

Parents' Corner

From your Wellness Team



Megan Jones

JJSHS Wellness Navigator

Tor Begg

JJSHS Family School Liason Counsellor



January 12 - 18, 2025

Wellness Team Contact Information

Megan Jones: megajone@gypsd.ca

Tor Begg: victbegg@gypsd.ca

01

Get outside & dress for the weather

- Cover as much exosed skin as possible
- Dress in layers
- Hand and feet warmers can help
- Don't forget sunglasses on bright days
- wear SPF 30 sunscreen



02

Let the sunshine in!

Just a few minutes in the sunshine can help improve our mood and reduce anxiety and depression.



03

Laugh & get social

Laughter can help decrease stress hormones and lighten your mood.

Connect with family, friends, neighbours, and coworkers.

Try volunteering!

04

Find an activity you enjoy and do it... a lot!

Find something you like and then commit to doing it.
Don't be afraid to try something new!



05

Ask for help

If you can't shake the winter blues, it's okay to ask for help.

Speak to your doctor or call the Mental Health Helpline:
call or text **211**