



# Mental Health and Wellness Newsletter

## Connecting Activities

What can we do at home and in the classroom to help children feel connected?

At home the literature is clear that children feel connected when they spend time with their family playing games or doing activities that have fact-to-face interaction. But connection is also giving back to family and community. What chores do children do that the family really needs them to do? What special classroom jobs do students have to feel connected and needed in their classroom?

Friendships are another important component –the fondest childhood memories are of playing with friends and exploring the world together at home. Similarly in a classroom, which group activities allow friendships to flourish and students to learn and grow together?

Here are some resources on home and school connecting.

- 5 Ways to Connect with your Child [goo.gl/311RQm](http://goo.gl/311RQm)
- Tier 1 Wellness Resources for teachers [bit.ly/MentallyHealthyClassroom](http://bit.ly/MentallyHealthyClassroom)
- One teacher’s brilliant idea to see classroom connections [goo.gl/2NBs3f](http://goo.gl/2NBs3f)

Do you know a student in need of their high school community hours? <http://changeourworld.ca/> Ontario students can earn up to 15 community services hours. *Thanks to Kelly Etmanskie for this resource.*

## Mental Health Literacy

Mental health literacy is knowledge that helps us become effective and successful in living full and healthy lives. With it, we learn how to take better care of our loved ones and our communities. We are empowered and provided with the skills that we need to help us build better lives, better systems of care and a better society. Please see mental health literacy material below.

Information on Stress by Dr. Stan Kutchen [goo.gl/EE7obu](http://goo.gl/EE7obu)  
 Secondary school Mental Health Literacy [goo.gl/sSASa7](http://goo.gl/sSASa7)  
 CHEO information on Mental Health for Youth [goo.gl/FGWuML](http://goo.gl/FGWuML)

### 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

## Organization Calms the Worrying Mind



According to organizational expert David Allen, the reason that unfinished “To Do” lists are unsatisfying and can make us feel more on edge is that they are not descriptive enough. Simply listing an item does not make us feel confident there is enough time for us to accomplish all of our tasks.

Have you ever walked past an unorganized closet and felt guilty because you know you want to clean it, but never seem to have the time? What about all of the times you put something on your “To Do” list and continue to stare at it but cannot accomplish it?

The solution?

One of the best things we can do for ourselves to stop worrying or feeling guilty is to get all tasks we want to do onto our “To Do” list – but with a **clear plan for action**.

A level 4 “To Do” List includes not only a column of **items to do**, but also a second column comprised of **smaller steps** that need to be done to complete your project - and the icing on top? A third column that specifies **timelines** for when you will accomplish the items on the list.

This type of list allows your mind to stop worrying that all items on your list need to be done immediately – just remember to give yourself realistic time frames! Learn more at [goo.gl/qhPMW2](http://goo.gl/qhPMW2)

To Do	Steps	Timeframe
Study for test	-get missed notes -ask teacher for help	Begin on Tuesday at 5:00
Mark tests	-print off answer sheet	Tomorrow morning
Clean basement	-get garbage bags	Begin in 2 weeks