

COPING WITH COVID



Radical Acceptance



Radical acceptance is about acknowledging and accepting the truth of a situation. The pandemic is difficult in a lot of ways, and accepting this can help us move on from feeling stuck and helpless about everything going on around us.

Ways to Destress

Things have been really stressful because of COVID, making it more important than ever to find ways to destress. Destressing can look different for everyone, and the following section is just suggestions put together by our team based on what worked for us!

Meditation

- 10-15 minute meditation videos on YouTube
- Meditating in the morning to feel energized and relaxed
 - It helps with anxiety and to take your mind off things



- “I know when I have tons of assignments to do, meditation helps me stop, and take a breather. In a way, it helps ground me and relieve my stress.”
- Sleep stories are great to fall asleep! They include a story that’s interesting (but not too interesting that it keeps you awake) and someone with a soothing voice reads them out loud. We recommend trying out Michelle's Sanctuary on YouTube

Finding Hobbies

Trying out new skills can be a fun way to destress, even if you don't end up being good at what you try. YouTube has a lot of arts and crafts tutorials for beginners, and trying them out with friends can make them even more fun!



Other potential ways to destress that we found worked for us were:

- Working out or exercise! Even taking a daily walk to get some fresh air can be helpful.
- Journaling or scrapbooking — writing out your thoughts and feelings can be a good way to release them instead of bottling them up, and there's lots of ways to get creative with this!
- Finding healthy and/or fun recipes to make since going out to eat isn't an option.
- Doing something nice for someone else!



Dealing with Family

Spending more time at home means spending more time around family for many of us. This can be both rewarding and frustrating, so here are a few tips we found helpful to deal with family during the pandemic!

- Know when to take a break and spend time alone
- Protect your time — if there's a certain time in the day you want to do something alone, let your family know
- Set boundaries on sharing a space



- Set up positive time to spend with your family through fun activities such as game nights
- Ask for what you need — if there is something you need, try asking for it instead of assuming that your family members will notice on their own



It's okay to not be okay

With how hard things are, it can be easy to compare how we're doing to other people, but it's important to remember that it's okay to not be okay. Remember, you're allowed to:

- Take rest days when you're feeling low on energy and demotivated
- Do whatever your best is without comparing yourself to others
- Put your best forward without worrying about perfection.

Everyone's best looks different and the fact that you're trying to adapt to quarantine is amazing in itself!



Mental Health Resources



We want to provide you with some resources that you can reach out to for support. At Lumenus Community Services, we have:

Phone in/walk in mental wellness clinics available, where you can speak to a counsellor for free and get connected to other programs that might help you. They can be reached at the following phone numbers:

What's Up Walk In at Lumenus (Ages 0-29):

- (416) 482-0081 (press 6)
- (416) 222-4380
- (647) 272-8482

Daily hours and more information available online at:

<https://lumenus.ca/programs-and-services/whats-up-walk-in/>

Central Toronto Youth Wellness Hubs at Lumenus (Ages 12-26):

- (416) 482-0081 (press 5)

Daily hours and more information available online at:

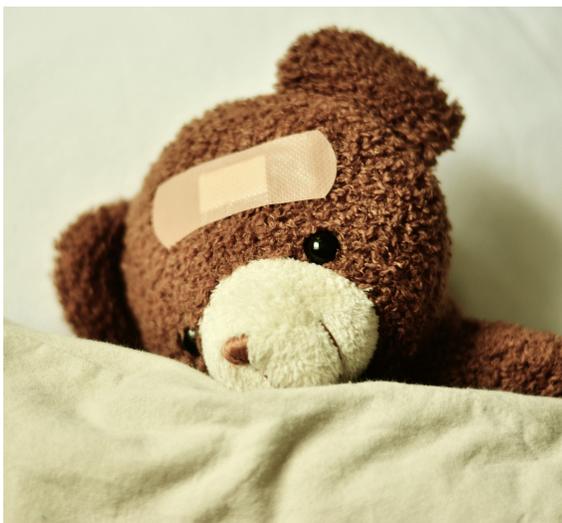
<https://lumenus.ca/programs-and-services/central-toronto-youth-wellness-hub-ontario/>

Virtual drop-in groups at The Studio at Lumenus, which can be found @studioatlumenus on Instagram.

Lumenus has many programs. Please visit <https://lumenus.ca/> for more information on all of the programs at Lumenus.

In Toronto:

- YMCA of Greater Toronto offers a free drop-in youth program for individuals 16-24 years old
 - (416) 603-6366
- Friends of Ruby (previously Egale Youth Services) offers free mental health counselling & drop-in centre for LGBTQ2S youth experiencing homelessness for individuals 29 or younger
 - (416) 964-7887
- Anishnawbe Health Toronto offers walk-in mental health programs for youth of Aboriginal ancestry
 - (416) 920-2605



In Peel Region:

- Tangerine Walk-In Counselling offers, free confidential counselling
 - (905) 795-3530
- Family Services of Peel offers walk-in counselling, with the first session being free
 - (905) 453-5775
- Catholic Family Services Peel-Dufferin offers walk-in counselling for individuals, couples and families, with the first three sessions being free
 - (905) 450-1608 ext. 112

Family Services:

- Family Service Toronto offers free single-session counselling with a trainer, counsellor or psychotherapist for individuals 18+
 - (416) 595-9618
- Catholic Family Services of Toronto offers free single-session counselling for individuals in Toronto with an urgent need to speak to a counsellor at www.cfstoronto.com
- WoodGreen Community Services offers free counselling for a variety of concerns for individuals 18+
 - (416) 572-3575
- LAMP Community Health Centre offers free short-term counselling for youth and adults
 - (416) 252-9701 ext. 235
- Sherbourne Health Centre offers a walk-in therapy clinic and counselling for individuals who are underhoused, homeless or have a low income, identify as LGBTQ and/or are newcomers to Canada
 - (416) 324-4100



Recipe Suggestions: Brownies

Ingredients

- 1/2 cup unsalted butter, melted
- 1 + 1/2 cup white sugar
- 1/2 tsp vanilla extract
- 2 eggs
- 3/4 cup all-purpose flour + 1 tbsp for coating chocolate chips
- 1/4 tsp salt
- 1/4 tsp baking soda
- 1 cup semi-sweet chocolate chips



Directions

1. Preheat oven to 350 degrees Fahrenheit
2. Prepare an 8x8 aluminum square baking dish with a light coating of butter
3. In a bowl, combine the sugar, butter, and vanilla extract until smooth
4. In a second bowl, sift together the flour, cocoa powder, salt, and baking soda.
5. Beat the eggs one at a time into the sugar and butter mixture until thoroughly combined.
6. Add the flour mixture to the butter mixture in 2-3 additions, mixing slowly until just combined.
7. Toss the chocolate chips in ~1tbsp of flour and then fold into the batter.
8. Pour the batter into the baking dish and use a spatula to level off the top.
9. Bake for 20-25 minutes. Brownies are done when the edges are set and have started to pull away from the edge of the dish. The centre may appear to be slightly jiggly but will firm up once the brownies have cooled.