

# A Wellness Message

Holy Spirit Catholic Schools

Coordinator of Counselling and Wellness

May 19, 2020



## Catholic Education Week May 18-24, 2020

Join the School Divisions of the Diocese of Calgary

Mass in celebration of Catholic Education Week

Wednesday, May 20, 2020 at 10:00 a.m.

To access the Mass, go the Diocese of Calgary's webpage

<https://www.catholicyc.ca>

## Resilience...

### Brains: Journey to Resilience

Discover the science of resilience by viewing this 7:44 minute video created by the Alberta Family Wellness Initiative

<https://www.albertafamilywellness.org/resources/video/brains-journey-to-resilience>

### Building resiliency and promoting mental well-being

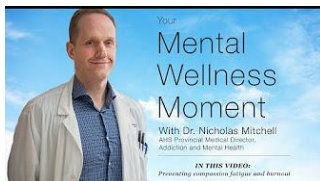
<https://youtu.be/Nnq33PHE7So>

Help your child build resiliency by learning how to navigate life's ups and downs. This will help them to promote their mental well-being and reduce the risk to having a mental disorder

<https://developingchild.harvard.edu/resources/the-brain-architects-podcast-covid-19-special-edition-a-different-world/> (21.01 minute Podcast)

Please reach out to the Family School Liaison Counsellor at your child's school for virtual counselling to support your child or about virtual parent support groups

## Did You Know...



Dr. Nicholas Mitchell provides impactful messages about Covid-19 in brief **3-minute** video clips

Laughter and gratitude can improve your ability to manage stress. In his latest Mental Wellness Moment, Dr. Nicholas Mitchell provides advice on ways to practice gratitude and remain hopeful in a time of crisis.

### The benefits of laughter and gratitude in times of crisis

<https://youtu.be/MVt0cmgk16o>

Families can get through this time of pandemic and come out of it stronger. In this Mental Wellness Moment, Dr. Nick Mitchell offers advice on how family members under the same roof can work together to strengthen their bonds, improve communication and manage stress while staying safe at home.

**Building family resilience during COVID-19** <https://youtu.be/GMkkEmPrVE0>

## Three Tips for Being a Good Listener (2020)

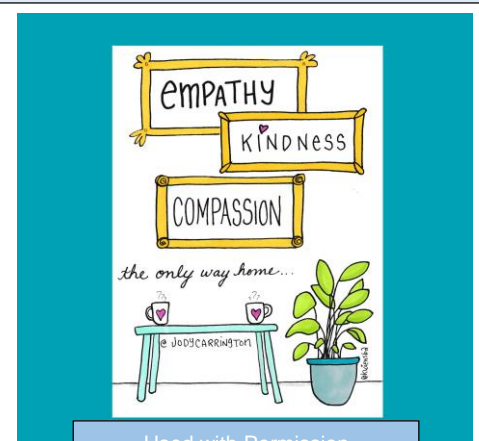
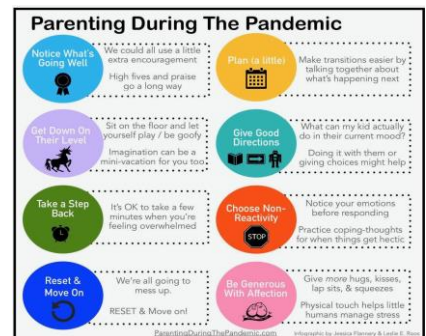
<https://youtu.be/fIMVZQfZeSA>

(2 minutes)



## COVID-19: Tips to reduce parenting stress during the coronavirus pandemic

<https://www.ottawamatters.com/coronavirus-covid-19-national-news/covid-19-tips-to-reduce-parenting-stress-during-the-coronavirus-pandemic-2270319>



## Through simple acts of service, feelings of hopelessness shift into helpfulness

Interview with Michelle Gallucci about the Lethbridge Family Services Kindness Rock Project

<https://youtu.be/OOkuMcTINOq>



[https://www.holyspirit.ab.ca/resources\\_publications/health\\_wellness](https://www.holyspirit.ab.ca/resources_publications/health_wellness) Link to Wellness Newsletters