

HEALTH AND WELLNESS RESOURCES

Make your mental health a priority

1. SOCIAL MEDIA

- [Netflix Party](#)

2. MINDFULNESS

- [Headspace](#)
- [Calm](#), [Calm blog](#)
- [Additude Magazine](#)
- [Mindful](#)
- [Pawsitive School Counsellor](#)
- *<https://apps.apple.com/us/app/lets-meditate-guided-meditate/id1457163072>
(Heal Me Team)
- [Make Social Learning Stick](#)
- *<https://insighttimer.com/>
- *<https://www.simplehabit.com/>
- *<https://www.pixilart.com/mobile>
- *https://tide.fm/en_US/

3. YOGA/MOVEMENT/FITNESS

- [Studio Trybe](#)
- [Yoga With Adriene](#)
- [Down Dog](#)
- [Yoga4Classrooms](#)
- *<https://leap.app/> (Home Fitness-No Equipment)
- [Little Flower Yoga](#); see Facebook videos [here](#)

4. GENERAL

- [Kids Help Phone](#)
- [Mental Health Week - May 4-10, 2020 - CBC Article](#)
- [Mental Health Commission of Canada](#)
- [COPING WITH STRESS, ANXIETY, AND SUBSTANCE USE DURING COVID-19](#)

5. WHAT ELSE?

* phone app

If you know of other sources that could be useful to our community, please share them!
Contact Michelle Rath at rathm@selwyn.ca with your suggestions.

* phone app