

Mental Health Videos: Well Being Tips During A Pandemic

As counsellors (and humans, first), we understand that this time can be quite challenging for everyone. The uncertainty that is unfolding around us on a day to day basis seems to be challenging our normal: turning things sideways and in some ways upside down. In regard to mental health, we wanted to simply say that your emotions may be all over the place right now; there may be a contrast of how you're feeling and you may also be feeling a few things at once, and that's okay. If you're feeling bored, annoyed, frustrated, angry, sad, anxious, happy, confused, anything, it's important to know that this is normal. You are invited to explore these videos to learn different strategies and tools to support your well being during this pandemic.

Dr Hayley Watson – Wellbeing Tips for Teens



This video provides you with strategies to stay calm, focussed and motivated in these uncertain times. You will learn tools for soothing feelings like fear, confusion and boredom; stay focussed and hopeful. And choosing actions that support well being in both the short and long term.

<https://youtu.be/-vz8BT7kZCs>

Babylon Health – Coronavirus/ Dealing with anxiety and Mental Health During a Pandemic

Coronavirus can stir up all sorts of feelings, like fear, anxiety or stress. A little stress can be helpful. It can be the motivator that keeps us self-isolating or washing our hands. But constant or high levels of stress can negatively affect our mental and physical health. Watch this clip for tips and techniques to help you take care of your mind during a pandemic.

<https://youtu.be/xzNMABRELpg>



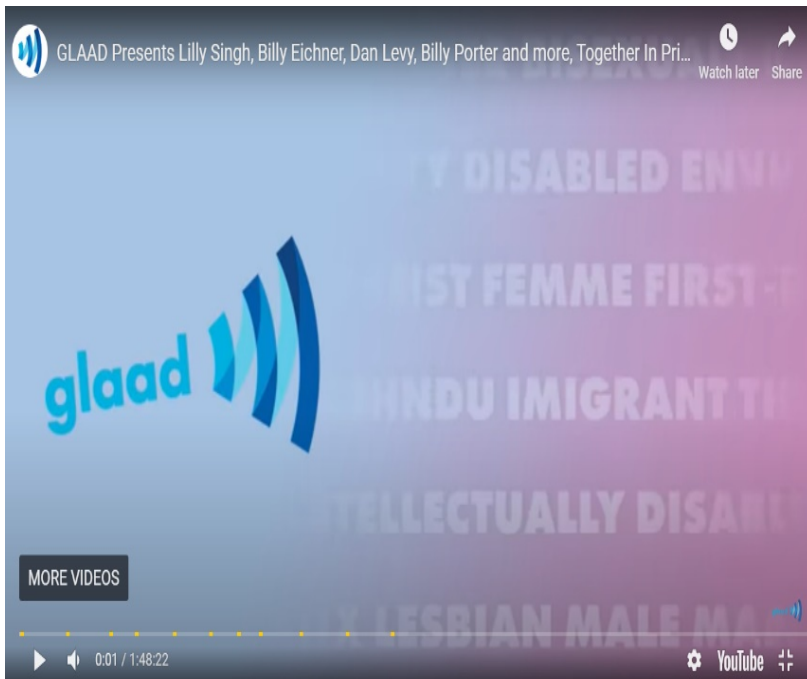
TED Talk – There's no shame in taking care of your mental health.



When stress got to be too much for TED Fellow Sangu Delle, he had to confront his own deep prejudice that **males** shouldn't take care of their mental health. In a personal talk, Delle shares how he learned to handle anxiety in a society that's uncomfortable with emotions. As he says: "Being honest about how we feel doesn't make us weak - it makes us human."

<https://youtu.be/BvpmZktlBFs>

"Together in Pride: You are not alone."



At a time when some LGBTQ people could be isolating in homes that are not affirming, GLAAD is bringing together the biggest LGBTQ stars and allies to send messages of love, support and acceptance. So many LGBTQ people, especially our youth, depend on support from local community centers around the country, and during this time of financial distress, we must come together as a community to ensure that all LGBTQ organizations can continue their life-saving work. "Together in Pride: You are Not Alone" spotlights the LGBTQ response to COVID-19 and shares messages of acceptance to the LGBTQ community and people living with HIV during unprecedented time.

<https://youtu.be/p9ESIPp5xKM>

Kobe Bryant – The Power of Sleep & Meditation

Kobe Bryant was always more than a legendary basketball player. Here, Bryant, who felt strongly that well-being is critical for peak performance, shares how prioritizing sleep and meditation benefited his game.

<https://youtu.be/LdrVVJPIUK4>

