

A Wellness Message

Holy Spirit Catholic Schools

Coordinator of Counselling and Wellness

June 1, 2020

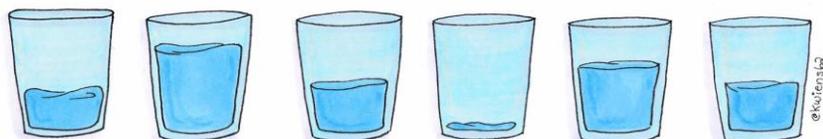


Self-Care...

During times of stress, self-care becomes even more important as stress can take a toll on our mental and physical well-being. Hydrate, make a plan, prioritize sleep, meditate, unload and say no, connect with friends and family on the phone as you physical distance. Notice when you're feeling sad, angry, lost or overwhelmed about life changes. Don't push the feelings away- acknowledge these feelings and let yourself grieve. (AHS)



- OUR STUDENTS COUNT ON US TO HAVE CALM TO SHARE WITH THEM.
- WE NEED TO BE REGULATING OURSELVES TO BE AVAILABLE TO CO-REGULATE WITH OTHERS.
- WHEN WE TAKE CARE OF OURSELVES, WE TAKE CARE OF OUR STUDENTS.
- WHAT ARE YOUR RESTORATIVE PRACTICES?



OUR STUDENTS' CALM

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Text 4 Hope



This is an Alberta Health Services evidence based tool that helps people identify and adjust the negative thoughts, feelings and behaviours a pandemic might be expected to provoke. Through a set of daily messages, people receive advice and encouragement helpful in developing healthy personal coping skills and resiliency.

Simple & Easy to Subscribe

Text: **COVID19HOPE** to **393939**

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



Remember the Blue Sky

The blue sky is a perfect metaphor for the mind. And no matter what happens in life, it's always worth looking for it.

https://youtu.be/56c1uL_O8Jk
(1:18 minute video clip)

Teen Mental Health – Stress...

The more we know about our stress response the better we know how to manage it. Not all stress is bad. Focusing on what's in our control can help us to act with courage during uncertain times. (TeenMentalHealth.Org 3:52 min, video clip)

<https://www.youtube.com/watch?v=iHikEfwfEC0>



Help Children Express Gratitude and Happiness...

What if we took a moment in our day to explain and teach gratitude to our kids? How would their moods change? Would it allow us to gain more insight into what brings them joy? (click below for resource)

<https://media.centervention.com/pdf/Gratitude-Worksheet.pdf>

Using My Senses to Calm...

(click below for resource)

<https://media.centervention.com/pdf/Journal-Mindfulness.pdf>

Prayer

We turn to our faith in times of need and ask for God to give us strength to do His will. Children remind us to be thankful for all our blessings.

https://youtu.be/J_g76pMf5E (2:52 min)

A Gift to You sung by children



Vent it Music-Interactive (This is super cool and fun!)

<https://kidshelpphone.ca/get-info/vent-it-music/>

https://www.holyspirit.ab.ca/resources_publications/health_wellness
Link to Wellness Newsletters