



# Tutor Connection

Fall 2021 Edition

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Tri-County Literacy Council is a community-based, non-profit organization that enriches both community and individuals by specializing in adult literacy instruction based on essential skills.

*“Make bold choices and make mistakes. It’s all those things that add up to the person you become.”*

*Angelina Jolie*

## *Pandemic Recovery – Begin the Path of Resilience*

Fall is the perfect time to start anew. With the children going back to school and the weather becoming cooler, it is time to make new goals. The pandemic has played havoc with routines and motivation.

Researchers from The Royal Ottawa Mental Health Centre and the University of Ottawa Heart Institute have noted that most disadvantaged Canadians have been most affected by the Covid-19 pandemic. It is well documented that many adult literacy students deal with poverty, housing, job uncertainty, poorer health, and not surprisingly, mental health issues making them a vulnerable group. During the pandemic, at-risk individuals have experienced increased mental illness, isolation, fear, anxiety, and depression. Covid-19 has sapped the willpower and drive of people across the nation. To overcome these challenges and begin the recovery process, there are successful strategies to heal our bodies and mind that you might want to share with your student:

1. **Create rituals that lift you up.** Ample research has shown that spending time on Facebook can dramatically worsen your mood or even lead to depression, **while**
2. **journal-writing has proven potential to make you feel happier.** Spend time writing down 5 things you are grateful for each day.
3. **Reward yourself.** When you achieve a goal, think of a way to celebrate. It could be to meet a friend and go for a walk, watch a favorite video, etc.
4. **Make a connection** – Covid-19 has taught us that as humans we need each other. Surround yourself with positive people. Learn new ways to engage with others, even if it is virtual.
5. There is ample evidence that **physical activity** improves cognitive functioning. Exercise increases neuroplasticity or, the brain’s adaptability to experience change. We are so

*“Be the reason  
someone feels seen,  
heard, and supported  
by the universe.”*

*Cleo Wade*



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fortunate to have beautiful walkways to meander along the St. Lawrence River.

6. A professor at Oslo Metropolitan University who studies the neuroscience of **music** says that simply listening to music increases oxytocin production in the brain, which generally contributes to feelings of empathy and goodwill. Music has also shown to lower cortisol levels in the body.
7. Learn **good sleep hygiene**. Sleep is fundamental to our health.
8. Explore new **hobbies**. Developing new interests can be therapeutic.
9. Remember to **laugh**. Mounting research shows the positive impact of laughter in our lives. Laughter enhances the body's intake of oxygen, stimulating the heart, lungs, and muscles to increase the endorphins released by the brain.

## *Learning from Real Life*

Take advantage of real-life events to engage learners. A federal election is called for this September. Empower your student by encouraging him/her to vote. It is interesting to note that before 1917, women didn't have the right to vote. Japanese Canadians were denied the right to vote in a federal election until 1948. It was not until 1960 that the Aboriginal persons were granted the right to vote without forfeiting their status. Not until 1992 were more accessible, centralized polling stations established to make it easier for individuals with disabilities or limitations to vote. These accessibility changes became law in 1992. Our access to vote was made possible through the efforts of compassionate, dedicated Canadians. Following is a helpful free resource to help with lesson planning: [Civic Voting: A Civic Literacy Resource for Practitioners](#)

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