



Health, Social, and
Community
Programs &
Services Call 211

**Children's Mental
Health Agencies
(free services):**

[Children's Mental
Health Leeds Grenville](#)
1-800-809-2494.

[Open Doors](#) Lanark
1-877-232-8260

[Cornwall Community
Hospital](#) SD&G
1-844-361-6363

[Valoris](#) Prescott-
Russell
1-800-675-6168

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

For adult services
mental health,
addiction, 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](#)
1-613-321-3211 or
1-855-775-7005

Parents and Guardians - Finding Life Balance

(Adapted from Psychology Today)

So far the year 2020 has made it very difficult to balance our many responsibilities. It is easy to get bogged down with day-to-day tasks, chores, obligations, and the ever-present worries about COVID19. So now, more than ever, we can't lose sight of protecting our mental and emotional wellbeing. Reducing stress where and when we can needs to be at the top of our to-do list. If you are struggling to achieve balance, you aren't alone. Here are some tips from Psychology Today on how to manage demands and care for yourself:

Step 1: Try to set Boundaries especially if you are working from home. At the end of the day, turn off the computer and try not to check your emails during family time (and that can be so hard!). If you can, set up a dedicated work area so that family members know that you are at-work when you are there. **The goal is to be able to work relatively undisturbed and also to be able to "leave work" and focus on other things.**



Step 2: Prioritize Self-Care. Make time to take care of yourself - exercise, socialize safely with friends, or take part in relaxing and enjoyable activities. These are all important to your well-being AND to your family's well-being.

Step 3: Adjust Family Expectations. Household chores can always be adjusted or changed. Even young children are able to help with simple chores, like feeding pets, putting away toys, and setting the table. Older children and adolescents can take on more responsibility, like preparing meals and doing laundry. **As long as expectations are reasonable, contributing to the family's well-being can be a source of pride for children, give them useful life skills, and ease the workload for everyone.**

Step 4: Say "No" (where possible): Be realistic about what you can accomplish. Being able to say no is necessary to reduce stress. Consider your priorities at work, and at home, and try to shorten your to-do list. **While you might not be able to say no to critical work or family obligations, it may be possible to say no to minor requests.**

Step 5. Organize Supports. Having social support is one of the best things you can do for your well-being when you are stressed. Supports can be things like taking turns with a friend or neighbor to help children learn from home, within health and safety guidelines. **Support can also be emotional, such as simply sharing highs and lows with a trusted friend.**

For more on self-care and balancing demands, see our June 2020 Newsletter (and other Mental Health and Wellness Newsletters) here: [LINK](#)

Kids Help Phone 

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



2020

Did you know that School Mental Health Ontario (SMHO) supports all school boards across Ontario by providing evidence-based resources so that schools, students, and families can flourish and remain resilient? 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](#).

Follow us on twitter



@ucdsbwellness

For mental health and wellness information, updates and initiatives.

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

Teens - Care for yourself because you matter!

A healthy lifestyle helps to cope with stress and to achieve balance. Eat well, include physical activity in your daily routine, and get enough sleep. See this from School Mental Health Ontario (<https://smho-smso.ca/wp-content/uploads/2020/03/Self-Care-101.pdf>):

SELF-CARE 101

Self-care is an important part of wellness. Take time and discover what helps you to feel good and recharge.

EAT

We all need to refuel. But sometimes when we're stressed, our habits can change – maybe we eat junk food, or don't feel like eating at all. It is important to focus on eating foods that will provide you with the nutrients you need.

- Tip: Have a healthy snack nearby so you can refuel and avoid getting "hangry"!

HYDRATE

Try to increase your water intake and decrease your caffeine intake. Caffeine has been shown to create a stress reaction in your body and might cause you to feel nervous, irritable or restless.

- Tip: Drink a glass of water or milk before bed (but not too much) rather than a caffeinated drink. This should also help you sleep.

MOVE

Being physically active has many positive effects on your health. It increases your energy, enhances your immune system, reduces insomnia, stimulates brain growth and has been shown to decrease feelings of sadness.

- Tip: This doesn't need to take much time. You can get these benefits of being physically active from just a 30-minute walk. Stuck inside? Check out YouTube for brief yoga routines, at-home workouts or track your steps, and challenge a friend!

ENJOY

Take time to discover things you enjoy. Do things that make you feel good as often as you can. It may not be what others find fun, and that's okay! We're all different.

- Tip: Maybe there's a book you want to read, a show or movie you've been meaning to watch, a skill you've been interested in, or something new!

SLEEP

Getting a healthy number of hours each night helps you to better deal with the stresses of everyday life.

- Tip: While you're at home, try to set up a sleep routine that you can stick to. Plan to go to bed and wake up at the same time every day. For some other helpful ideas check out: "Up all night!" Get a better sleep with these tips!

WHY SELF-CARE?

Self-care is like saving up for a rainy day! It's about nurturing yourself so that when difficult situations happen, you will have the energy and strategies to help you get through it! It can feel hard to practice all of the self-care tips that we know are important, pick a few to focus on, congratulate yourself on what you're able to accomplish and continue to set goals for yourself.

- Tip: Try to be kind to yourself and practice enough self-care!

For more ideas to help you recharge, check out Kids Help Phone's self-care checklist!

CONNECT

Strong social connections are one of the most powerful influences on our mood and mental health. Spending time with friends and family help to increase your levels of happiness.

- Tip: Getting involved in something bigger than yourself or doing nice things for others can give you a mental health boost. If you can't see the people you care about every day, send them a text or make a phone call, it will make their day and yours!

PAUSE

Make sure to take time for yourself during the day, to listen to music, take a few deep breaths, meditate, write in the gratitude journal.

- Tip: There are lots of different apps and sites out there for breathing exercises or check out: "How to calm down when you're stressed"

RECOGNIZE

Be mindful of your thoughts and feelings, both positive and negative, as part of your self-care. Finding a healthy outlet to process your emotions and positive self-talk, although always important, is super important during stressful times.

- Tip: When thinking, ask yourself: Is this helpful/true? If not, challenge yourself to find a positive/true alternative. Remember to speak kindly to yourself, everyone has good and bad days. Don't be too hard on yourself!

REFLECT

Take time to think about what's important to you. It can be easy to get caught up in the negative messages, instead look for kindness and positivity. This can come in different forms like people doing good things for others or positive posts on social media.

- Tip: Practicing gratitude on a regular basis can improve our sense of well-being and happiness! Journal about gratitude every night, write down three good things about your day. They don't have to be major (i.e. a great lunch, talking to a friend, finishing a task).

REPEAT

Did you know that trying a new skill, habit, or routine for 21 days in a row will increase the likelihood of maintaining this new practice?

- Tip: Try having a partner to hold you accountable during the first few weeks; this strategy has been shown to enhance your success rate of maintaining your new practice.

If you or someone you know is in crisis, call 9-1-1 or go to the nearest emergency department.

You can also reach out to Kids Help Phone at 1-800-668-6868 or by texting CONNECT to 686868.



School Mental Health Ontario



Spiritual Wellness Ontario

www.smho-smso.ca

Feeling Overwhelmed...check out these other resources:

Youtube: Mel Robbins: A fun video describing why we become overwhelmed and how we can deal with it. <https://www.youtube.com/watch?v=4zEBjqhwobA>

Yoga with Adriene: Free Yoga classes anywhere from 5 minutes to an hour that help people calm the mind and body. <https://www.youtube.com/user/yogawithadriene>

Mindshift App: Free app that helps ground and calm the mind and body https://www.anxietycanada.com/resources/mindshift-cbt/?gclid=EAIaIQobChMI-P3Hk4mW7AIVJOeGCh0umg_xEAAYASAAEgL4jPD_BwE

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