



KEEPING UP WITH OPEN DOORS

STAYING CONNECTED VOL. 7

WE ARE HERE FOR YOU

Open Doors for Lanark Children and Youth is continuing to provide service to the children, youth and families of the Lanark County and Smiths Falls area virtually. If you are looking to access mental health support, you can do so by calling

1-877-232-8260

We are currently offering a virtual "walk-in" style counselling service. If you are in need of child/youth mental health support, or parenting support, please contact us. Leave your name and a number that you can be reached at.

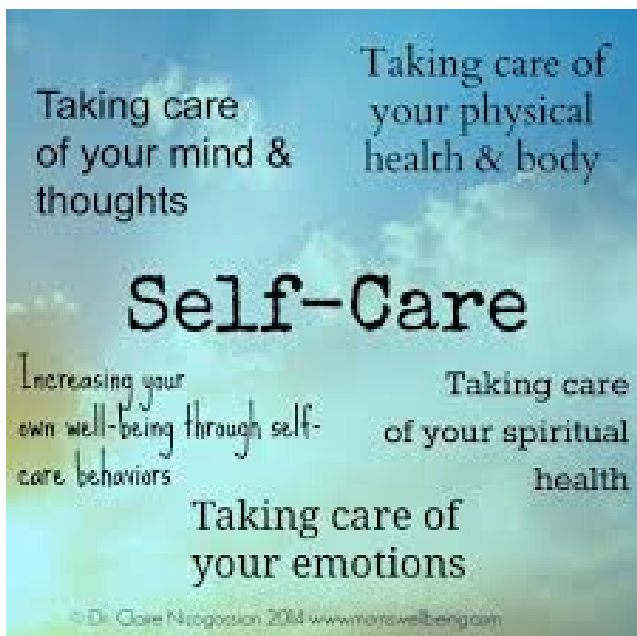
Continue to tune into upcoming Facebook Live and Instagram posts and look for newsletters for parenting tips, family activities and ways to stay connected during these uncertain times.

WHAT'S INSIDE

Child Mind Institute: Self-Care
in the Time of Corona Virus

Sesame Street: Learn to Belly
Breathe with Rosita

Self-Care Tips



SELF-CARE IN THE TIME OF CORONA VIRUS

BY: CHILD MIND INSTITUTE

"When you're a parent, self-care often slips to the bottom of the list. But taking care of yourself isn't a luxury. And during this difficult time, when children are home and stress is running high, it's more important than ever. Here are 5 tips from our clinicians that can help" Read more here: <https://childmind.org/article/self-care-in-the-time-of-coronavirus/>





"Rosita knows it can be frustrating staying inside all the time because she feels the same way too! Luckily, her mommy taught her how belly breathing can help calm her emotions. Take a deep breath and learn to belly breathe with Rosita!" - Sesame Street





Click the photo above to practice belly breathing!




Self-Care Tips

It's very important to take care of yourself and each other. Here are some tips from UHS counselors on different areas of self-care and wellbeing.



Mental Wellbeing

-  **LIMIT** your exposure to news/media coverage - try to just get the FACTS.
-  **Focus** on what is within your control and avoid excessive worrying
 - Schedule time to worry
 - Write down your worries & cross off what is not within your control
 - Create a to-do list
 - Speed clean your workspace
-  **UNPLUG.** Take a break from scrolling - log off, & do something **FOR YOU:**
 - Something that nourishes your soul
 - A self-soothing practice that will bring you back to a baseline of feeling more neutral and calm
-  **Journaling**
 - Make a list of 5 things you are grateful for
 - Write down one thing that went well today and what was your role in it.





Emotional Wellbeing

-  **Practice self check-ins**
 - What do I feel?
 - Where do I feel it in my body?





Accept all the feelings and emotions that are ebbing and flowing

 - Fear, anxiety, overwhelm are common/normal reactions to COVID-19
 - Naming/acknowledging our feelings with compassion reduces the intensity and negative impact
-  **Write a list of positive self-affirmations**
 - I am doing my best to focus on what is within my control
 - I can be strong and still need support from others
-  **Do something fun or good for the soul**
 - Arts & crafts or make music, sing
 - Watch/create a funny meme or tik tok
 - Listen to your favorite song, read a book
 - Play board games, do puzzles

Physical Wellbeing

-  **Practice self check-ins**
 - Am I hungry?
 - Sleep deprived?
 - Dehydrated?
 - Am I tense & need to move my body?
-  **Strengthen your personal & sleep hygiene**
 - Wash your hands often
 - Create a bedtime routine consisting of a relaxing/calming activity and no electronics 30 minutes before bed
-  **MOVE!** Movement gives us an instant boost and brings our attention to where we are
 - Go for a walk (preferably outdoors but avoid the crowds)
 - Stretch your body
-  **Mindfulness techniques for calming and self-soothing**
 - Shift your full attention to your breath and practice deep belly breaths
 - Practice grounding using your five senses - name 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste

Social Wellbeing

-  **Stay connected with friends and loved ones via phone calls/texts/social media/video calls**
-  **Send a gratitude letter or words of affirmation to a loved one**
-  **Do random acts of kindness**
 - Post positive notes around your community
 - Give a compliment
-  **Share your own coping skills with others**

Questions or require additional resources? Contact Cynthia Medina, PhD, in CAPS, at c.medina@berkeley.edu