



KEEPING UP WITH OPEN DOORS

STAYING CONNECTED VOL. 8

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.

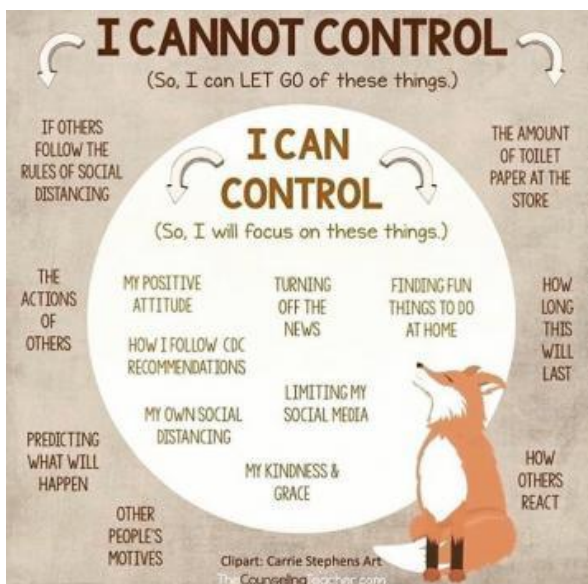
Continue to tune into upcoming Facebook Live and Instagram posts and look for newsletters for parenting tips, family activities and ways to stay connected during these uncertain times.

WHAT'S INSIDE

Coping with Disappointment
During COVID-19

I Cannot Control...

Build a Coping Skills Toolbox



4 TIPS FOR COPING WITH DISAPPOINTMENT DURING COVID-19

BY: CHILDREN'S HEALTH

"It's not lost on parents how disappointed children may feel with missing celebrations and major milestones," says Kimberly Williams, LCSW, clinical social worker at Children's HealthSM. "Some children may experience heartbreak, anger or disbelief – everyone experiences grief differently." Williams shares four ways parents can support their children and help them cope with disappointment during this time." Read more here: <https://www.childrens.com/health-wellness/4-tips-for- coping-with-disappointment-during-covid-19>



LET'S MAKE A COPING TOOLBOX:

A coping skills toolbox is a place for you to keep things that calm you down during periods of distress. Pick 2-3 things from each category to add to your coping toolbox.

Self-soothing:

(Comforting through your 5 senses)

1. Touch:

- soft things
- cuddle things
- hot/cold shower
- weighted blanket

2. Sight:

- colouring
- low lighting
- sleeping masks
- pictures you love

3. Sound:

- calming noise
- ASMR videos
- nature sounds
- guided meditation

4. Taste:

- strong flavours
- warm drink
- eat slowly
- sweet/sour

5. Smell:

- fresh air
- comforting smells

Distraction:

(Taking your mind off the problem for a while)

- puzzle
- book
- artwork
- crafting
- crossword
- positive websites
- music
- movies/TV show
- exercise
- going for a walk
- calling a friend/family member
- sudoku
- board games
- card games
- write a letter to someone you love

Mindfulness:

(Centering or grounding yourself in the present moment)

- guided meditation
- relaxation recording
- grounding objects
- yoga
- slow breathing (belly breathing)
- counting
- "I am" affirmations
- mindful snack

Coping with disappointment and uncertainty can be challenging, especially for children and teens. Developing appropriate coping strategies will help when those unpleasant emotions arise. Sit down with your child and create a toolbox of coping strategies they can use when feeling those big emotions that often accompany disappointment and uncertainty!