

Mental Health and Wellness Newsletter

Resilience, from FAITH, in Action!

January 22nd to 26th is **Wellness Week**. This week focuses on the Virtues and how they encourage resilience in our students. Look forward to exciting wellness activities from a healthy, safe and caring, and mentally healthy framework guided by the Virtues.

	Jan 22- Faith, Hope & Love	Jan 23 – Prudence	Jan 24 –Justice and Forgiveness	Jan 25 – Temperance	Jan 26- Fortitude
Morning Announcement	Mark 10:52	Wisdom 8: 7	Micah 6: 8	2 Tim 1:7	James 5:7-12
Action Activities	Prayer Dance	Good thoughts or Uncomfortable thoughts?	What does it mean to tolerate?	Just the right amount.....	Arm Support
Morning Activity	Warm Compliments	Growth mindset means learning from others	Classroom Forgiveness chain	Self-reg toolbox	Grit, Guts and Glory

The Power of Calm

Years of research have confirmed that moods are contagious. Children are especially adept at picking up and adopting the moods of those around them. One of the best ways to enjoy calm is to actively foster it by looking at what you could take off your plate for the day, or making a plan in advance for how to deal with unexpected changes in your schedule. In fact, a regular routine is one of the most helpful calming mechanisms for children because they can anticipate what will happen next. The same goes for any rules; keeping the rules the same day to day for every child and enforcing them calmly and clearly can be a supportive and powerful way to [keep children calm](#). For more on how calm can benefit a classroom environment, follow this link: (Educational Leadership) <https://goo.gl/38s9hy>



Happy New Year! Resolutions are a great way to set healthy goals, and it is not too late to make some beneficial resolutions for yourself or for children to choose theirs. Consider some common resolutions below.

As a rule, the more specific, attainable and measurable the goal, the more likely we are going to be to achieve it. Think about what it is that you want to do more of this year.

1. Pray
2. Be more grateful
3. Learn a new skill
4. Bring more peace into your life
5. Spend more time in nature
6. Listen to your favorite music more
7. Enjoy the little things
8. Become more confident
9. Volunteer
10. Move more
11. Meet new people
12. Unplug from technology more
13. Think Green
14. Read more books
15. Get more sleep

For more on setting goals and reaching them, watch this short TED Talk on the topic: <https://goo.gl/4HHa9z>

Mental Health Walk-in Clinics

Phoenix & ATS 613-735-2374 → *Pembroke – Tue. 2-7 pm | | Renfrew – Thurs. 2-7 pm | | Arnprior – Wed. 2-7pm*
Petawawa – Wed. 2-6 pm

Robbie Dean Centre 613-433-4231 → *Pembroke – Wed. 3-7pm | | Renfrew – 3-7pm | | Petawawa – Tues. 1-5 pm*
Arnprior – Mon. 3-7 pm | | Eganville – Mon. 1-5pm