

# DR. BECK'S TOP 3 TIPS

## FOR YOUTH AND PARENTS DURING STRESSFUL SITUATIONS

### **1 First and most important, rest.**

If you are feeling especially anxious or have an anxiety disorder, evidence shows that you should spend 40 per cent of your day resting. What does that mean? What is resting? Resting includes sleeping, and teens need at least eight hours of sleep daily. That's about one-third of the day. Other resting activities include exercise, reading, listening to music, napping, knitting or other hobbies and chatting at a safe social distance — any activity that helps you smile or have fun. I remind teens in my practice that video games are not necessarily restful and screens on their own can often be more exciting than calming. For example, I like watching documentaries and movies but I make sure not to watch upsetting shows. *The Silence of the Lambs* is not my idea of a restful movie.

### **2 The next best thing to do if you're anxious — an activity that counts as restful, in fact — is exercise.**

The teens in my inpatient practice complain sometimes if I suggest we go for a walk, but I remind them that what we're doing is actively working against hormones that cause stress. The research shows that this works more effectively if you can be outdoors, so go outdoors. Use fresh air to combat anxiety!

### **3 Another thing to do is eat nourishing food.**

Since you're going to be around home anyway while you're socially distancing, why not make your own bread or soup? There is time for oatmeal in the morning and you probably now have more than 20 minutes to think about supper, so make something special.

# NEED HELP NOW?

**One in five Canadians will experience a mental health issue at some point in their lives. You are not alone and help is available.**

If you are struggling and need help, the first step is to contact your family doctor, nurse practitioner or a walk-in medical clinic. These professionals can help to figure out what is wrong, provide treatment, and/or refer you to specialized care like The Royal.

## **Need help for problems with drug or alcohol use?**

The Royal's **Substance Use and Concurrent Disorders** program offers many different services to help people who are struggling with drugs or alcohol use.

**You do not need a referral from a doctor to access these services.**

Just call **613-722-6521 ext. 6508** and we will help you figure out what the best service is for you.

## CRISIS LINES

### **Kids Help Phone:**

1+(613) 668-6868

### **Mental Health Crisis Line:**

1+(866) 996-0991

### **Leeds & Grenville district:**

1+(866) 281-2911

### **Youth Services Bureau 24/7 Crisis Line:**

1+(613) 260-2360 or 1+(613) 377-7775

### **Pembroke Regional Hospital Mobile Crisis Team:**

1+(613) 732-3675 ext. 8116 or 1+(866) 996-0991

### **Ottawa & the counties of Prescott Russell, Renfrew & Stormont, Dundas and Glengarry:**

1+(613) 722-6914