

Tips for Coping with Social Distancing/Self-Isolating/Quarantining from Your School Counsellor

TIP #2: Shift Your Mindset

Easier said than done, right? Shifting the way we think is hard. We've been thinking the way we do our entire lives. But, when it's in our best interest, and the interest of our children, making a mindset shift IS possible!

In times when we're stressed, when life has so many unknowns, it is easy to fall down a rabbit hole of anxiety, stress, worry, which can lead to feelings like anger, fear, impatience, frustration, etc.

But there are a few things you can do to keep yourself, and your families, feeling a little better:

1. Laugh together! Watch a funny show or look for hilarious clips, memes, etc., online. Share jokes. Tell funny stories. Laughter is shown to relieve tension and stress, boost your immune system, and minimize pain.
2. Create a calm environment. Take a break from the news and social media, opting for quiet activities like reading a book together, painting, and playing some relaxing, soft music in the background. Try creating a "Cozy Corner" in your home – a reading nook with pillows, soft blankets, stuffed animals, where your kids can spend some quiet time.
3. Try yoga together! There are so many online resources for yoga, and it's a great activity for parents and kids to try together. Search YouTube for Cosmic Kids Yoga and check out the incredible yoga adventures!
4. Start a gratitude journal and begin a daily gratitude practice. It is so easy to focus on what is "wrong" in our lives, what we're missing out on, what we don't have. And when we focus on the negatives, we breed more negativity. When we choose to focus on what we have, what we can do, who we have in our lives, we become happier. Engage your children in practicing gratitude by asking them what they are thankful for, who they love, who loves them, what their favourite part of their day was, etc.

Again, if you or your kids are struggling and want some extra support, information, coping strategies, etc., please send me an email! Amanda.LeForte@sd87.bc.ca I'm happy to help however I can, and can be available for phone calls or video chats as needed!

