

A Wellness Message

Holy Spirit Catholic Schools

Coordinator of Counselling and Wellness

May 11, 2020



Effective Stress Relievers for Your Life

"From minor challenges to major crises, stress is part of life. And while you can't always control your circumstances, you can control how you respond to them. When stress becomes overwhelming, or it's chronic, it can take a toll on your well-being. That's why it's important to have effective stress relievers that can calm your mind and your body." (Elizabeth Scott, MS January 8, 2020)

<https://www.verywellmind.com/tips-to-reduce-stress-3145195>

We Can Relieve Stress by Breathing...

Box breathing is a technique used to calm yourself down with a simple 4 second rotation of breathing in, holding your breath, breathing out, holding your breath, and repeating. It's a surprisingly simple and effective way to help regain calm and control of your thoughts when under stress.

Use this image of the balloon as a visual when to need to refocus.



<https://kidshelpphone.ca/get-info/breathing-balloon/>

Here are the directions:

1. Inhale for 4 seconds (as the balloon expands)
2. Hold your lungs full for 4 seconds (as the balloon stays fully expanded)
3. Exhale for 4 seconds (as the balloon shrinks)
4. Hold your lungs empty for 4 seconds (as the balloon is contracted)

Repeat for as many times as you need to calm down. That simple!

We Can Relieve Stress by Sleeping...

What you need to know about sleep

Sleep plays an important role in our lives. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety. Though many people tend to think of sleep as a time when your body and mind shut down, it is actually when a lot of important processing, strengthening, and restoration happens. (AHS School Health & Wellness Promotion Team)

Benefits of Sleep

- Improved capacity to focus and learn
- Improved mood
- Improved physical health
- Lower risk of obesity
- Support normal growth & development in children & teens

Sleep Deprivation

- Trouble decision making
- Difficulty controlling emotions
- Long term - linked to depression, risk-taking behavior
- Long term - repress the immune system

<https://www.stopbreathethink.com/> (Apps for Adolescents)

https://youtu.be/yhRWp0wOLyo?list=PL8TioFHUBWfTQJhcV0EefZn7KEDUu3_37E
(3 Minute Sleep Meditation for Children)

We Can Relieve Stress by Listening to Calming Music...

<https://www.youtube.com/watch?v=6GVgncA9oiw>

Practical Tips from Toddlers to Teenagers-View this 20-minute Podcast with Dr. Miller:

We're All in This Together

<https://omny.fm/shows/kelty-mental-health-where-you-are/parenting-during-covid-19-we-re-all-in-this-togeth>

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



<https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-children-getting-enough-sleep-infographic.html>

Super-Cool Breathing Links

4-minute Animated Breathing Video
<https://youtu.be/UxbdX-Se00o>

Rainbow Breathing Video Clip
Demonstration by FSLC & Child
<https://www.youtube.com/watch?v=qdR-s8oDFT4&list=TLPMTEwNTIwMjD1c5M4GoMuQ&index=1>

Colouring & Activity Pages
<https://www.seussville.com/wp-content/uploads/2020/04/All-About-Me-Activity-Booklet.pdf>

May is the month of Mary, our Blessed Mother. Meditating upon the mysteries of the Holy Rosary provides solace and peace. We pray for the grace of the Holy Spirit.



<http://clipart-library.com/clipart/544418.htm>

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