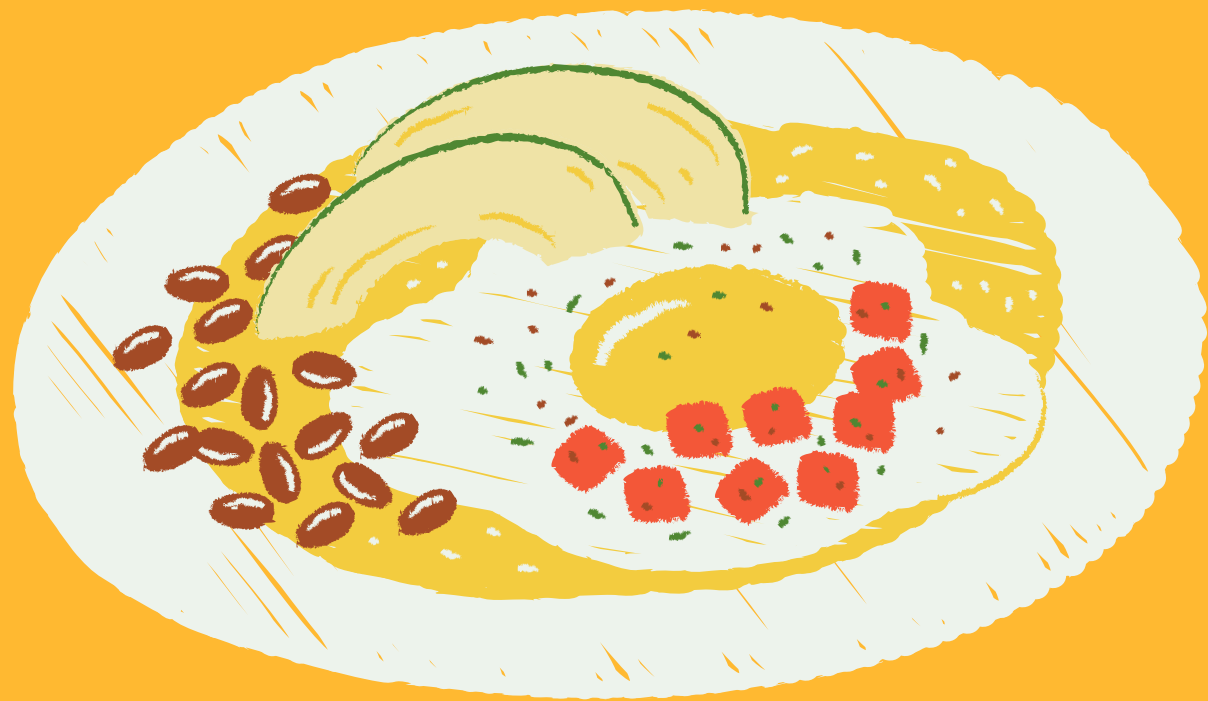


# Tips for Learning from Home to Promote Mental Wellbeing

While some schools are returning to in-person classes, or have already done so, others are staying online. If you are a virtual student, consider some of the tips below to continue being successful in your studies, while also taking care of yourself!



## Consistency

Set an alarm at the same time each day (for in-person school days and virtual days if doing mixed classes). Try using an agenda and carve out time to eat a healthy breakfast, make your bed in the morning, and keep up with good hygiene (like brushing your teeth and showering) before you start your school day.

## Create a Comfortable Learning Environment in your Home Space

Sit at a desk or table when doing work instead of sitting on your bed during class time; keep your bed for sleep and your workspace for schoolwork. Try to reduce daytime napping by prioritizing proper sleep (i.e., consistent bed-time and wake-up time). When taking breaks, these can be an opportunity to get fresh air and have a healthy snack to give your brain a power-up to finish the school day!



## Screen-Time

Reduce screen time during and between classes. Just like you wouldn't be permitted to be on your phone in school, try to do the same when home. You can eliminate Netflix, video games and social media distractions like TikTok and Instagram by logging out during class time. If you're having trouble with staying focused, try using fidget tools.



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# Tips for Learning from Home to Promote Mental Wellbeing

## Carve Out Time for Homework and Assignments



Keep on track of school assignments by carving out time in your schedule for homework and assignments. Try to focus on the material at hand instead of doing work for other classes to avoid falling behind. Organization of school materials is also important and can be fun! When you're organizing binders or folders for online subjects, you can colour-code them or decorate them to help excite you to start working.

## Create Opportunities for Social Interaction

Just like you would spend time with peers during lunchtime or after school, carve out time for social interaction (i.e., through a Zoom call or other online games). When it is appropriate, this could be done together, from a safe distance, outside. For the time being, you can avoid the risks by setting up a time for virtual catch-ups.



## Engage in Pleasant Activities or Build Mastery in a New Skill

Join virtual clubs to engage in safe activities and find additional opportunities for virtual socialization and fun! Consider new skills like sketching, painting, coding, baking, knitting, or any other activities that you can practice from home. Other activities could include exercise (i.e. 20-minute Yoga, a walk outside, stretching) or volunteering (either distanced or virtually).



# Tips for Learning from Home to Promote Mental Wellbeing



## Family/Bubble Time

Spending time with family is an important part of caring for yourself and others in your home. You can check in with your family during family meals or any other activity together. Having family check-ins with your loved ones can be a part of your structure and routine and help with swapping distractions (i.e., social media) for family time together.

## Self-Care

Make time to relax and re-energize for more demanding tasks in your day. Schedule self-care time into your routine to ensure you take the time for it. Some ideas could include taking a bath, reading a book, listening to music, or watching a show or movie you like alone or with your family.



## Feeling Overwhelmed?

Connect with a guidance counsellor or your teachers for support and accommodations should you feel you need them. You can communicate your concerns with your friends, your caregivers or other adults you trust. In case of an emergency, contact 9-1-1 or go to your nearest Emergency Department.



Hopefully, you found some of these tips helpful, and continue to stay healthy and safe as we all work together while apart!