



KEEPING UP WITH OPEN DOORS

STAYING CONNECTED VOL. 4

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 remotely. If you are looking to access mental health support, you can do so by calling

1-877-232-8260

Please leave a detailed voicemail with a name and phone 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

Kindness: Have a Word With Yourself

I Am Love - A Book of Compassion
Read aloud & yoga poses

Self-Care Activity

"Self-compassion is simply giving the same kindness to ourselves that we would give to others."

– Christopher Germer

KINDNESS: HAVE A WORD WITH YOURSELF

BY: ANXIETY CANADA

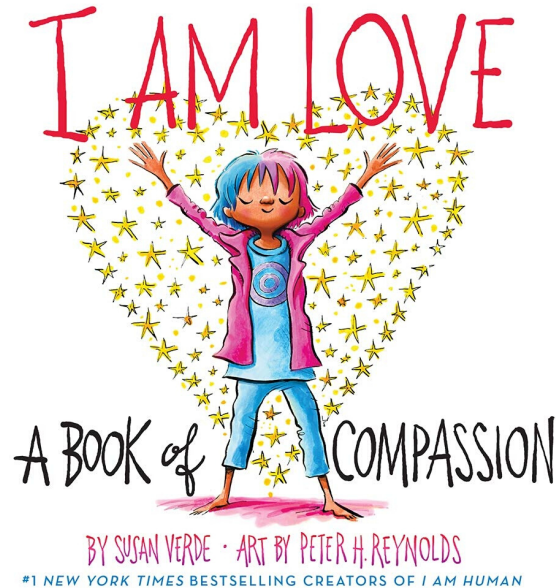
"The experience of suffering is one that we will all go through at some point in our lives. We will all make mistakes, every single one of us.

To move forward, we need to be kind to ourselves, to accept that we are not perfect."

Click to continue reading:

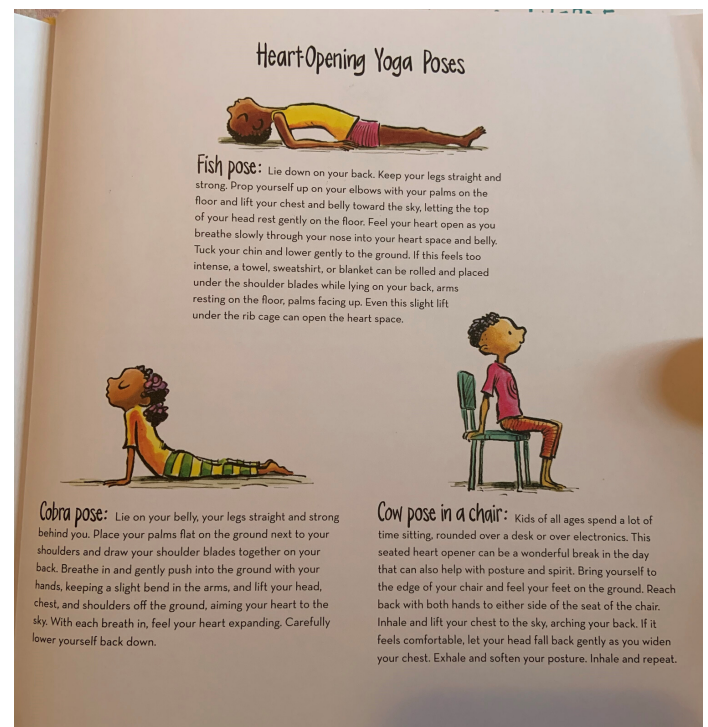
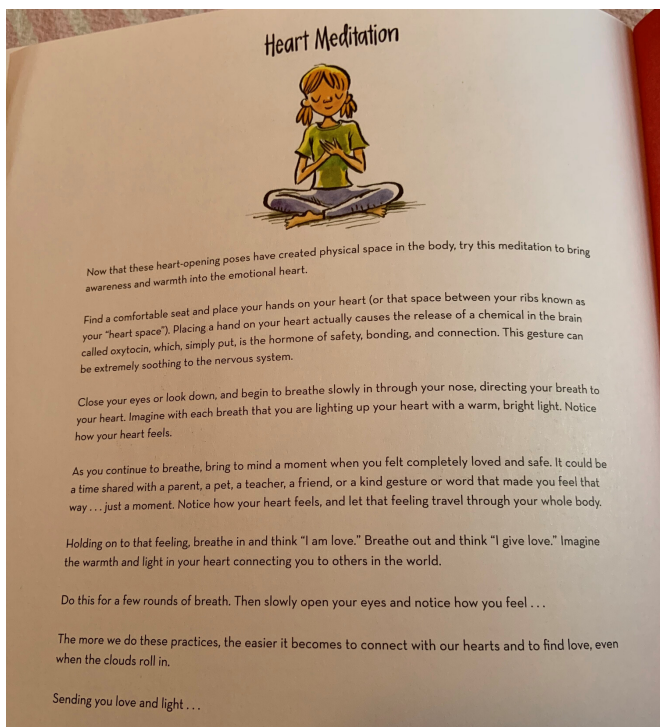
<https://www.anxietycanada.com/articles/kindness-have-a-word-with-yourself/>





"A celebration of love in all its forms, I Am Love asks readers to look inward when they feel afraid. Love allows us to act with compassion and kindness, to live with gratitude, and to take care of ourselves by practicing self-love."

Click the photo above for a read aloud by Leslee!



Self-Care Activities

These can be very difficult times. It is important to remember to take time out for yourselves and practice self-care and self-compassion.

- ❖ Try to be aware that you are having a hard time without judging yourself. Connect with someone you can talk too.
- ❖ Try to be kind, loving and patient toward yourself when you are having a hard time and know that you are not alone in how you feel.

Here are other ways you can take time for yourself. Remember to add your own ideas as well!

- ❖ Take a walk
- ❖ Play in your yard
- ❖ Build a fort inside
- ❖ Read a book
- ❖ Go for a bike ride
- ❖ Try yoga or meditation
- ❖ Blow bubbles
- ❖ Journal
- ❖ Look for shapes up in the clouds
- ❖ Draw, colour or do a craft
- ❖ Cook a meal
- ❖ Bake your favorite dessert
- ❖ Build something with Lego
- ❖ Create with playdough or clay
- ❖ Snuggle with a stuffy
- ❖ Wrap yourself in a cozy blanket

