What is "Joyful Movement"?

What comes to mind when you hear the word "exercise"?

If you get a small pang of dread in the pit of your stomach, or reel at the thought of doing planks in your tiny dorm room or burpees at the sweaty school gym, you are not alone.

Despite all the good things movement can do for us, **only about 15% of Canadians meet the recommended physical activity guidelines***. We know that just being aware of the benefits of exercise isn't enough to sustain positive habits.

But why is this the case?

Aside from accessibility and equity considerations (which we'll touch on later), one factor that plays a major role in our relationship with healthful exercise is **attitude**.

Research shows us that the way we think of "exercise" (shaped by our society's beliefs and attitudes towards movement) plays an important role in our relationship with movement.

In our era of diet culture, fitness trackers, and calorie-counting, it is not unusual to

think of exercise as a chore or an obligation - something we use to manage our bodies

BUT, more and more *evidence* is coming out that highlights the concerns about adopting this weight-centred approach. It discriminates against people in larger bodies, contributes to disordered behaviours, and can distract from broader health goals to name a few*

So how else can we approach physical activity?



In truth, most of us have been exposed to very narrow ideas of what movement looks like and what it's "for".

"Joyful movement" is exactly what it sounds like. It is the philosophy that activity can actually be enjoyable (and we would argue that it *should* be).

Rather than approaching movement for what it does to our bodies or appearance, joyful movement focuses on what movement does for us.

In this way we emphasize choice, pleasure, and

mindfulness. There is value in so many diverse forms of movement that are completely unrelated to the way our bodies look.

So why do we care?

Our goal in bringing this up is to encourage you to consider what movement means to **you**. Is your vision of physical activity energizing? Inclusive? Flexible?

The journey to finding enjoyable movement can be difficult. The process of honouring our body's needs and making meaningful choices is an ongoing one.

We hope that some of the resources we share here will be helpful for exploring what physical activity means for you. However, please remember that they are not intended as a substitute for professional medical advice.

Moving mindfully with joyful movement means responding to our bodies' needs, and everyone's are different.

YOU HAVE EVERY RIGHT TO CHOOSE WHAT MEANINGFUL MOVEMENT LOOKS LIKE TO YOU.

SOME THINGS TO CONSIDER

Re-brand! Broaden your idea of what activities "count". Yes, chasing your dog at the park, walking with your family or dancing while you cook and clean are absolutely valid forms of activity.

"Cookie-cutter" workout programs cannot "work" for everyone - not everyone is going to like the same thing!



Physical Activity Guidelines

The Canadian Society for Exercise Physiology (CSEP) broadly recommends

Weekly



150 minutes of *moderate/vigorous** aerobic physical activity



Muscle and bone strengthening activity 2x per week

*Moderate-Intensity



Sweat a little & breathe a bit harder.

Vigorous-Intensity



Gets you sweating & out of breath

Daily



Limiting *sedentary time* (sitting or lying down with little energy expenditure) to 8 hours or less. Which includes:

- No more than 3 hours of recreational screen time
- Breaking up long periods of sitting as much as possible



A couple hours of *light physical activity** each day

Light physical activity



Doesn't make you sweaty or short of breath. E.g.
Standing, washing dishes, stretching etc.

Looking for ideas about where to start with movement? Check out [this activity planner!](#)

Physical Activity Guidelines

Some other considerations:

- **The whole day matters**
 - Routine rituals of daily living all contribute to your health.
 - On days when getting heart-pumping activity is difficult, focusing on reducing sedentary time and preserving a good night's rest can still benefit you.
- **Variety in Activity**
 - The CSEP suggests "Performing a variety of types and intensities of physical activity", but what does that mean and why? Click on the activities below to learn more



- **Accessible Options***
 - The recommended guidelines were made based on the best available research (largely for abled-bodied persons). With some additional information, these guidelines can be used to help guide movement for people with disabilities as well.



Regular activity can improve quality of life for people with chronic health conditions and may be part of therapeutic interventions



Amount and type of activity should be personalized in consult with a health care professional or activity specialist



Check out this [wheelchair user's guide to using fitness equipment and physical activity](#) or this [guide for healthy living with a spinal cord injury](#)

- See also: [Active Living Alliance for Canadians with Disabilities](#) and [Canadian Disability Participation Project](#)

Finding Movement that is meaningful for you

Lifestyle Priorities

What do you currently enjoy most? Check all that apply

- Being social
- Having alone time
- Getting to know others better
- Spending time with friends/family
- Having fun
- Improving my health
- Learning something new
- Releasing frustration
- Feeling accomplished
- Using my talents
- Being a leader
- Being in nice surroundings
- Having a teacher to learn from
- Doing things independently
- Feeling safe and secure
- Being competitive
- Taking risks
- Having structured activity
- Doing something challenging
- Having tranquility
- Trying something new
- Having lots of variety
- Enjoying the outdoors
- Relaxing

Activity Preferences

Pick the three most important from above and identify activities from the next page that would satisfy these needs.

LIFESTYLE PRIORITIES

1.
2.
3.

ACTIVITY PREFERENCES

1.
2.
3.

Finding Movement that is meaningful for you

Physical Activities

What ways can you think of to move your body that match your lifestyle priorities? If you can think of others, add your own!

Planned Activity	<input type="checkbox"/> Aerobic Classes	<input type="checkbox"/> Gym Equipment	<input type="checkbox"/> Skiing/Snowboarding
	<input type="checkbox"/> Aquafit	<input type="checkbox"/> Horseback riding	<input type="checkbox"/> Swimming
	<input type="checkbox"/> Canoeing	<input type="checkbox"/> Kickboxing	<input type="checkbox"/> Tai Chi
	<input type="checkbox"/> Climbing	<input type="checkbox"/> Martial Arts	<input type="checkbox"/> Walking/Hiking
	<input type="checkbox"/> Cycling	<input type="checkbox"/> Running/Jogging	<input type="checkbox"/> Weight Training
	<input type="checkbox"/> Dancing	<input type="checkbox"/> Skating	<input type="checkbox"/> Yoga
Social Activity	<input type="checkbox"/> Baseball	<input type="checkbox"/> Climbing	<input type="checkbox"/> Racquetball
	<input type="checkbox"/> Basketball	<input type="checkbox"/> Fencing	<input type="checkbox"/> Soccer
	<input type="checkbox"/> Boxing	<input type="checkbox"/> Football	<input type="checkbox"/> Squash
	<input type="checkbox"/> Canoeing	<input type="checkbox"/> Frisbee	<input type="checkbox"/> Tennis
	<input type="checkbox"/> Curling	<input type="checkbox"/> Golf	<input type="checkbox"/> Walk/Run Group
	<input type="checkbox"/> Dancing	<input type="checkbox"/> Hockey	<input type="checkbox"/> Volleyball
Lifestyle Activity	<input type="checkbox"/> Cooking	<input type="checkbox"/> Organizing	<input type="checkbox"/> Shovelling
	<input type="checkbox"/> Digging	<input type="checkbox"/> Painting	<input type="checkbox"/> Sweeping
	<input type="checkbox"/> Dog Walking	<input type="checkbox"/> Planting	<input type="checkbox"/> Wood Cutting
	<input type="checkbox"/> Gardening	<input type="checkbox"/> Raking	<input type="checkbox"/> Vacuuming
	<input type="checkbox"/> Mopping	<input type="checkbox"/> Renovations	<input type="checkbox"/> _____
	<input type="checkbox"/> Mowing Lawn	<input type="checkbox"/> Scrubbing	<input type="checkbox"/> _____

LGB YOUTH ARE

50%

LESS LIKELY TO
PLAY SPORTS
THAN STRAIGHT
YOUTH*.

35%

OF INDIGENOUS
YOUTH DO NOT
PARTICIPATE IN
SPORT AT LEAST
ONCE A WEEK*.

ACCESSIBLE MOVEMENT

Of course individual behaviour change can be incredibly valuable in promoting health - which is largely what *NYAC's Project Blue* hopes to encourage this month!

However, we recognize that personal behaviour change is also a privilege. It cannot remove systemic stressors like discrimination, stigma, job insecurity, or poverty that can otherwise prevent already marginalized individuals from benefiting from safe and inclusive physical health resources.

Discrimination based on age, weight (1), sexual orientation (2), gender (3), race (4), or physical (5) or intellectual (6) ability can all make it more difficult for people to engage in healthful movement.

Many aspects of how "wellness" is promoted can further be blocked by financial and logistic barriers that exclude people of lower socioeconomic status or those with disabilities or chronic illness who may have greater healthcare expenses.

We encourage you to check out information about the *Health at Every Size (HAES)* approach to physical activity that respects the diversity of body shapes and sizes.

This article provides a good perspective on the fitness industry as experienced by people of colour and links to where to find more information.

Additionally, check out *One Ability.ca* for information about promoting inclusion in sport.

Inclusive Movement

Accounts to Follow



CHRISSY KING



CALEB MARSHALL



DISABLED GIRLS WHO LIFT



FEAR HER FIGHT
Feminism in
strength spaces



JUSTICE ROE



KRIS SAUNDERS
@Wheelchairkris



LOUISE GREEN
Big Fit Girl



MEG BOGGS



MOVE ADAPTED
FITNESS



MORIT SUMMERS



NO BS ACTIVE



ROZ THE DIVA



TRANS YOGA
PROJECT



TIERRA



WOMENS
STRENGTH
COALITION

Inclusive Movement

Additional Resources



BODY POSITIVE FITNESS

Joyful movement classes & principles for all bodies



BODY RESPECT

(Book) Lindo Bacon, PhD.



CURVES WITH MOVES

Body-positive dance and wellness classes with Jessie Diaz-Herrera



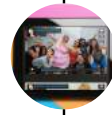
CHAIR YOGA

Classes with Amber Karnes



DECOLONIZING FITNESS

Podcast with Ilya



FAT KID DANCE PARTY

Dance aerobics and resources for all bodies



GOODWRK

Making fitness accessible and inclusive with Percell Dugger



MORE TO LOVE YOGA

Inclusive yoga with Rachel Estapa



JOYN

(App) Body-neutral movement



PHYSICAL ACTIVITY RESOURCES FOR CANADIANS LIVING WITH DISABILITIES

From the Canadian Disability Participation Project



WORKOUTS & CONVERSATIONS

With athlete, activist, and trainer Taylor Rae Almonte



YOGA FOR EVERYONE

Classes with fat, black, yogi Dianne Bondy



Additional Resources

- Joyful Movement



ACCOUNTS TO FOLLOW



BARB
PUZANOVVA



CODY OHEM



CURVY YOGA



CSEP



FUELLED BY
FEELING



GOOD BODY
FEEL



GURDEEP
PANDHER



LAUREN FITNESS



MOVING FOR
MENTAL HEALTH



PARTICIP-
ACTION



JENNA
JOZEFOWSKI



RYAN
GALLAGHER

Additional Resources

- Movement



APPS



PARTICIP-ACTION

Canadian fitness app



JOYN

Inclusive fitness classes



DOWN DOG

Yoga App



INSIGHT TIMER

Meditation & Yoga

PODCASTS



THE JOYFUL MOVEMENT SHOW

Kim Hagle, PT, RHN

For people who are done with punitive, body shaming exercise with Kim Hagle - mom of 4, personal trainer, holistic nutritionist and recovering dieter.



TIC TALKS PODCASTS

The Inclusion Club

TIC TALKS brings you the the true stories and insights of people dedicated to inclusion, human rights and the power of sport. Typically 15- 20 minutes long exploring personal stories and approaches to inclusion and human rights.

OTHER



Inclusive Activewear & [Body-Neutral Fitness Finder](#)



Inclusive & Body-Neutral Workouts

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Movement



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WEEK 2

FOOD & NUTRITION



Food & Nutrition

February
8th - 14th
2021

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A Note on Disordered Eating and Food Anxiety



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Nutrition & Mental Health

"You're not you when you're hungry".

Snickers wasn't actually that far off when they coined the phrase. Of course, we're not referring to it now as a way to sell candy bars, but to highlight the fact that food and mental wellness are very much connected!

Overall - we know that good nutrition is generally associated with better mental health*. BUT this relationship is complex, and it works in both directions - our mood impacts what we eat and vice versa. New research continues to look at the specifics - For instance:

- Eating patterns might affect our mental health by influencing our **blood sugar**, **immune system**, & our **gut microbiome**
- Psychiatric medications can affect appetite*
- Various health outcomes from poor nutrition are linked to mental health concerns
- Eating disorders & disorder eating are serious mental health concerns associated with food & nutrition

➔ Is Canada's Food Guide Inclusive?



Canada's food guide gives lots of excellent evidence-based information. But is it culturally inclusive?

Check out [this podcast](#) where registered dietitians and U of T graduate students discuss CFG!

➔ Evaluating Dietary Advice



There is LOTS of information floating around it can be hard to identify what is truly accurate.

Consult [this sheet](#) to help you make sense of nutrition information you come across. In general:

- Use neutral search phrases
- Consider alternative view points
- Evaluate the author (are they qualified? Do they have commercial interests?)

➔ Reducing Food Waste



Did you know, most food is still edible after the best before date has passed?

1. Plan meals before shopping with this guide
2. Revive food before it goes bad with these tips
3. Learn how to keep things fresh
4. Find leftover food recipes

Recommendations from Canada's Food Guide

When getting ready to eat, the following plate can be helpful figuring out what to put on your plate and how to put together a balanced meal. Click on each category to learn more!

Include plenty of
fruits & vegetables

Fill up about half of your plate!

Protein

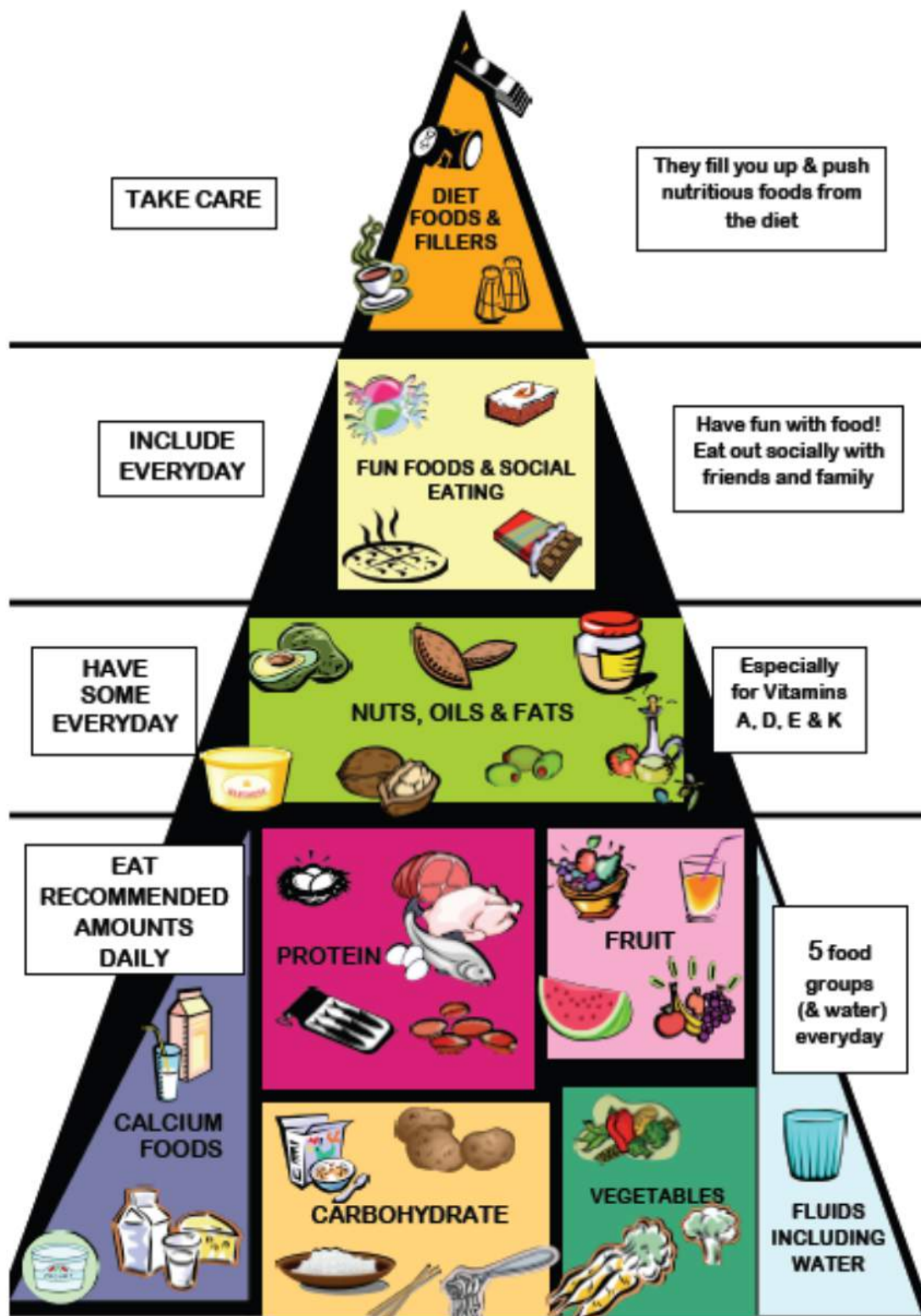


Carbohydrates &
Grains

The Food Pyramid

This information from the Centre for Clinical Interventions was designed to provide you with a guideline for healthy eating. If you have a special condition or are under medical supervision, you should discuss your eating plan with your doctor.

The full handout can be viewed here.



The Food Pyramid

PAGE 24

Macronutrients

Our bodies get energy from 3 main sources (AKA macronutrients):



CARBOHYDRATES

We need carbs for fuel, muscle protection, to regulate mood, sleep, & appetite, and to help digestion & hydration.

Carbs: Myth vs. Fact



PROTEIN

Protein is needed for growth and repair of body tissues and plays an important role in all functions of your body.

Some good sources of protein include: meat, fish, eggs, dairy, cheese, tofu, chickpeas, lentils, baked beans, nuts etc.



NUTS, OILS, & FATS

Our bodies need fat to function properly. Foods that contain fat are more tasty or “satiating” than low fat foods. Aim to eat more foods that contain essential fatty acids found in nuts, seeds, unsaturated fats and oils such as sunflower, olives, and olive oil.

The facts on Fat

Other Considerations



CALCIUM & VITAMIN D

These help maintain healthy bones and teeth. Choosing low-fat (e.g. 2%) versus non-fat (0%) foods is better for vitamin absorption.

Some good sources of calcium include milk, yogurt, cheese, & fortified plant-milks.



FRUITS & VEGETABLES

These provide tons of important nutrients and fibre!

When in doubt, aim to eat fruits and vegetables in a **variety of colours**. Try fruits & veg in a variety of forms also - e.g. canned, dried, cooked, raw etc.



FUN FOODS & TREATS

Including enjoyable foods in our diet is also important to avoid rigid eating patterns, social isolation, or high levels of dietary restraint.

The Food Pyramid - FAQ

PAGE 25

These balanced eating recommendations come from Canada's Food Guide and up-to-date research with the goal of helping you meet your nutritional needs, eat in a way that promotes long-term health, and offer flexibility and enjoyment.

These are general suggestions for reflection on our *average* eating patterns *over time* and are not strict rules that have to be followed each week.

A balanced approach to eating allows for variety. Not everyone's diet will look the same. Food consumption can vary from person-to-person, activity levels, season, culture, food preferences, allergies, access etc.

What does it mean to eat fruits and veggies of different colours?

Generally, thinking of colour is an easy "rule of thumb" to help you get a variety of nutrients!

- Aim to buy a dark green vegetable each week (e.g. spinach, broccoli, asparagus, kale, bok choy etc.) Dark green veggies contain folic acid!
- For vitamin A, aim to buy orange vegetables or fruit each week (e.g. oranges, carrots, sweet potato, mango, papaya, cantaloupe etc.)

Do I need "whole grains"

Try and make half of your grain products whole grain. e.g. Oats, quinoa, whole wheat breads and pastas, brown rice.

Does juice count as a fruit?

Yes! In a pinch. You should aim to choose whole fruits or veggies over juice when you can, because juice tends to have less fibre.

What fats should I be eating?

More than half the time, choose added fats that come from vegetable oils, soft margarines, nuts, and seeds.

Deep fried foods, shortening, and lard/butter can be enjoyed on occasion as they tend to be higher in *saturated fats*.



The Food Pyramid - FAQ

PAGE 26

Meat vs Meat Alternatives

Meat alternatives give us heart-healthy fats and fibre.

- Aim for 5 or more servings of meat *alternatives* a week (1 serving = 3 spoonfuls of hummus, handful of nuts, 2 eggs, 3/4c of beans, 1/3 block of tofu, 2 spoonfuls of peanut butter etc)
- Choose fish a couple times a week for **omega 3 fatty acids**
- 5 or fewer servings of red meat per week gives a good source of iron (1 serve = deck of cards)

Some research has looked at the potential for avoiding meat to correlate with symptoms of depression and anxiety*. While this is still being studied, we would like to encourage you to **reflect on how your food choices impact your own mental health.**

Different people can have different preferences and needs,

and your choice of diet should ideally benefit your overall health not harm it!

Should I be taking supplements?

In general, the average "healthy" person does not need supplements.

The best way to meet our nutrition needs is with a balanced and varied diet.

According to Health Canada, people who are pregnant or over the age of 50 may consider regular supplements.

Confer with your healthcare provider if you are curious about supplements.

In particular, be **careful with***

- Vitamin E (Do not exceed 400IU)
- Beta carotene if you smoke(d)
- Selenium
- Zinc
- Iron

Additionally, a multivitamin supplement is usually safer than taking single vitamins or minerals.



Tips for Grocery Shopping on a Budget

Content from Money Tamer.com

We are students too! We know balanced eating can be even more challenging when money is tight and you don't have lots of time. These tips might help you save money on food and plan out meals on a budget.

Not sure how much money to spend on groceries? This article might help give you a better idea.

Know & Use What you Already Have

Make a list of what's in your pantry or fridge so you don't buy duplicates.

Try to find recipes that use these ingredients to keep your grocery list smaller.



Search recipes by ingredient on [yummlly](#) or [allrecipes!](#)

Choose Inexpensive Alternatives

- Try dried/canned goods
- Buy frozen fruit & veg
- Look for discounts on misshapen produce
- Buy off-brand
- Buy seasonal



Here is a list of more groceries that tend to be inexpensive.

Buy in Bulk

If you can, consider what you can buy in bulk. Items like rice, beans and pantry staples can be better to buy in bulk for cheaper.

Have one Person do the Shopping

If you live and eat with others, plan meals and groceries together but have one person do the shopping so you can more easily keep track of the food budget.



Buy What's on Sale



Meal plan around what is on sale. You can find grocery deals ahead of time in flyers or online.

When you're shopping, look for discounted products that might going bad soon and freeze them for later.

Check out flyers through apps like [Flipp](#) or [Rakuten](#)

Make Larger Recipes Ahead of Time

Save money and time by making a couple bigger dishes at the start of the week and eating left-overs.



Here are 21 easy and inexpensive plant-based meal ideas. Feel free to double recipes to make bigger quantities!

Meal Planning

BREAKFAST CHOICES

- 1.
- 2.
- 3.

NEED TO BUY (ITEM & QTY)

LUNCH CHOICES

- 1.
- 2.
- 3.

NEED TO BUY (ITEM & QTY)

DINNER CHOICES

- 1.
- 2.
- 3.

NEED TO BUY (ITEM & QTY)

SNACKS & TREATS

NEED TO BUY (ITEM & QTY)

Grocery List

FRESH FRUIT/VEG

DAIRY/EGGS

FRESH MEAT/FISH

BAKERY (BREAD, BAGELS ETC)

CANNED GOODS

FROZEN (FRUIT/VEG/MEAT)

BOXED/BAGGED/DRY GOODS

MISC.

Mediterranean Pasta Salad

RECIPE FROM VINCCI TSUI, RD

INGREDIENTS

- | | |
|--------------------------------|---|
| 2 cups pasta of choice, cooked | 1 tomato, chopped |
| 1/3 cup feta cheese, crumbled | 1/2 onion, chopped |
| 1 pepper, chopped | 1 cucumber, chopped |
| | optional add-ins:
Chickpeas, chicken or other protein of choice. |

VINAIGRETTE

- | | |
|-------------------------|---|
| 1/4 cup olive oil | 2 garlic cloves (or 1/4 tsp powder) |
| 3 tbsp red wine vinegar | 1 tsp honey (or other liquid sweetener) |
| 2 tbsp oregano | 1/4 tsp salt |
| 1 tbsp lemon juice | 1/4 tsp pepper |

TIME: 25 MINS | SERVES: 6

Quick & Inexpensive Soba Noodle Salad

Try out this easy noodle dish that you can make with many ingredients you probably already have lying around! Serve it warm or cold. Recipe from [Tilly Eats](#)



INGREDIENTS

Peanut Butter Dressing

- 5 tbsp peanut butter
- 1 tbsp sesame oil
- 2 tbsp soy sauce
- 2 tbsp maple syrup
- 2 tbsp sriracha/hot sauce (optional)
- 1 lime, juiced (2 tbsp)
- 1/2 inch ginger, minced (1/2 tsp powder)
- 2 garlic cloves, minced (1/2 tsp powder)
- 1/4 cup hot water

Noodle Bowl

- 1 box soba noodles, cooked according to package directions
- 1/2 cabbage, shredded
- 2 carrots, grated or cut thinly
- 1 bell pepper, cut thinly into matchsticks
- 1 cucumber, cut into matchsticks
- 3 green onions, diced
- 1 cup edamame beans, cooked (or other protein of choice)

Time: 25 min | Serves: 4-6



More Easy Recipes

Blueberry - Chia Overnight Oats

1. Fill your jar 1/2 - 2/3rds full of oats (leave room for them to expand)
2. Pour milk overtop to cover oats generously.
3. Mix in a couple spoonfuls of chia seeds, honey (or maple syrup) and blueberries.
4. Pop in the fridge and let soften overnight.



Mediterranean Rice

You can use up leftover rice, cous cous or quinoa & frozen veggies for this recipe!

1. Soften veggies in a pan with a couple spoonfuls of olive oil (peppers, onion, zucchini etc)
2. Add cooked rice, chopped tomatoes (fresh or canned), & a protein of your choice (e.g. can of chickpeas, cooked chicken etc.)
3. Season with garlic, paprika, parsley, salt & pepper.

Make-Ahead Quiche Cups

Use up some leftover veggies or protein. These can be frozen for up to 3-weeks & reheated as needed!

1. Whisk together **9 eggs**, **1/3 cup cream or milk**, **1.5 tsp thyme**, and **salt** and **pepper** to taste.
2. Add 1-2 cups of cooked veggies and/or protein of your choice (or microwave some frozen veggies!)
3. Add crumbled/shredded cheese of your choice.
4. Bake in muffin tin at 375F for 20-25 min



Easy Snacking!

Like many things, cooking or preparing meals can feel like an even greater challenge when mental health concerns come into the picture. Mood and stress can impact your appetite but the reverse is also true - your eating

habits can impact how you feel. Continuing to eat regularly is important for your health! Snacks can help keep your blood sugar levels stable and prevent your mood and energy from spiking and crashing.

Try to grab a snack that hits two different food groups!



Here are some quick and easy snack ideas that you can keep in mind for when you might not be feeling so great.

- Trail mix (Nuts, dried fruit, chocolate chips)
- Veggies & Hummus / Dip
- Yogurt & Fruit/Nuts & Granola
- Granola bar & a piece of fruit
- Pretzels & dip
- Avocado toast
- Pb & J on toast
- Apple or banana & peanut butter
- Cheese & crackers
- Popcorn & a piece of fruit
- Oatmeal with fruit or nut butter
- Apple sauce & whole grain tortilla chips
- Bean or pasta salad
- Pita & hummus
- Chocolate milk & pita chips
- Dried fruit & Nuts
- Frozen fruit & yogurt smoothie
- Whole grain cereal & milk
- Tabouleh
- Tuna on toast

A NOTE ON FOOD EQUITY

Food access and equity are key considerations when discussing topics of nutrition, fitness and physical wellness and their connections to mental health and illness. Food equity is the concept that all people should have the ability to grow and consume healthful, affordable, and culturally significant foods.

However, the availability of nutritious and affordable foods varies greatly by geographic location which creates inequities in the long term health outcomes of those who face these inequities. It has been found that food secure households utilize mental health resources at lower rates than food insecure households, indicating that food insecurity can negatively affect mental health*.

Food equity is one aspect related to greater **social determinants of health** that play a key role in mental health and illness across Canada. These social determinants are the environment a person lives in and interacts with including the economic, social and legal institutions that shape their reality*. When these systems disadvantage certain groups, inequity results, including food inequity and negative mental and physical health outcomes it can lead to.

We must consider all factors of an individual's life and how they may contribute to their mental health. Let's look at an example to help contextualize the issue:

“Due to decreasing profit for a company, they have had to cut employees' hours. Because of the pay cut, many of these employees must alter their lifestyles to compensate. One area that these employees alter is in the food they eat. Usually they may eat highly nutritious fresh foods but now have had to switch over to cheaper and less nutritious alternatives, which in turn leads to higher stress and poorer mental health”. This example, while highly simplified, examines the *trickle down* process that systemic inequities have on individuals and their legal, economic and social situations which then affect their mental health.

ADDITIONAL INFORMATION ON FOOD EQUITY








At the NYAC we understand that food equity plays a important role in mental health advocacy and discussions about mental health, we have attached some resources that give more information on food equity and accessibility and its links to mental health.

- **Here is a fact sheet** summarizing the link between food security and mental health.

Accounts to Follow

- **Afri-Can Food Basket** - Food Sovereignty
- **Diversity Dietetics**
- **Food Haven** - Exploring intersections of food, culture & body image
- **Food Secure Canada**
- **Second Harvest** - Canada's largest food rescue organization
- **Soul Fire Farm**
- **Love Food, Hate Waste** - Reduce food waste
- **Nutrition Diversified** - Food, Health & Cultural Competence
- **Paul Taylor**

Other

-  **Food Secure Canada**
-  **Food Justice: A Primer**
-  **Research: Food Insecurity & Policy**
-  ***The Lunch Table* Podcast: Food Secure CAN Youth Caucus**
-  ***Feed me the Facts* - Diversity in Dietetics Podcast**
-  **How does food Insecurity Relate to Health**
-  **The Latest Data on Food Insecurity in Canada**

Inclusive Nutrition

Accounts to Follow



ACCESSIBLE
WELLNESS
Jackie Silver, RD



ANNA SWEENEY
Disabled eating
disorder RD



DIETICIANS
FOR FOOD
JUSTICE



DIVERSIFY
DIETETICS



FEDUP
EDs in Under-
represented groups



FOOD HEAVEN
Intersectional
Nutrition



GURNEET KAUR
DHAMI
Anti-Racism & Dietetics



NUTRITION BY
ANGELA
Vietnamese-Canadian
Nutrition Student



RESILIENT FAT
GODEX
Recovery
advocate



ROSIE MENSAH
RD, Food Justice Activist



SAFEENA JABAR
Intersectional, weight-
inclusive, non-diet RD2Be



SAFIYA
Intersectional
Recovery



SHANA MINEI
SPENCE
RD



THE THICK
NUTRITIONIST



VAUGHN DARST
Trans Nutrition
Therapist



QUEER
BROWN
VEGAN

EATING DISORDERS & FOOD ANXIETY

Eating disorders are serious mental illnesses characterized by extreme concerns about weight, shape, eating and/or body image. These concerns can lead to disordered and unhealthy patterns of behaviour which can greatly affect a person's physical, psychological and social functioning.

Eating disorders can affect people of all ages, genders, socio-economic backgrounds, and of all shapes and sizes.


This fact sheet might help you identify the differences between "normal" and "disordered" eating.

Some Helpful Resources

 Body Brave Canada


 Eating Disorders NS

 National Eating Disorder Information Centre (NEDIC)

 National Initiative for Eating Disorders (NIED)

 Sage & Spoon: Free Online Eating Disorder Peer Support Group for BIPOC

 The Looking Glass BC

 Worksheets & info related to eating and body concerns - Centre for Clinical Interventions

Additional Resources

- Food & Nutrition



APPS



EPICURIOUS

Recipe database app



CHECKOUT 51

Save money on groceries



FLIPP

Digital grocery flyers



YUMMLY

Handy recipe database

COURSES



FOOD AND MOOD: IMPROVING MENTAL HEALTH THROUGH DIET AND NUTRITION

Deakin University

Explore the relationship between nutrition and brain health, why it matters, and how to work towards positive food changes.



INTRO TO MEDITATION & MINDFUL EATING

Vincci Tsui, RD

Experience how mindfulness can change your relationship with food and your body.

EXTRAS



ACADEMY OF NUTRITION & DIETETICS

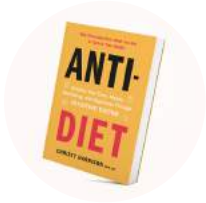
Articles, videos, and webinars addressing diversity & inclusion in nutrition

Additional Resources

- Food & Nutrition



BOOKS



"ANTI-DIET"

Christy Harrison, RD

Drawing on scientific research, personal experience, and stories from patients and colleagues, *Anti-Diet* provides an alternative to diet culture, and helps readers reclaim their bodies, minds, and lives so they can focus on the things that truly matter.



"BODY KINDNESS"

Rebecca Stritchfield, RDN

Filled with tools and exercises to take you through the steps to reject dieting, make peace with food and your body, and set new goals to create meaningful change in your life.



"BUDGET BYTES"

Beth Moncel

A college grad in nutritional science shares recipes that can help cut your grocery bill without sacrificing taste.



"GOOD AND CHEAP: EAT WELL ON \$4 A DAY"

Leanne Brown

A cookbook filled with delicious, healthful recipes backed by ideas that will make everyone who uses it a better cook. With every copy of *Good and Cheap* purchased, a free copy is donated to a family in need.



"HEALTH AT EVERY SIZE"

Linda Bacon, PhD

Tune in to your body's expert guidance. Find the joy in movement. Eat what you want, when you want, choosing pleasurable foods that help you to feel good.

Additional Resources

- Food & Nutrition



PODCASTS



BODY KINDNESS PODCAST

Rebecca Stritchfield

In this podcast Rebecca talks to people from all walks of life about their journey to a better wellbeing.

BODY IMAGE WITH BRI

Brianna Campos, LPC

A podcast aimed to help you learn how to love the body you're in right now. Explore the ins and outs of body image, self-esteem, diet culture and self-love.



BODY TRAUMA PODCAST

Nia Patterson

Across the world people struggle with the reality of their bodies in a world full of diet culture, racism, sexism, homophobia, etc. This podcast listens to people recount their experiences in their body and their life.

FOOD PSYCH PODCAST

Christy Harrison, RD

A podcast about intuitive eating, Health at Every Size®, and body liberation. Helping you make peace with food and break free from diet culture.



HEARING YOUR OWN VOICE

Melissa Toler

Conversations about race, gender, ability, size, sexuality, and belonging with Black health and wellness professionals and fat activists who have taken a weight-inclusive approach to their work.

Additional Resources

- Food & Nutrition



PODCASTS



INTUITIVE EATING FOR THE CULTURE

Christyna Johnson, RD

A podcast for those who don't see themselves represented in intuitive eating, those who are curious, and those who would like more support in their journey.

RD REAL TALK

Heather Caplan

A podcast with anti-diet, weight-inclusive registered dietitians about Health at Every Size®, intuitive eating, the anti-diet movement, and social justice issues related to weight-stigma.



THE F*CK IT DIET

Caroline Dooner

Featuring chats with experts and practitioners, viewer questions answered, and methods for getting out of the diet cycle.

TRUST YOUR BODY

Whitney Catalano

A podcast and social media movement designed to help you heal, eat, and create space for the things that truly matter.



Additional Resources

- Food & Nutrition



ACCOUNTS TO FOLLOW



**BODY
CONFIDENCE
CANADA**



**FOOD
FREEDOM LIFE**



**NADINA'S
KITCHEN**

MH & Nutrition student



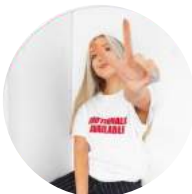
**HALEY
GOODRICH**

Eating disorder dietician



**JENNIFER
ROLLIN**

Eating disorder therapist



**LUCY
MOUNTAIN**

*Anti-diet culture personal
trainer*



**RDS FOR
NEURODIVERSITY**



RYAN SHELDON



**SYDNEY
WRIGHT, RD**



TAYLOR CHAN

Food & Fearless



**JULIE DUFFY
DILLON**

Food Peace Dietician



**VANCOUVER
DIETICIANS**



**VALERIE
AGYEMAN**



VINCCI TSUI, RD



**YOGA FOR EATING
DISORDERS**

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Food & Nutrition



NUTRITION & MENTAL HEALTH

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- Love Food, Hate Waste - *Leftover Food Recipes*
- HealthLink BC - *Meal Planning: Getting Started*

FOOD EQUITY & ACCESSIBILITY

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EATING DISORDERS & FOOD ANXIETY

- Evaluating Dietary Advice - Centre for Clinical Interventions
- National Eating Disorder Information Centre (NEDIC)
- National Institute for Eating Disorders (NIED)
- Normal versus Disordered Eating - Centre for Clinical Interventions
- What is Unhealthy Exercise - Centre for Clinical Interventions

WEEK 3

SLEEP HYGIENE



Sleep Hygiene

February 15th - 21st
2021

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Sleep & Mental Health

The importance of sleep

Sleep has many important mental and physical benefits*.

Mentally, sleep improves:

- Decision making*
- Problem solving
- Emotion regulation
- Coping with change

Not getting enough sleep is linked to depression* and increased suicide rates*. It is also related to a number of physical health problems and diseases like cardiovascular disease and stroke*.

Physically, sleep helps us maintain healthy levels of physical activity* and improves our body's immune system*. Which is why you may have heard your doctor recommend getting plenty of sleep when you catch a virus!

Remember: Lack of sleep is not always your fault! There are many physiological reasons for trouble sleeping. Take a deep breath .



Are you getting good sleep?

Some signs that you aren't getting enough sleep can include:

- Dozing off during the day
- Difficulty concentrating
- Mood swings or inability to regulate emotions

To help determine if you are getting enough good quality sleep you can keep a **sleep journal** and write down your hours and quality of sleep and how tired you feel throughout the day.

The typical recommended sleep time is 7-8 hours for adults, *however every body is different and might need more or less sleep**. Keep track in your sleep journal and find out the amount of sleep that works best for you!



Tips for improving your sleep



Create a nighttime routine - Go to bed around the same time to train your body's sleep-wake rhythm

Try to get up at the same time in the morning



Don't use your phone or blue light screens an hour before bed (they stimulate excitement)



Avoid large meals and alcohol before bed



Avoid caffeine. Especially late in the day. If you have caffeine, only have it in the mornings.



If you like falling asleep to background noise, try **sleep meditation videos on youtube.**

Dim your screen brightness to 0 & listen on low volume.



Manage/Limit stressors: If you are constantly worried about school, try to make a study schedule to be productive throughout the day

Complete in the Morning

Start date:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day of week:							
What time did you get into bed?	PM AM	PM AM	PM AM	PM AM	PM AM	PM AM	PM AM
What time did you try and go to sleep?	AM PM	AM PM	AM PM	AM PM	AM PM	AM PM	AM PM
How long did it take you to fall asleep?	HRS. MINS.	HRS. MINS.	HRS. MINS.	HRS. MINS.	HRS. MINS.	HRS. MINS.	HRS. MINS.
What time did you wake up this morning?	AM PM	AM PM	AM PM	AM PM	AM PM	AM PM	AM PM
How many times did you wake up during the night?							
No. of times							
No. of minutes							
Last night I slept a total of:	HRS. MINS.	HRS. MINS.	HRS. MINS.	HRS. MINS.	HRS. MINS.	HRS. MINS.	HRS. MINS.
How would you rate your sleep quality?							
Very Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fair	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Good	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Very Good	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Was your sleep disturbed by any factors? If so, list them here (ex. allergies, noise, pets, discomfort/pain, etc.)							
Any other comments about your sleep worth noting?							

Complete in the Evening

Day of week:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
I consumed caffeinated drinks in the: (M)orning, (A)fternoon, (E)vening, (N/A)							
M / A / E / NA							
How many?							
How much exercise did you get today?							
No. of minutes							
Time of day (morning, afternoon, evening, night)							
Did you take a nap? (circle one)	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
If Yes, for how long?							
List all Medications you took today							
Approximately 2-3 hours before going to bed, I consumed:							
Alcohol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A heavy meal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Caffeine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not applicable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the hour before going to sleep, my bedtime routine included:							
List activities including reading a book, using electronics, taking a bath, doing relaxation exercises, etc.							

Need help improving your sleep?

An often-recommended intervention to improve sleep is *CBT-I* (*Cognitive behavioural therapy for insomnia*)*.

This treatment for insomnia involves 3 components:



Changing inaccurate or unhelpful thoughts and worries about sleep.



Establishing healthy sleep habits with relaxation training and stimulus control.



Learning about the connection between our thoughts, feelings, behaviours and sleep.

CBT-I is typically led by a trained psychological professional, however, apps like *CBT-I Coach* help make aspects of this intervention more accessible.

Additionally, many components of this treatment overlap with guidelines for good sleep hygiene - which you can practice on your own!

Check out this free printable sleep hygiene checklist!

SOME RELAXATION EXERCISES TO HELP SLEEP

Autogenic Relaxation



14 min

Before Sleep: Beginners Meditation



29 min

Body Scan for Sleep



13 min

Mindful Body Scan



7.5 min

Progressive Muscle Relaxation



9.5 min

9 Stretches to do Before Bed to Help you Sleep

Inspired by [this article](#). Stretching can relieve physical tension from our bodies and can help us relax. Try some of these stretches to help you wind down before bed. Hold each for 30s. Alternate sides. And remember, never push into pain. Ease up if you feel discomfort.

➔ Knee-to-Chest



Lying on your back, bend your knee and hug it into your chest. Clasp both hands around your shin. Gently pull your knee towards you. Release any tension in your shoulders and neck.

➔ Lying Spinal Twist



Lying on your back, bend your knee towards your chest. Exhale and cross your knee over your midline to the floor on the opposite side of your body. Open your arms and look away towards your fingertips (if comfortable for your neck).

➔ Happy Baby



Lie on your back, bend both knees & hold on to the outside edges of your feet. Gently use your arm muscles to pull your knees toward the floor beside your chest. Relax your shoulders & your head,

➔ Reclining Hamstring Stretch



Lying on your back, raise your leg as high as you can, keeping your pelvis flat on the bed. Hold your lower thigh and encourage the leg to move toward your head. Flex your bottom foot to stretch your calf.

➔ Lying Side Quad Stretch



Lie down on one side and prop your head up with your hand. Pull your foot toward your butt. Bend your bottom knee if you're having trouble staying steady.

➔ Butterfly



Sit with your heels together, knees out wide. Rest your hands on your feet. Inhale, keep your spine long, and gently fold forward as you exhale.

➔ Seated Shoulder Stretch



Interlace your hands and raise your arms overhead. Press your palms toward the sky. Gaze up at your hands, breathing deeply into the chest.

➔ Neck Release



Place your right hand on the top of your head and slowly tilt your head to the right. Apply gentle pressure with your hand to increase the stretch.

➔ Cobra



Lie on your belly & extend your arms out in front of you. Keep your legs grounded. Walk your hands toward your chest to lift your torso and stretch your abs. Keep a slight bend in your elbows. Relax your shoulders away from your ears.



Sleep Playlist

- 01** White Noise for Babies - Spotify
- 02** Peaceful Meditation - Spotify
- 03** Soft Piano Backgrounds - Spotify
- 04** FrivolousFox ASMR - Spotify
- 05** Hypnotic Relaxation - Spotify
- 06** Nature Sounds for Sleep - Spotify

Additional Resources

- Sleep Hygiene



BOOKS



INSOMNIA IN ADULTS AND CHILDREN

Free E-Book exploring sleep physiology, disorders, and treatment.



QUIET YOUR MIND & GET TO SLEEP: SOLUTIONS TO INSOMNIA FOR THOSE WITH DEPRESSION, ANXIETY OR CHRONIC PAIN

Colleen Carney, PhD & Rachel Manber, PhD,

A self-help book that focuses on the cognitive and mindful aspects of CBTi. While it includes details about all components of CBTi, its strength is its attention to addressing common negative thoughts, feelings, and behaviours that interfere with sleep



SLEEP AND YOU: SLEEP BETTER, LIVE BETTER

DIANE B. BOIVIN

An easy and readable guide to the latest scientific information on how and why to sleep better and improve your wellbeing



SINK INTO SLEEP: A STEP-BY-STEP WORKBOOK FOR INSOMNIA

Judith R. Davidson

From an experienced sleep clinician and researcher, this book is scientifically based, and guides the reader through the most effective techniques for reversing insomnia,

Additional Resources

- Sleep Hygiene



PODCASTS



SLEEP WITH ME

Drew Ackerman

Bedtime stories to help grownups fall asleep. Sleep With Me combines the pain of insomnia with the relief of laughing and turns it into a unique storytelling podcast.



BEDTIME WITH BABISH

Andrew Rea

Andrew Rea, host of *Binging with Babish* on YouTube, reads some of his favorite stories and pieces of literature to help you fall asleep.

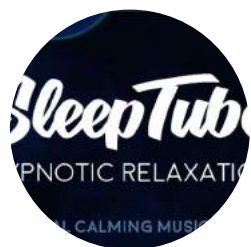


SEND ME TO SLEEP

Andrew

Hosted by a professional voice actor and a bit of a sleep geek, to help people fall asleep through relaxing stories and meditation

AUDIO ETC



SLEEPTUBE

Youtube Chanel

Calming music and visuals for sleep, relaxation and meditation. With a variety of proven techniques such as Binaural Beats, ASMR sounds, and Breathing Meditation Guides.



WHITE NOISE - SLEEPWELL SOUNDCLLOUD

MySleepWell.ca

White noise audio files that you can fall to sleep with. If you are still awake when one ends you should get out of bed and return only when tired and ready to fall asleep.

Additional Resources

- Sleep Hygiene



APPS



BREATHE

Short meditations for sleep



CBT-I COACH

Sleep diary, education & tools to practice CBTi skills.



MINDSHIFT CBT

Anxiety Canada app to manage anxiety & be mindful



CALM

Meditate, sleep, relax



Relax, Sleep Well

Hypnosis & Meditation



WHITE NOISE LITE



RELAX MELODIES

Sleep sounds, meditation & stories

OTHER



GO TO SLEEP! (COURSE)

Cleveland Wellness Clinic, Online Course

(\$40USD) A 6-week online course, created by Cleveland Clinic Wellness. It uses CBTi to help you learn new methods that improve your sleep.



Anxiety Canada

Helping Canadians with anxiety relief and anxiety awareness



Sleepio

Digital program scientifically proven to help overcome poor sleep.



The Nap Ministry

Examining the liberating power of naps. Rest is a form of resistance and reparations.

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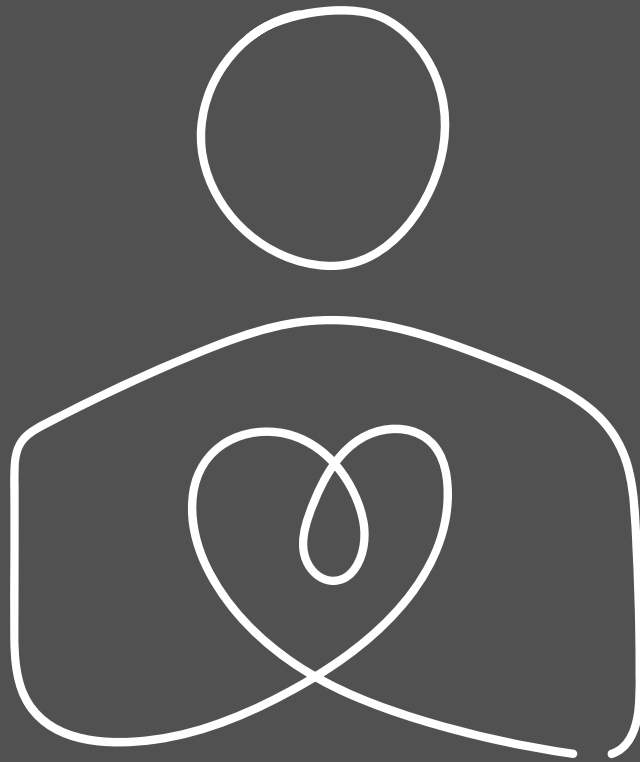
Sleep



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WEEK 4

**RELAXATION &
SELF-CARE**



Self-Care & Relaxation

February 22nd - 28th
2021

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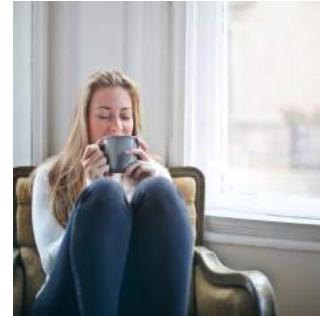
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SELF-CARE & RELAXATION

@NYACMDSC

Self-Care may sound like a buzz-word but the idea of taking control of our health has been an important one for years. We can think of self-care as any activity we do to take care of our mental, physical, emotional, and spiritual health.

In many ways, self care is unique to each person. It is also important to consider how self-care is shaped by the larger world we live in and the resources we do or do not have access to. In this chapter, we'll chat about different aspects of self-care, share

some examples, and provide activities for you to engage mindfully with your needs and identify ways to meet them.

Relaxation can also be an important component of taking care of ourselves in today's world. More and more we are seeing the negative effects of stress on our minds and bodies, so finding effective strategies to relax is as important as ever. Throughout this chapter we will also share some examples of evidence-based relaxation techniques that you can try!

Recognizing & Easing Physical Symptoms of Anxiety



Our emotions, as well as physical illness, can drive physical sensations in our bodies. The **autonomic nervous system** controls things like our heart rate and breathing. It is also the system that reacts to threats by launching the "Fight or Flight" response. When we are stressed or anxious, this system kicks into action, and physical symptoms can appear like headaches, nausea, shortness of breath, shakiness, or stomach pain.

Sometimes, this can lead to a vicious cycle - Anxiety produces physical symptoms and our stress or worry in reaction to them makes them worse. Here are some tips for recognizing when anxiety is behind your physical symptoms and interrupting this cycle.

01

Stop & Assess

Pause & observe what's going on with your body. *Are you tensing your muscles? Does what you're feeling relate to a sense of emotional upset or a reaction to something stressful?*

02

Distract yourself

If you think anxiety is at the root of your symptoms distraction can be helpful. Often, once you move on to another activity and take your mind off symptoms, you'll start to feel better

03

Relax (or Move) Your Body

Try to relieve stress with deep breathing or relaxation exercises. Physical activity can also help relieve body tension.

04

Reassure Yourself

If you believe your symptoms are caused by anxiety, reassure yourself that they are not harmful and they will pass.

05

Get Checked

Anxiety can cause physical symptoms, but the reverse is also true. If you have a physical concern that's not helped by relaxation or other techniques, see your doctor!

06

Know When to Ask for Help

If anxiety is interfering with your day-to-day life or functioning it might be time to seek help.

5 Realms of Self-Care

Self care is multi-dimensional - meaning there are different strategies we can use to promote healthy functioning in different areas of our lives. In order to build resilience and enhance our well-being, we need to be able to identify what our needs are and how we can meet them. It can be helpful to think of these five different areas of overall well-being.



Mental

Mental well-being & self care looks at what fills our mind and how this impacts us. This can include things that keep your mind sharp & engaged (like puzzles or reading) but it can also involve our inner dialogue & thinking patterns (e.g. meditation, self-compassion, or therapy)



Physical

Physical self-care involves taking care of our bodies, and understanding how our physical self is connected to our mental self. This can include things like sleep, hydration, balanced and enjoyable eating, movement, and taking our medications or going to our appointments etc.



Social

Connections are also important for our health but everyone can have unique social needs. Social self care might involve *maintaining healthy relationships, staying in touch with others, reaching out often and setting boundaries etc.*



Spiritual

Nurturing your spirit, doesn't have to involve religion. It can mean anything that helps you develop a deeper sense of meaning, understanding, or connection with the world around you. E.g. *volunteering, spending time in nature, meditation, prayer, etc.*



Emotional

Having coping skills to recognize and manage our feelings is important. Some examples can include things that help us feel and process emotions (e.g. *creative expression, journaling, or music*) or things that help us acknowledge and express emotions (*supportive relationships, affirmations, or counselling*)

My Values Exercise

If you find yourself lost in terms of what to do for self-care, it can be helpful to reflect on your **core values** and then develop a self care plan that aligns with them.

1. From the list below, choose & write down (or circle) every value that resonates with you. Don't overthink it - simply choose the words that feel like a value to you personally. If you think of something that's not on the list, be sure to write it down as well.

Abundance	Cheerfulness	Ethics	Individuality	Passion	Spirituality	Usefulness
Acceptance	Cleverness	Excellence	Innovation	Performance	Stability	Versatility
Accountability	Community	Expressiveness	Inspiration	Personal-	Simplicity	Vision
Achievement	Commitment	Fairness	Intelligence	Development	Success	Warmth
Advancement	Compassion	Family	Intuition	Proactive	Peace	Wealth
Adventure	Cooperation	Friendships	Joy	Professionalism	Perfection	Well-Being
Advocacy	Collaboration	Flexibility	Kindness	Quality	Playfulness	Wisdom
Ambition	Consistency	Freedom	Knowledge	Recognition	Popularity	Zeal
Appreciation	Contribution	Fun	Leadership	Risk Taking	Power	_____
Attractiveness	Creativity	Generosity	Learning	Relationships	Preparedness	_____
Autonomy	Credibility	Grace	Love	Reliability	Proactivity	
Balance	Curiosity	Growth	Loyalty	Resilience	Professionalism	
Being the Best	Daring	Flexibility	Making a	Resourcefulness	Punctuality	
Benevolence	Decisiveness	Happiness	Difference	Responsibility	Teamwork	
Boldness	Dedication	Health	Mindfulness	Responsiveness	Thankfulness	
Brilliance	Dependability	Honesty	Motivation	Safety	Thoughtfulness	
Calmness	Diversity	Humility	Optimism	Security	Traditionalism	
Caring	Empathy	Humor	Open-	Service	Trustworthiness	
Challenge	Encouragement	Inclusiveness	Mindedness	Selflessness	Understanding	
Charity	Enthusiasm	Independence	Originality	Self-Control	Uniqueness	

2. From the list you just made - **group all similar values together**. Group them in a way that makes sense to you, personally. Create a maximum of five groupings. If you have more than five groupings, drop those least important.

Abundance, Growth,
Wealth

Acceptance, **Compassion**
Inclusiveness

Appreciation,
Encouragement,
Thankfulness

3. Choose one word within each grouping that best represents the entire group. Don't overthink it - There are no right or wrong answers. You are defining the answer that is right for you.

"Self-care is giving the world the best of you, instead of what's left of you."

Adriana D.



Over the past couple months, prioritizing self care in my daily routine has been extremely important for preventing burnout and to stay positive.

Some of my favourite self care activities include meditating, baking, and going for walks. Since we are so cooped up at home right now, I try to go for a walk outside everyday even if it's just around the block.

Also, incorporating a workout into my daily routine helps clear my mind and make me feel more energized.

To destress and relax, before bed I always try to read, journal and practice deep breathing exercises.

Emily T.



Something I like to do for relaxation is going on a walk outside with my grandma. I hate running so I try to do something else like biking, karate, yoga, or even just having a dance party to a random playlist on Spotify!

I also like to watch movies and TV shows and I keep a few journals.



Isabelle L.

When I want to relax, I like to practice deep breathing, mindfulness meditation, listen to my favourite podcast and go for a walk or bicycle ride, or journal. I like to do my self-care before bed as part of winding down for the night. Some of things I like to do reading a good book or watching a tv show, or doing a skin care treatment. Another thing I like to do so that I end my day on a more positive note is to reflect on some of the things I was grateful for that day.



Abbey H.

Since we have been spending so much time in front of the computer and using technology, I have found that incorporating digital-self care into my routine has become so much more important. I practice digital self-care by setting time limits for certain apps (like social media), putting my phone on do-not disturb every night, and unfollowing/muting social media accounts that don't make me feel my best.



Julia W.

Learning what “self care” looks like for you can be a long process of trial and error. For me, it's been really important to listen to my body and prioritize those needs. For example, resting when I need rest, planning time for myself and spending time with my friends/family. Some things I like to do during my “me” time include reading, listening to music and gratitude journaling. I find these activities help me relax when I'm stressed or to maintain my mental health when I'm feeling good.

Emily's Journal Prompts

- 01** Describe your proudest moment.

- 02** List 10 reasons you are special and worth it.

- 03** Who inspires you? Why?

- 04** Who was brave enough to tell you their story? How does that make you feel?

- 05** Write a letter to your younger self.

- 06** What qualities about someone do you find the most attractive?

- 07** What is a bad habit you want to break?

- 08** If you could travel to any place / time where / when would you go? Why?

- 09** Make a bucket list: is there a priority? Why do these things occupy those spots?

- 10** What is something new you want to learn/try? Why?



Digital Self-Care

A significant part of maintaining a healthy relationship with yourself is self-care. Practicing self-care helps to raise self-esteem and promotes well-being. While some can misconstrue self-care as selfish, that is far from the truth. Practicing self-care will help to make you more present, more patient and more productive.

We often hear of self-care with examples like taking a bath, doing the laundry, or making yourself a nice meal. However, it has become evident, especially recently with everything being transferred to online because of COVID-19, that self-care needs to expand to the digital sphere. Here are some ways that you can practice digital self-care.

1. Assess and Limit your Screen Time

Why: Knowing how much you use your phone will help you begin to set boundaries for yourself.

How: Set "Screen Time" limits in your phone *settings* or download apps to help reduce screen use

2. Turn off Push-Notifications

Why: It keeps you from checking your phone constantly and allows you to focus more throughout the day.

How:

- a) Remove permissions for apps to send you alerts
- b) Mute group chats
- c) Put your phone on "Do Not Disturb" or "Airplane Mode"

3. Take Intentional Breaks from Technology

Why: To feel less connected to your phone and take the time to be unavailable to others.

How:

- a) Set clear boundaries (e.g. *no phone during meals etc.*)
- b) Take mini vacations from your phone (*a couple hours, a day, week etc.*)
- c) Don't bring your phone everywhere

4. Document Mindfully

Why: Being present in the moment is a rewarding experience

How: Don't feel like you need to log, record, or take pictures of everything you do, particularly when you're around people.

Digital Self-Care

5. Adjust the Content you are Exposed to

Why: The media we consume affects us.

How:

- a) **Unfollow / mute** everyone except for close friends or accounts you actually want to follow on instagram, snapchat and facebook - especially accounts or people that make you feel bad about yourself.
- b) **Rearrange applications** so that clicking on them is less automatic for you (this helps you be more mindful of your actions, and forces you to pause and think before unconsciously opening an app just out of habit)

6. Protect your Eyes from Blue Light

Why: Protecting your eyes from blue light can help you sleep better, reduce headaches, and reduce eye strain.

How:

- a) Use blue light glasses
- b) Adjust the colour settings (on an iPhone to *Night Shift* e.g.) to create warmer light
- c) Use *Dark Mode* - makes apps and webpage backgrounds black instead of bright white
- d) Avoiding using technology before bed

7. Use Technology to Promote Other forms of Self-Care

Why: Technology isn't all bad, in fact, you can use it as a tool to practice other forms of self-care!

How:

- a) Meditation apps
- b) Apps to monitor health care needs (ex. Shoppers Drug Mart app to manage prescriptions)
- c) Apps to help you manage symptoms (such as PTSD coach)

Breathing Exercises for Relaxation

➔ Belly Breathing



1. Find a quiet relaxing location. Sit in a chair with your feet flat on the floor and hands in your lap.

2. Place one hand on your belly & one on chest - notice which hand is moving most. Try breathe from your belly.

3. Close your eyes, take a deep breath through your nose for a count of 3, and exhale through your mouth for a count of three. Continue for at least a minute.

➔ Mindful Breath



Rather than controlling your breath like you might do with belly breathing, mindful breathing asks you to observe your natural

breathing rhythm. In a comfortable position (seated or lying down, eyes open or closed) notice your breath. The inhale and exhale. Focus on the rise and fall of your chest or the sensation through your nostrils. You may find that your mind wanders. That's OK. Notice it is happening and try to gently bring your attention back to your breath.

➔ 1 Minute Deep Breathing



Try this one minute guided mini meditation from Headspace. Feel your breathing rhythm and let your thoughts come and go.

One beauty about breathing practices is that you can take them with you anywhere. You can even bring apps, youtube videos, and audio recordings like these along with you on your phone.



Your Breath

Often during moments of stress we might find our minds being drawn in many different directions. Stress or anxiety may also be accompanied by physical discomfort or physiological feelings of arousal (like increased heart rate or muscle tension etc).

Luckily, we can actually use our breath as a tool to manage feelings of anxiety and calm ourselves in times of stress. When you breathe deeply, it sends messages to our brain to calm down. Our brains then send this message back to our body.*

There are two main types of breathing - **diaphragmatic breathing** and **chest breathing***. Chest breathing actively engages external muscles during periods of exertion (like running for example). Diaphragmatic breathing on the other hand is more efficient and is controlled by our diaphragm, and involves deeper inhales, slower breath rate, and expansion of the belly.

The benefits of diaphragmatic breathing have been investigated in areas of meditation, ancient eastern religions (such as Buddhism), martial arts, yoga, and Tai Chi. This type of breath work has recommended for managing stress, depression, and anxiety*.

There are many different breathing exercises you can try to help you relax. You may have to experiment with several to find the ones that work best for you! We've included some examples with helpful links on this page.

My Self-Care Activities

Mental

e.g.

- *Journaling, therapy, thought tracking, self-help*

Social

e.g.

- Friends family, phone calls, game nights, support groups, volunteering

Spiritual

e.g.

- Meditation, being in nature, prayer

Physical

e.g.

- *Cooking, exercising, medication, sleep, stretching,*

Emotional

e.g.

- *Mantras, music, gratitude, creative expression, boundaries*

Self-Care Weekly Planner

Date:

What do I feel like I need? What do I think I *will* need this week?

My weekly self-care goals / intentions are...

My weekly self-care plan - I will meet my goals by...

Self-Care Habit Tracker

A C T

M T W T F S

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N O T E S

Daily Thought Tracker

Date:

Today I felt...

Rate Today's Moods:

I felt this way because...

Today's Recurring Thoughts:

Thought Doodle

Gratitude Activity

Someone who made me
happy today was...

Today I am grateful for...

A song I am enjoying is...

Something I am looking
forward to is...

*! Brain dump ! What do you want to leave on this page and
clear from your mind?*

Self-Care & Relaxation

Accounts to Follow



BROWNGIRL
SELFCARE



GENTLER POD



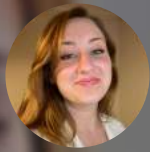
DISPLAY RULES



SIT WITH WIT



JENNIFER
ROLLIN



DR SHEPARD
Tik Tok



MY SELF LOVE
SUPPLY



ANXIETY
CANADA



DINOS & COMICS



EVOLVE &
BLOOM



HELLO MY NAME
IS WEDNESDAY



R.H.SIN



ALEX ELLE



GOOD GOOD
GOOD CO



MILLENNIAL
THERAPIST



DOODLED
WELLNESS



MORGAN
HARPER
NICHOLS



THE LATEST
KATE



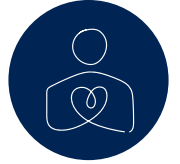
CENTRE FOR
MINDFUL SELF
COMPASSION



SELF CARE IS
FOR EVERYONE

Additional Resources

- Self Care & Relaxation



APPS



ALOE BUD

Self-care pocket companion



HEADSPACE

Accessible guided meditation



HAPPIFY

Science-based games



GRATEFUL

A gratitude journal



10% HAPPIER

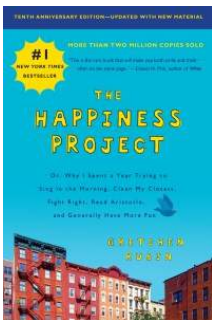
Meditation App



MOODIE

Mood-tracker app

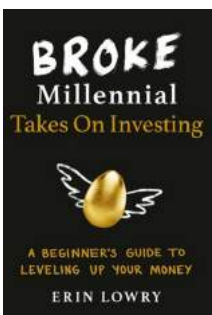
BOOKS



THE HAPPINESS PROJECT

Gretchen Rubin

On the outside, Gretchen Rubin had it all -- a good marriage, healthy children and a successful career -- but she knew something was missing. Determined to end that nagging feeling, she set out on a year-long quest to learn how to better enjoy the life she already had.



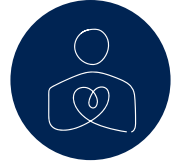
BROKE MILLENNIAL TAKES ON INVESTING

Erin Lowry

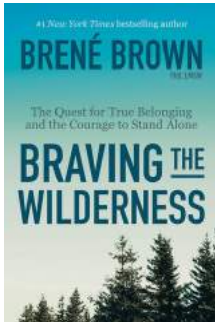
A guide to investing basics by the author of Broke Millennial, for anyone who feels like they aren't ready (or rich enough) to get into the market

Additional Resources

- Self Care & Relaxation



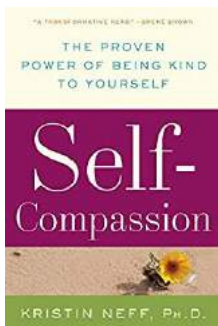
BOOKS



BRAVING THE WILDERNESS: THE QUEST FOR TRUE BELONGING AND THE COURAGE TO STAND ALONE

Brene Brown, PhD, LMSW

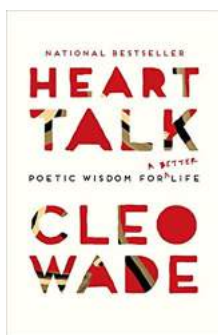
In *Braving the Wilderness*, Brown redefines what it means to truly belong in an age of increased polarization.



SELF-COMPASSION: THE PROVEN POWER OF BEING KIND TO YOURSELF

Kristen Neff, PhD

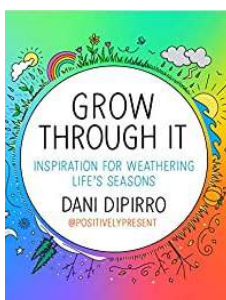
Psychologists are now starting to look at self-compassion instead of self-esteem. Dr. Neff's book offers exercises and action plans for dealing with every emotionally debilitating struggle.



HEART TALK

Cleo Wade

A beautifully illustrated book from Cleo Wade (artist, poet, and speaker) that offers creative inspiration and life lessons through poetry, mantras, and affirmations,



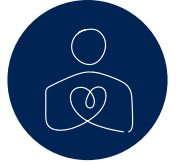
GROW THROUGH IT

Dani DiPirro

A colourful, illustrated guide to learning how to adopt a more positive mindset, even when your life may seem gray and stormy, from a wildly popular Instagram artist

Additional Resources

- Self Care & Relaxation



PODCASTS



HAPPY PLACE

Fearne Cotton

Fearne Cotton talks to incredible people about life, love, loss, and everything in-between as she reveals what happiness means to them.

GENTLER

Maya Flemming

Join Maya on her journey of post-grad self-care, personal development, and adulthood.



SELFIE

Kristen Howerton & Roo Powell

Kristen Howerton, writer and psychotherapist, is joined by her longtime pal Roo Powell, self-professed workaholic and self-care luddite, as they tackle the tricky and often elusive aspects of caring for ourselves.

BROWN GIRL SELF-CARE

Bre Mitchell

A podcast about intuitive eating, Health at Every Size®, and body liberation. Helping you make peace with food and break free from diet culture.

