



June
25th
2020



Health, Social, and other Community Programs and Services Call 211

Visit cmho.org to find the Children's Mental Health Agency nearest to you [LINK](#)

Crisis and help-lines in your community [LINK](#)

To find adult services for mental health, addiction, or problem gambling visit:

ConnexOntario

1.866.531.2600

www.ConnexOntario.ca

Support for parents of children with mental health challenges: [Parents Lifeline of Eastern Ontario](#) 613-321-3211 or 855-775-7005

Check out all the resources at the [UCDSB's Learning Commons](#)

Parents and Guardians - Finding Time For Self Care

(adapted from Psychology Foundation of Canada)

As we move into the summer months, many of us will continue to be at home with our families. The time and energy that families have spent on care and learning-support since mid-March have been considerable. So, to *continue* caring for others we have to make time to care for ourselves. Good self-care increases our energy and patience, and our ability to play, nurture, and offer guidance to those we care for. It's not easy but it IS important. If you're having trouble finding time for self-care, this problem-solving approach may help.



Step 1: Understand that you're not alone. Knowing that other caregivers struggle to find the time for self-care, and getting ideas about how they *DO* make the time, can help you feel a little better and more hopeful.

Step 2: Remind yourself that self-care IS important and ISN'T selfish. Practicing good self-care improves mental, emotional, and physical wellbeing which makes people more effective in all areas of life.

Step 3: Ask yourself, "What do I need to do to move forward with self-care?"

- * How are you are spending your time right now? Your free time is precious and probably quite limited. What can you let go of?
- * Look for *one* small step towards better self-care. Make a list of activities you'd like to make time for. Choose *one* thing you can do for yourself...even if that time is 5 uninterrupted minutes with a cup of coffee!
- * Talk to your family members about self-care. Agree to support each other's self-care goals. See our [May 27th Newsletter](#) about self-care for children and teens; and [additional tips from mindyour-mind.ca](#) for teens.

Champions #Top 5 Tips For Parents

What To Do When You Feel Overwhelmed

IMPORTANT! If you or someone you know is experiencing thoughts or ideas about suicide, this tip sheet is NOT FOR YOU. Please call 9-1-1, your local crisis line or attend your nearest emergency department for assistance.

Create a Wellness Plan NOW So You Can Use It Later

⇒ Having a plan can help alleviate uncertainty and anxiety. It helps us feel like we have control.

⇒ Write down different things you can do or places you can go when you start feeling overwhelmed. Practice doing these, so when you start to feel stressed you already know what you can do. Look at the list when you need it.

⇒ Include your local crisis line phone number in your plan, in case you need to use it

Ask For Help

⇒ Remember that asking for help is not a sign of weakness, it is actually a sign of strength!

⇒ Identify your key contacts who can help you

Hint: Family Doctor, Counsellor, Social Worker, Support Group, Family, Friends and Neighbors

Be Mindful of Your Health

⇒ Try to make sure you are getting enough sleep

⇒ Engage in regular physical exercise, ask a friend for help to motivate you, if need be

⇒ Skip the 'easier' fast food option and try to add healthy meals to your routine

Prioritize Your Commitments

⇒ Make a list of all your commitments - work, family, etc.

⇒ Look at each item and determine which ones are **MUSTS** and which ones can be set aside until you are feeling calmer

⇒ Do not be afraid to say 'No'

Honour Your Strengths

⇒ Avoid the trap of 'always' and 'never' thought patterns. These keep us stuck.

⇒ Make a list of all the things you do well. Remind yourself of these!

⇒ Celebrate your successes, no matter how small they may seem

For more information and resources about child, youth and family mental health, please visit:



championsforcommunitywellness.com



Champions for Community Mental Wellness



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Continued.....

Kids Help Phone



Call 1-800-668-6868 for support or Children and youth text TALK 686868 Adults text WELLNESS 741741



**June
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**Did you know
about these help-
lines?**



LGBT Youth Line
(age 29 and under)

Anonymous peer
support and
referrals for
2SLGBTQIAP+

1-800-268-9688
Text 647-694 4275

**Hope for Wellness
Help Line** offers
immediate mental
health counselling
and crisis interven-
tion to all **Indige-
nous peoples** across
Canada.

1-855-242-3310

Or visit [hopefor-
wellness.ca/](https://hopefor-wellness.ca/) for
online chat

Check out all the
resources at the
[UCDSB's Learning
Commons](#)

Parents and Guardians - Finding Time For Self Care

(continued)

Step 4: How do I do self-care?

- * **Be realistic.** Think in small steps. A brisk walk might be enough even if you really want to run a marathon. Self-care doesn't have to be complicated or time-consuming but *DO* try to "fill your tank". Do healthy things that make you feel good and that energize you. It might be a hobby, volunteering, talking to friends, going for a walk, or playing a board game with your children.
- * **Double up.** Are there restorative activities that include family members? Movie nights, walking the dog, playing cards, helping a neighbour?
- * **Enjoy.** Enjoyable activities will be more self-reinforcing and therefore more likely to become a habit.

Step 5: Keep doing it.

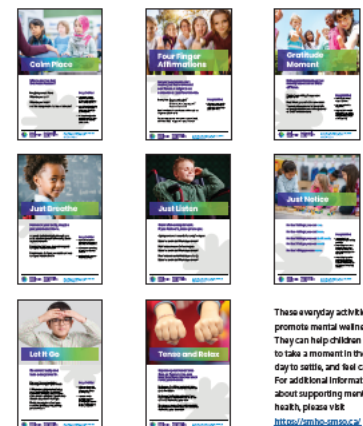
- * **Pay attention** to how it restores your good mood and energy.
- * **Make it a regular item** in your daily, weekly or monthly calendar. Make that appointment with yourself!

Step 6: Understand that your self-care process isn't perfect. There will be days or weeks when you aren't able to make time for self-care. It happens. Just look forward to next week, and try to take that "me time."

For more mental health and wellness information for parents visit the [Psychology Founda-
tion of Canada](https://psychology.foundationofcanada.ca/)

Did you know that School Mental Health Ontario ([SMHO](https://smho.ca/)) supports all school boards across Ontario by providing evidence-based information and resources so that students can flourish and remain resilient? They also have [resources for parents and families](#). Our [UCDSB Mental Health Plan](#) is guided by SMHO. Check out what SMHO has to say about [social-emotional learning skills](#) and these simple but [effective practices](#).

Everyday Mental Health Activities



These everyday activities promote mental wellness. They can help children to take a moment in their day to settle, and feel calm. For additional information about supporting mental health, please visit <https://smho-smso.ca/>

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