



KEEPING UP WITH OPEN DOORS

STAYING CONNECTED VOL. 2

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.

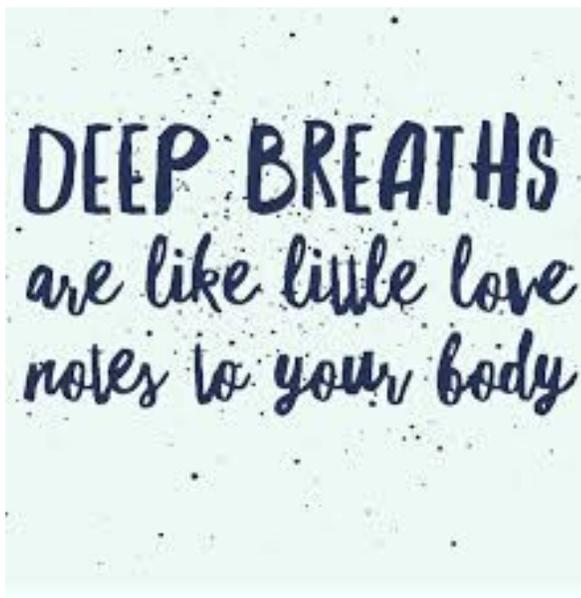
Continue to tune into upcoming Facebook Live and Instagram posts and look for newsletters for parenting tips, family activities and ways to stay connected during these uncertain times.

WHAT'S INSIDE

How Mindfulness Can Help
During COVID-19

Read aloud: ABC Mindful Me

Comfort Plan Guide



HOW MINDFULNESS CAN HELP DURING COVID-19

BY: CHILD MIND INSTITUTE

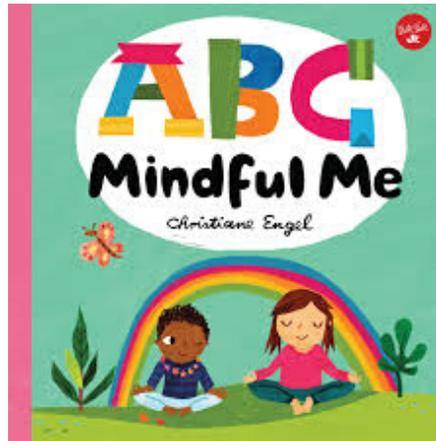
Take a deep breath. Literally. Feel a little better? These are trying times, but incorporating mindful practices into your daily routine can help calm anxiety and build healthy coping skills. Keep reading about how mindfulness can help during COVID-19 here:
<https://childmind.org/article/how-mindfulness-can-help-during-covid-19/>



"Breathe in, breathe out. That's what it's all about! Pairing simplified mindfulness principles with each letter of the alphabet, this helpful picture book features colorful illustrations of children and animals as well as playful rhymes to explain each concept to toddlers (and their parents!). Not only perfect for teaching toddlers their ABCs, it also introduces them to key mindfulness tenants, which promote physical and mental wellness, proper breathing, compassion, gratitude, and kindness. These key concepts will help to grow young readers' concentration, listening skills, and ability to manage emotions, stress, and anxiety."

-Scholastic Canada

Click the photo below to continue to the read aloud!



COMFORT PLAN GUIDE

Something that we often forget about when we're dealing with overwhelming feelings - like anxiety, sadness or anger - is what those feelings are doing inside our bodies as well as our minds. If you've never done so before, think about how your body usually responds to different emotions.

For example, sadness can be experienced for people as a heavy, slow feeling that makes them tired. Some feel heaviness in their chest while others feel like the weight is on their shoulders or above their head, pressing down.

When we're upset or overwhelmed, we usually don't want to be feeling that way and we start trying to fix it. However, we often try thinking our way out of things or entering right into problem-solving mode. If you're still feeling in control of your emotions this can be an easy task, but what happens if you're already so overwhelmed that you've entered fight, flight or freeze mode? And what about the times when you feel like you've "solved" the issue or thought about it from every angle possible, but you still feel bad and can't seem to figure out why?

The thing is, trying to tell your brain that everything is okay and that there's no reason to be feeling an overwhelming emotion will go nowhere if that overwhelming feeling is still trapped in your body. If you try to tell your brain that the perceived danger has passed and you can let go of an emotion while your body still feels tense or heavy or overall bad, your brain will be saying, "Yeah right! I hear what you're saying but the body is still telling me something's up!" It won't want to let its guard down until it can really believe that everything is safe and you're okay.

If you feel stuck with an emotion or you're overwhelmed, try to take care of your body and get it to a place of calm and comfort. If you don't know what you're feeling or why, or even if you do know but there's nothing you can really do to "solve" whatever it is, this step can be so important in making it feel manageable. Even if you know what triggered your emotion, this step will make it that much easier to work through it in your brain.

The Comfort Plan Guide is a great resource with different forms of self-care, including several sensory ideas that can help soothe your body and manage stress. It's okay to have a hard time figuring out which things soothe you the most, especially at first! Remember that this is about you and how your body responds to both stress and comfort. It can be as simple or complex as you need, like doing yoga or just sitting in some cozy blankets with a cup of tea. If it works for you, then it's a wonderful thing to do.



Comfort Plan Guide

When a Challenge Happens.....WHAT TO DO

<p>People</p> <ul style="list-style-type: none"> • Talk or sit quietly with a staff members • Something others can say to help me calm down is: <hr/> <ul style="list-style-type: none"> • Talk to another resident/friend • Call a supportive friend or family member • Be around other people 	<p>Places</p> <ul style="list-style-type: none"> • Sit by the care team station • Go to my room • Go outside • Be in soft/low light • Go to a quiet space • Sit in my TV room
<p>Strategies</p> <ul style="list-style-type: none"> • Breathing techniques • Grounding Exercises • Distraction Activities • Hope statements • Naming my goals • Mindfulness • Progressive muscle relaxation • Guided imagery • Meditation • Body Scan • Positive affirmations • Yoga 	<p>Activities</p> <ul style="list-style-type: none"> • Listen to music/radio • Go for a walk • Run/Exercise • Spend time with a pet • Spend time alone • Write/journal/read/do art • Stretch/do yoga • Clean my room or do something to stay busy • Play music • Watch TV • Do a word search/crossword/Sudoku
<p>Calming/comforting sensory ideas</p> <p><u>Touch and Temperature</u></p> <ul style="list-style-type: none"> • Wrap myself in a warm or heavy blanket • Drink a cup of tea or warm milk <p><u>Auditory/Listening</u></p> <ul style="list-style-type: none"> • Listen to soft/slow music • Relaxation or meditation CDs <p><u>Vision/Looking</u></p> <ul style="list-style-type: none"> • Look at Pictures that calm me • Watch things in nature (trees, clouds) <p><u>Olfactory/Smelling</u></p> <ul style="list-style-type: none"> • The smell of herbal tea or mint • The smell of chocolate • The smell of baking or other food <p><u>Gustatory/Tasting/Chewing</u></p> <ul style="list-style-type: none"> • Drinking tea • Chewy toffee or candy • Chocolate • Chewing gum 	<p>Alerting/distracting sensory ideas</p> <p><u>Touch and Temperature</u></p> <ul style="list-style-type: none"> • Lie down with a cold face cloth or ice • Splash cold water on my face • Have a cold drink <p><u>Auditory/Listening</u></p> <ul style="list-style-type: none"> • Listen to loud/fast music • Be around people talking <p><u>Vision/Looking</u></p> <ul style="list-style-type: none"> • Look through magazines <p><u>Olfactory/Smelling</u></p> <ul style="list-style-type: none"> • The smell of coffee • Citrus smells • Shower with good smelling soap <p><u>Gustatory/Tasting/Chewing</u></p> <ul style="list-style-type: none"> • Drinking something carbonated • Strong mints • Crunchy foods • Sour candy or fruit