CARING/COPING/CONNECTING

A newsletter from WRDSB Social Work and Psychological Services

MOVING FROM STUCK TO UNSTUCK

Can you relate to any of these situations?

- You ask several times but your kid just won't get off Fortnite.
- The kitchen is a big mess but you just can't make yourself tackle it.
- You had an argument with your partner and you just keep going over it in your mind.
- Your child is super disappointed that it isn't a snowday and has a huge meltdown.

We all get stuck sometimes.....Stuck wanting to keep doing something we enjoy. Stuck not wanting to do something we don't feel like doing. Stuck in our thoughts. Stuck in big feelings.

Getting stuck happens to all of us. Sometimes we can be stuck in a positive way or VIRTUOUS cycle. But sometimes we get stuck in a VICIOUS cycle that GETS IN OUR WAY. So what things can help us UNSTICK? We can work on skills, beliefs, emotions, and connection. We can work to face things that are hard. It will take effort and time but WE CAN.

Check out this video on ***When Kids Get Stuck*** for more info!
(~20 min)
(Or check out the next page for a few ideas.)

Don't forget to check out the other videos on the WRDSB Psych Dept YouTube Channel!

Community Events

Woolwich Counselling

- What is Mindfulness Adult Workshop
- Mindfulness group for adults!
- Conquering Teen Anxiety
- Practicing Positive thinking and Gratitude Adult Workshop

YWKW

- Fearlessly You!

KW Counselling

- Let's talk about Teens (Scroll down)

Carizon

- #youthconnect workshop
- Parent/Caregiver workshops:
  - Tip of the Iceberg
  - Prioritizing our Wellbeing Amid Ambiguous and Complicated Grief
  - Managing and Coping with Everyday Stressors
  - Get Unplugged!

These practices are supported by research and we encourage folks to give them a try! BUT, we also acknowledge that we all have different backgrounds and experiences. This may make your strategies and practices look different in your family.

Here are some things to try:

- Increase skill through trying and practicing.
- Find ways to change negative beliefs about oneself or the situation.
- Figure out ways to challenge or cope with negative feelings.
- Recognize small improvements.
- Believe in yourself or your child's ability to face hard things.
- Build close connections.

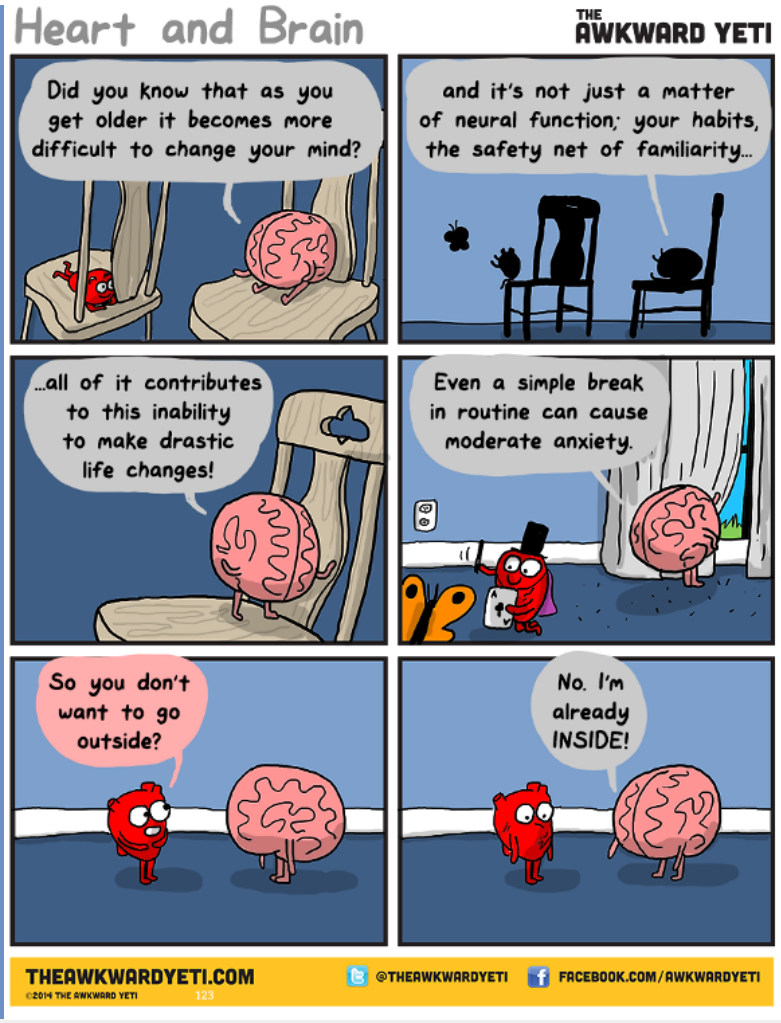
Check out these great YouTube videos!

Getting Sesame Street: Grover and Zachary Quinto are Flexible (~3 min)

Getting Stuck in the Negatives (& How to Get Unstuck) by Alison Ledgerwood (~10 min)

The Big Bang Theory - Sheldon's sitting spot (~1 min)

My Day is Ruined! by Bryan Smith (read aloud) (~12 min)



Lunch & Learns
with WRDSB Psychology Dept

Wednesdays 12:15 to 12:45
Zoom Meeting link
ID: 544 193 0058 Password: WRDSB

Mar. 2:
Self-Compassion - Good for Parents, Good for the Kids
Mar. 9:
All About ADHD
Mar. 23:
Understanding and Managing Children's Media Use
Mar. 30:
Handling After-School Meltdowns

Missed a newsletter? Check out the previous newsletters here

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.