

jack.org

young leaders revolutionizing mental health



Canada's only charity training and empowering young leaders to revolutionize mental health.

Jack.org works toward promoting mental health awareness, providing essential resources and establishing a Canada where all young people understand how to take care of their own mental health and look out for each other.

Jack.org has put together helpful resources in response to our current-day world.

From the information that Jack.org has provided, SNCDSB has gathered some helpful tips for supporting your mental health right now, supporting someone else and staying socially connected!

How to Support Positive Mental Health Right Now

Adapt your self-care routines - Some of your self care routines have been disrupted. Find a different way of doing things and try something new.

Embrace the good - Take heart that health officials, governments are doing their best to slow the spread, and people all over are helping each other.

Don't forget to play - Use this extra time to play games, and try different activities.

Practice Media Literacy - Stick to reliable sources for information. Avoid speculation and do not spread misinformation.

Stay connected - Check in with the people you love and find ways to stay connected.

It is ok to tune out - Take a break from updates if they are negatively affecting your mental health.

Do some good - Think who in your life is vulnerable and try to help them out.

Look out for the people you love - Don't let talk of covid-19 dominate your conversations. When checking in with friends and family ask them something else about their lives.

How to Support Someone Else

"Being there for someone is an art, not a science. There's no formula or instruction manual because every situation is different" - Jack.org

According to Jack.org, there are **5 Golden Rules** to learn how to support someone struggling with their mental health:

1. [Say what you see](#) - Learn how to break the ice
2. [Show you care](#) - How to build trust and support someone
3. [Hear them out](#) - Learn how to be a good listener
4. [Know your role](#) - Learn to set boundaries and protect yourself
5. [Connect to help](#) - How to access professional and community resources

Remember these are just tips - Supporting someone means constantly educating yourself. To learn more, head to [BeThere.org](#)

Staying Socially Connected

According to Jack.org, Social Connection is fundamental to positive mental health. It improves sleep, coping with stress and managing depression.

Let people know you are there for them, even if they don't want to chat in that moment.

Schedule check-ins on many of the video platforms available.

Share the good news!
Spread some positivity!

Lend a hand to your community and volunteer to help those who need it.

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_____,
this post is for you.

Just so you know...

Instagram users can share this on their story, but if you don't use Instagram, why not send a letter to somebody to show you are thinking about them!

Here are some of the ways Jack.org is encouraging people to stay connected:

Click on this link for more: [How to Stay Socially Connected](#)

Brief overview of activities happening daily! Check out this link for more information on each session, the times, and how to access them!

[Self Care: A Class a Day](#)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Guided Meditation @10am	Learn how to sing/play Arkell songs WITH the Arkells and various "Canadian greats" @1pm	Full Body Workout @10:45am	TikTok - EduTok: Conversations, advice and life tips with Dr. Phil, Bill Nye and the WHO @8pm	Live artists performing at home @5pm	Movement sessions @1pm	Yoga 8 classes between 6am and 8:30pm