



Montreal City
Mission
communautaire
de Montréal



McGill

Ingram School
of Nursing

École des sciences
infirmières Ingram

Health workshop

November 24, 2020

Exercise & Fitness

Mental health/Stress

Montreal City Mission
Beaconsfield United Church Women's Collective
McGill Nursing Students

Exercise and Fitness



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The big question...why should I exercise?

- Regular and adequate levels of physical activity is good for your health.
- Lack of physical activity is one of the leading risk factors of death around the world.
- 1 in 4 adults and 80% teenagers are not active enough.



Specific benefits... there are too many!

- Preserve muscle mass and reduce risks of falls
- Hypertension, heart disease, strokes, diabetes, cancer, and depression
- Brain health, weight management, strengthen bones and muscles, daily activities



Exercise is too expensive....It's not worth it to join a gym or get equipment

- **Exercise vs. physically active.**
- Physical activities such as walking, cycling, playing, doing chores, working, leisure sports, all have health benefits.



But how much physical activity do I need? I don't have that much time

➤ Children 5-17 years old

- 60 minutes a day

➤ Adults 18-64 years old

- 150 minutes/week, 21 minutes/day moderate activity
- Or, 75 minutes/week, 11 minutes/day vigorous activity

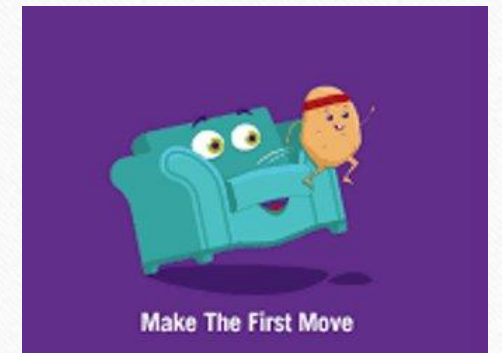
➤ Adults above 65 years

- Enhance balance and prevent falls



What does this mean to me?

- Moderate intensity physical activity: 5/10 of your effort.
- Vigorous intensity physical activity: 7/10 of your effort.
- Muscle strengthening activities: activities that make your muscles feel sore
- Every session should be more than 10 minutes at a time.
- **For example, take a walk 10 minutes in the morning, 10 minutes in the afternoon, and you have 20 minutes of exercise for the day.**



Other different types of physical activity

- Aerobic activities: brisk walking, running, bicycling, jumping rope, and swimming
- Flexibility activities: yoga, Pilates, stretching
- Balance activities: single leg standing, walking in a line heel to toe



I have a medical condition. Can I still exercise/do physical activities?

- General rule of thumb: consult your doctor/nurse if you have any questions.
- Some people may need to take extra precautions.
- Some levels of activity usually give additional health benefits for various medical conditions.



How do I exercise during COVID

- Gyms: free online sessions
- Get outside: parks and trails
- Sports: social distance
- Family play times: games
- Workout at home: don't sit in one place
- Walk whenever possible

Doing any activity around the home is better than none at all. Be active during #COVID19 outbreak to maintain your heart health, muscle strength and flexibility. It is good for your mental health too!

**BE ACTIVE &
STAY HEALTHY
AT HOME!**



#BeActive

#HealthyAtHome

Stay safe while staying fit

- Always use proper equipment
- Warm up your body, stretch, exercise according to your level of fitness, and stop when something feels wrong.
- Perform physical activity in a safe environment
- Wash your hands and equipment



Some free resources

- YouTube videos on how to exercise at home and stay physically active
- Fitness apps: tracking & planning your exercise
- How to stay active during COVID-19:

<https://www.cdc.gov/physicalactivity/how-to-be-physically-active-while-social-distancing.html>



True or false

It is polling time!

You cannot do physical activity when you have a pre-existing medical condition

False

Some level of physical activity is usually good for various medical conditions. Consult your doctor/nurse for your specific needs.

I feel a sharp pain in my leg while exercising. I should stop.

True

Some muscle soreness is normal during exercise. However, a sharp pain indicates something is wrong. If you feel something is not right with your body, stop, rest, and seek medical help if needed.

I should clean my equipment and wash my hands frequently,
even after COVID

True

Keeping your equipment and hands clean can prevent the
spread of diseases

My physical activity needs to be 30 minutes at a time

False

Each physical activity session should be more than 10 minutes at a time. You can pace your activities as you want according to your level of fitness.

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Question Period

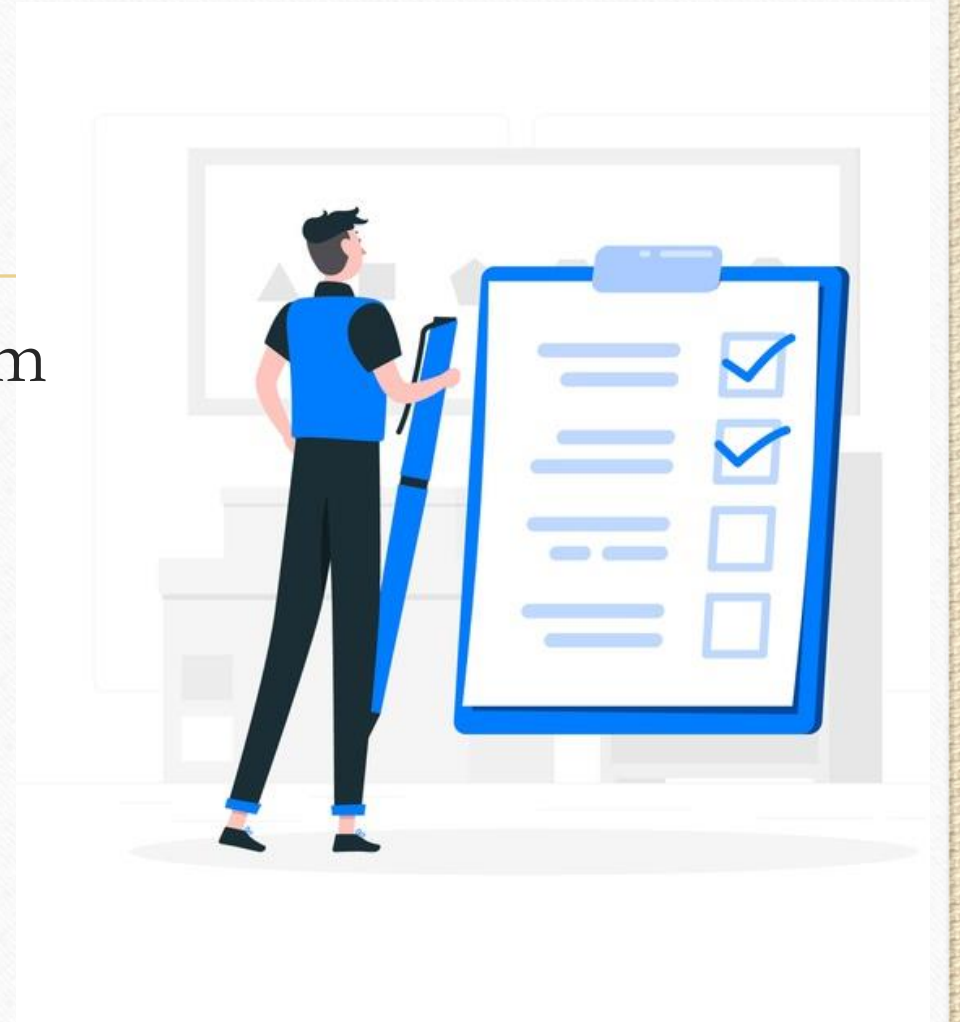


MENTAL HEALTH
A W A R E N E S S

Mental Health & Stress

Plan for the day

- Introducing Mental Health Continuum
- Impact of stress
- Strategies to manage stress
- Resources



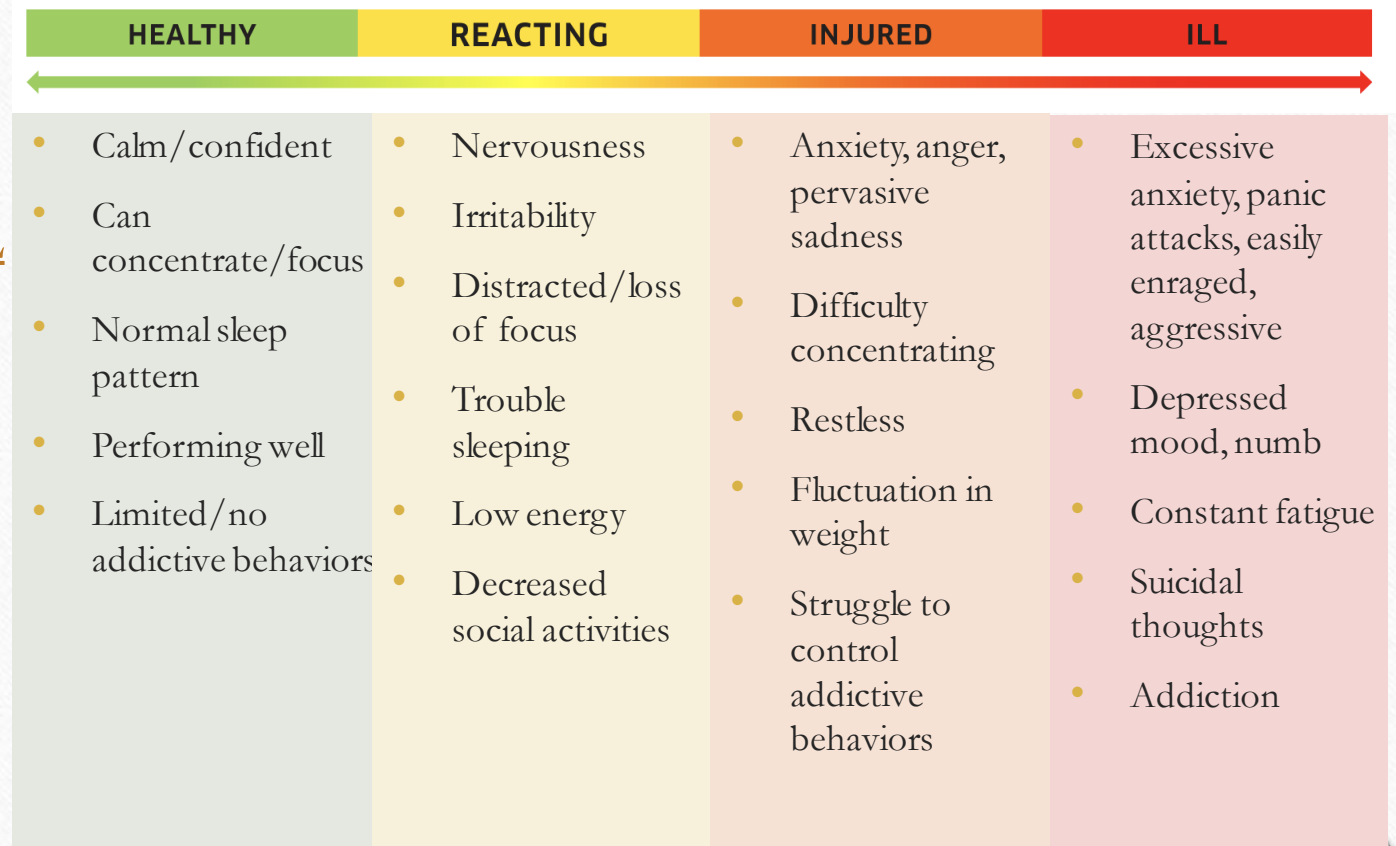
Mental health is everybody's business

- Mental health is more than the absence of mental illness
- *“State of wellbeing in which the individual can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community”.*



Mental Health Continuum

- Mental health is **not** static
- Self-check tool: [CLICK HERE](#)
- Important to realize when you're moving too far to the right and to learn the skills that help you maintain or regain your mental health and well-being



Consequences of Stress



- Not all stress is bad
- Risk factor in a great many diseases, including heart disease, bowel disease, herpes simplex, mental illness
- Making it hard for people with diabetes to control their blood sugar.
- Also a risk factor in alcohol and substance abuse, as well as weight loss and gain.
- Severe stress can cause biochemical changes in the body, affecting the immune system, leaving your body vulnerable to disease.

Strategies to Manage Stress



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- Practice good lifestyle habits
 - Take time to eat well 
 - Get regular exercise. 
 - Reduce consumption of stimulants: coffee, tea, energy drinks.
 - Getting enough sleep with a consistent sleep schedule

- **Stay connected** 📞

- Keep in touch with people who can provide emotional support and practical help.
- To reduce stress, ask for help from friends, family, and community or religious organizations.



- **Try a relaxing activity**

- Mindfulness meditation and yoga
- Muscle relaxation or breathing exercises. Schedule regular times for these and other healthy and relaxing activities.

- **Do something you enjoy**

- Making time for hobbies, sports or activities that you find fun or make you laugh can temporarily give you a break from problems.
- Listen to music, read, go for a walk, see a friend, watch your favorite movie

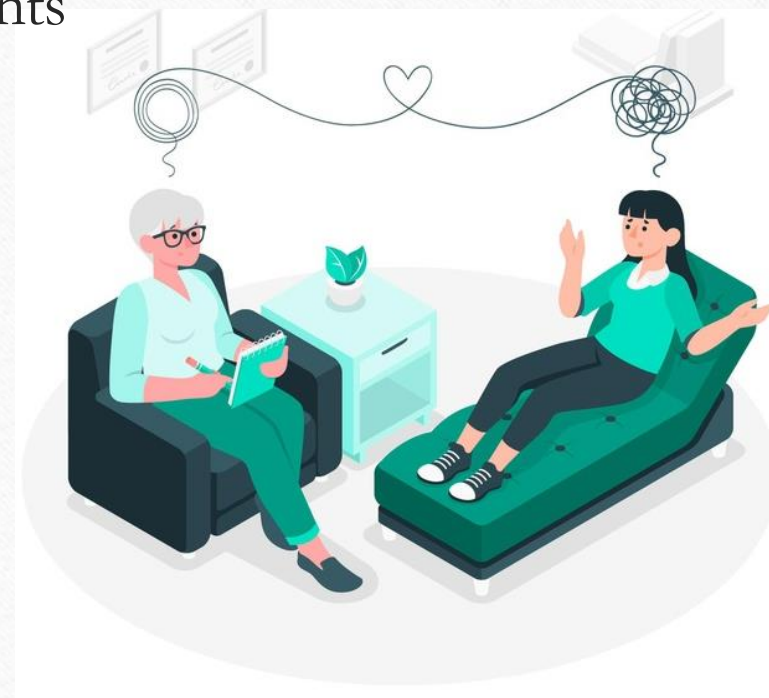


- **Be observant.**

- Recognize the signs of your body's response to stress, such as difficulty sleeping, increased alcohol and other substance use, being easily angered, feeling depressed, and having low energy.

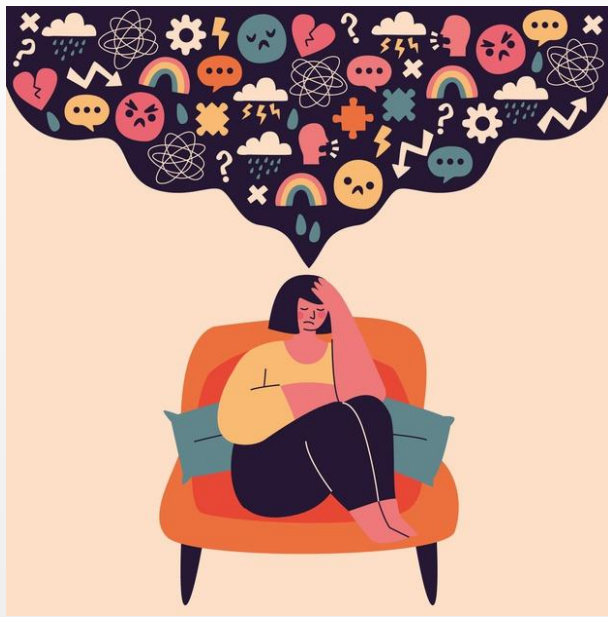
- **Seek support** when you are experiencing difficult moments

- Info-Santé 811
- Your family doctor
- Your integrated health and social services center (CISSS) or your integrated university health and social services center (CIUSSS) [CLICK HERE](#)
- The Ordre des psychologues du Québec [CLICK HERE](#)



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Resources



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AMI Quebec

- **Services:**
 - **Support groups**
 - Weekly sessions of confidential discussion held online by video conference every Monday on different mental health topics such as depression, anxiety, bipolar disorder.
 - **Free online workshops**
 - Topics: caregiver group, types of mental illness, manage anxiety meditation, coping skills and so on
 - **Free counselling**
 - By phone or online meeting
 - One on one service for caregivers caring for someone with a mental illness.
- Tel: 514-486-1448 <https://amiquebec.org/programs/>

Canadian Mental Health Association

- Provide general overview of different types of mental illness. Offer self-help strategies and tips to take care of someone experiencing the mental illness.
 - Contact Canadian Mental Health Association to learn more about support and resources in your area.
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- Tel: 514-521-4993 <https://acsmmontreal.qc.ca/en/document-category/mental-health/>

Government of Quebec website

- Tips on taking care of yourself during COVID pandemic
- Signs of stress in children and teenager and what to do to help relieve stress of them
- Resources that may be useful during pandemic are listed such as Caregiver Support (free and confidential phone consultation for the caregivers, friends and family)
- <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/protecting-your-well-being-in-the-covid-19-pandemic/>



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Suicide prevention centers

- Anyone can become overwhelmed.
- If you or a loved one is having thoughts of suicide, call the confidential toll-free Suicide Prevention Lifeline at **1-866-APPELLE (277-3553)**, available 24 hours a day, 7 days a week.

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True or false

It is polling time!

Mental health is static

False

As shown in the Mental Health Continuum, mental health is dynamic. Everyone may experience different mental health phases throughout our life and career. Thus, mental health is everybody's business, and it is important to take care of our mental health.

Practicing good lifestyle habits is one of the ways to reduce my stress.

True

Take time to eat well, get regular exercise, getting enough sleep with a consistent sleep schedule can both help reduce the amount of stress we experience and prepare us to better manage stress.

It is unnecessary to seek help if I recently become anxious, easily angered, and have difficulty concentrating.

False

Change in behavior could be a sign indicating mental health is injured. Seeking social help from family, friend or consult medical support to regain mental health is very important.

There are many free resources for me to learn about mental health and to seek help.

True

You can find useful self-help strategies to maintain mental health. Also, there are many online free workshops discussing different type of mental illness if you would like to learn more.

Question Period

Thank you!