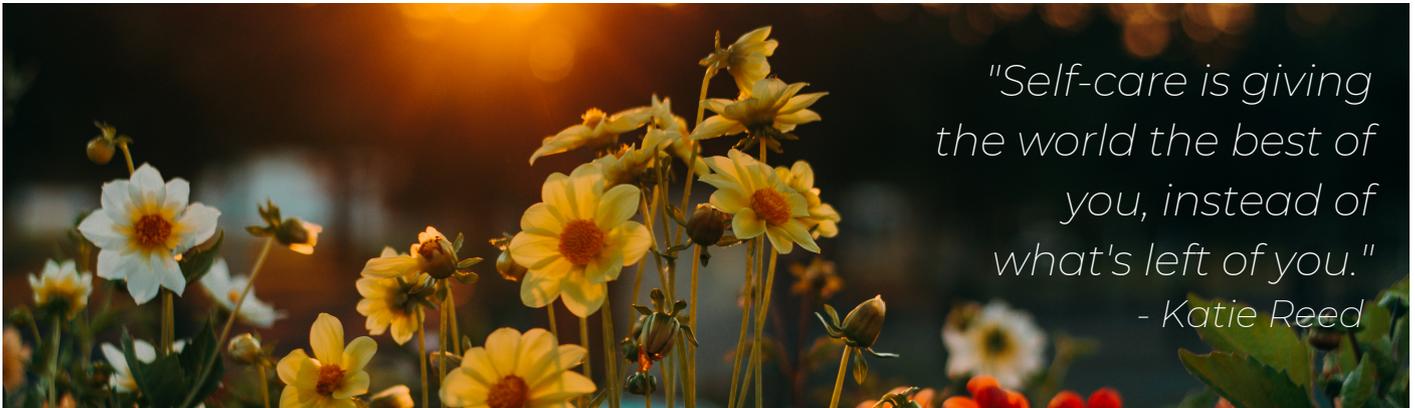


CARING/COPING/CONNECTING

A newsletter from WRDSB Social Work and Psychological Services



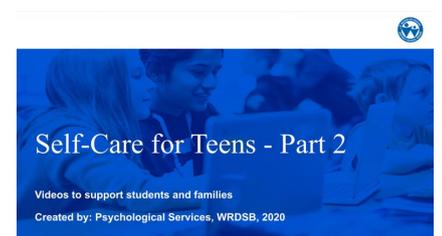
*"Self-care is giving the world the best of you, instead of what's left of you."
- Katie Reed*

CARING FOR SELF & CARING FOR OTHERS

The way people feel loved and appreciated is different for everyone. While some people feel loved by receiving a thoughtful present, others feel loved by having someone give them their undivided attention. This has come to be known as your love language and according to [Gary Chapman](#) there are 5 different love languages that a person may have. So, what is your self-care love language? If interested, take a [quiz!](#)

- **Words of Affirmation** - Giving yourself a pep talk, daily affirmations, Journaling, or repeating a mantra over and over, writing yourself a letter and mailing it.
- **Acts of Service** - Doing things for yourself that boost your mood. Organizing, Cleaning, Acts of kindness, cooking,
- **Quality Time** - Spending time with just yourself to do something you love. Reading, Mindful meditation, Having a nice warm beverage, going for a walk.
- **Receiving Gifts** - Treating yourself to a gift or to something that brings you happiness. Things for crafts or hobbies, Buying flowers or picking flowers for yourself, splurging and getting yourself your favourite hot drink.
- **Physical Touch** - Doing something that makes your body feel good. Getting a massage, wrapping yourself in a soft blanket, putting on lotion, doing yoga or stretching.

Videos of the month



Lunch & Learns
for Caregivers
with WRDSB
Psychology Dept

Wednesdays, 12:15 to 12:45

[Zoom Meeting link](#)

Meeting ID 912 3479 2398 & Password: WRDSB

March 3 - Coping with Big Feelings: The Validation Approach

March 10 - The Development of Self-Regulation & Co-regulation

March 17 - Resilient Families

March 24 - Helping your kid (and you) to sleep like a baby!

SELF-CARE MOVES BEYOND THE BUBBLE BATH

"When we heal ourselves, we heal our ancestors from wounds that run deep in our family. When we heal our ancestors, we heal the world from wounds that run deep in our humanity."

- Dr. Miriam-Rose Ungunmerr-Baumann,

Self-care is not always about bubble baths and exercise. Sometimes it means having to heal from oppression and trauma. Take a look at these podcasts and articles to learn more about self-care from a socio-political lens.

PODCAST: [Indigenized Wellness + Stress Relief in Quarantine](#) from WELLFORCULTURE

ARTICLE: [Black Mental Health: 7 Self-Care Tips If You're Feeling Overwhelmed](#) from Vogue UK

YOUTUBE: [Emotionally Restorative Self Care: People of Color - Black People - African Americans](#) from Brandi Jackson Wellness

Image from www.wellforculture.com



SELF-CARE TIP OF THE MONTH

Try a Gratitude Visit



Think of someone who has had a positive impact on your life. Arrange a (distanced/virtual) visit with them. In preparation for the visit, write a letter explaining what they did, the impact it had, and why you are so grateful. On the visit, read the letter to them. Most likely you will both be sharing emotions of joy, gratitude and thankfulness after that (suggestion taken from the book: *Habits for Happiness*, by Timothy Sharp).



ADDITIONAL RESOURCE

[3 self-care tips for parents during COVID-19 by UNICEF](#)
YouTube video ~ 1.5 min

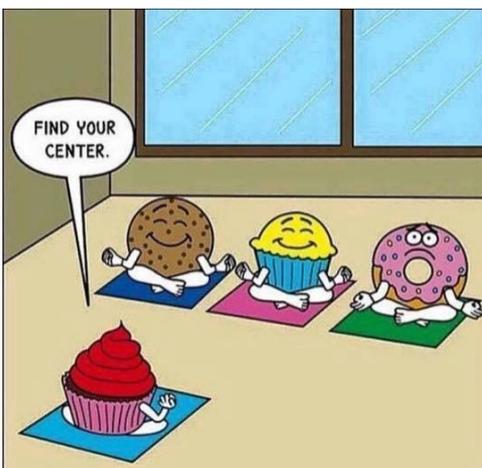


ZZZZZZZZZZZ SLEEP TIPS ZZZZZZZZZZZZ

Sleep is important to many, many aspects of our health, functioning, and wellbeing. Check out a few tips!

- **Regulate your SLEEP SCHEDULE.** Wake up at the SAME TIME everyday -that typically also leads to falling asleep at the same time. If not, try to only go to bed when sleepy.
- Create a **consistent relaxing pre-sleep ROUTINE.** This signals to your body it is time to wind down and gets you ready to fall asleep.
- Get your **BEDROOM CONDITIONS right...** that means dark, comfortably cool, & quiet.
- Most importantly **Get things DARK!** Darkness encourages the release of a hormone called melatonin which is important to our sleep-wake cycle.
- Think of **ALL electronic devices as DARKNESS & SLEEP ENEMIES** when viewed too close to bedtime. The light they emit interferes with melatonin production. We all know it's hard, but **turn them off at least 30 mins before bedtime.**
- Limit caffeine, alcohol, and other substances.
- Use your bed for **sleeping only.**

MINDFUL MOMENTS



May you be healthy.
May you be safe.
May you live with ease

- **Loving-Kindness for You** audio recording ~ 14 min.
- **Loving-Kindness for Younger Children** YouTube ~ 6 min.
- **Loving-Kindness for Older Kids/Teens** YouTube ~ 5 min.

Mindfulness has been shown to improve wellbeing for most people and is not part of any religious movement.

Community Events

Qualia Counselling Services

- [Everyday Superheros CBT group for kids](#)
- [Strong Thoughts, Strong Teens CBT group for teens](#)

Woolwich Counselling

- [Conquering Teen Anxiety](#)

Langs Wellness Hub

- [Spring Programs](#)

Carizon

- [Children and Parents Connecting.](#)
- [Raising Children in an Anxious World workshops](#)
- [Community Resource Program](#)
- [Not Just Skills and Drills workshops](#)

University of Guelph

- [Feelings First Therapy Group](#)

*An empty tank
will take you exactly
NOWHERE.
Take TIME to refuel.*

Need some help?

Here 24/7: 1-844-437-3247

Kids Help Phone: 1-800-668-6868 or text "CONNECT" to 686868

Front Door: 519 749 2932, and press "1"

**For urgent matters call 911
or go to your local
emergency room**

For more information about this newsletter contact Mary Murphy at 519-570-0003, ext. 4172.