

# CARING/COPING/CONNECTING

A newsletter from WRDSB Social Work and Psychological Services



*"A flower does not think  
of competing with the  
flower next to it.  
It just blooms."*

## This Month: SELF-COMPASSION

SAYING and BEING KIND to yourself is important!

Research shows that WHAT YOU SAY to yourself and the WAY YOU TREAT yourself can affect you in so many ways. Being KIND to yourself will tend to affect your thoughts, your feelings, your behaviours, and your relationships POSITIVELY. Being UNKIND to yourself will tend to affect these areas NEGATIVELY.

So, how about practicing some kindness on yourself?  
Here are a few ideas:

- **Do things you enjoy** (e.g., go for walk, play a sport, sing, dance, watch your favourite show, cook or bake.....) at least once a day.
- **Write kind messages on post it notes** (or a piece of paper) and stick them up or put them where you can see them (e.g., on your mirror, in your room, on your dresser). Read them to yourself at least once a day.
- **Start a private "What I like or what is good about me list."** Read it every day.
- **Do something simple but nice for yourself** (e.g., have a bubble bath, listen to your favourite music, pet your dog, go for a bike ride, draw.....)
- **As a family, have everybody take a turn saying something nice to every other person in the family.** Maybe you could do this during a meal.

"Self-compassion  
is simply giving  
the same  
kindness to  
ourselves that  
we would give to  
others."

—Christopher Germer,  
*The Mindful Path to  
Self-Compassion*

Video of the month



# MINDFUL MOMENTS AND MEDITATIONS OF LOVING KINDNESS FOR YOUR CHILDREN AND FOR YOU



WRDSB promotes mindfulness and mindful meditation techniques and practices because of the proven relationship to calming, self-awareness and improved mental health. Mindful awareness and mindful meditation has been practised in the western world for over 40 years without any religious associations.

## To try along with your Preschool/ Primary Age Child:

[Loving-kindness Meditation for Kids](#) YouTube video ~6 minutes

## For your Elementary Aged Child or Young Teen:

[Just Like Me and Loving Kindness Compassion Meditation for Kids](#) YouTube video ~7 minutes

## For your Teens:

[Self-Compassion for Teens Meditations](#)

These meditations and exercises provide ways in which teens can cultivate self-compassion. They are included as home practices in the Making Friends with Yourself program. Most of them can function to cultivate self-compassion independently of the program, but will work better and make more sense within the context of the program.

## And finally for You:

[Self-Compassion Exercises by Dr. Kristin Neff](#)

Guided Meditations ranging from 5 to 20 minutes and exercises to explore self-compassion.

## Community Events

Please note: Check to see if the group says OPEN group. If it does, you can join anytime! If the registration deadline was the end of January, there may still be room. Please call the phone number listed to ask.

## Woolwich Counselling

- [LGBTQ+ Support Group](#)
- [LGBTQ+ Awareness Workshop, Feb 2](#)
- [Glad to Be Me](#)

## KW Counselling

- [Parenting with Passion](#)

## Carizon

- [Counselling winter groups](#)
- [Community resource groups](#)
- [Newcomer groups](#)
- [Children and Parents Connecting](#)

## Lunch & Learns for Caregivers with WRDSB Psychology Dept

**Wednesdays, 12:15 to 12:45.** Email [mary\\_murphy@wrdsb.ca](mailto:mary_murphy@wrdsb.ca) and put "Lunch & Learn" in the subject line to request the Zoom link.

Feb. 3 - Mindfulness, Part 1: Caregivers Own Practice

Feb. 10 - Distress Tolerance

Feb. 17 - Mindfulness Part 2: Supporting a Child's Practice

Feb. 24 - Anxiety Toolbox

*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.