

Mental Health and Wellness Newsletter

Loneliness is on the rise as technology connection increases at an alarming rate. In fact, in adults, loneliness rivals obesity and smoking as a health risk. Dr. Jean Clinton states that one of the best things we can do for our young people is to get them interacting face to face with their peers. Her number one suggested take away for parents at a recent session at Bishop Smith was the value of students seeing their friends and playing outside. In fact Dr. Clinton reiterated that there is a direct correlation between increased hours on technology and decreased overall mood. Therefore, students who are on their devices more are more unhappy than their peers. In short, play dates, group sports and all round summer time fun are just what the doctor ordered.

To read more on loneliness: <https://goo.gl/Z71hTN>

**MENTAL ILLNESS.
WHEN "I" IS REPLACED
BY "WE", ILLNESS
BECOMES WELLNESS.**
—SHANNON L. ALDER

Thinking about negative media consumption for children over the summer

••• Thanks to Mr. Cosentino

RCCDSB strives to nurture the giftedness, self-worth and potential of each individual entrusted to our educational care. Part of this nurturing involves giving children and youth the tools they require to make good choices within the media culture which surrounds them. To this end, the RCCDSB vision statement emphasizes fostering a critical analysis of the arts, media and technology, informed and supported by the Catholic faith tradition.

1. Pay attention to media ratings and warnings. As Craig Gauthier mentioned in a recent OLL parent night, ratings are there for a reason.
2. Help your student build resilience.
3. Adults can always help by listening, taking adolescents' concerns seriously, and offering to help.
4. If your older adolescent is going to consume negative media, watch it with them and critically analyze the material afterwards. Disturbing material should never be binge-watched. Students with mental health concerns should avoid distressing material.

As Catholic educators and parents, our efforts to enhance student ability to critically analyze media content go hand-in-hand with affirming and reinforcing:

- the dignity of each student as made in the image and likeness of God, regardless of what popular culture might tell them;
- the precious value of each student's life as God's unique and beautiful gift and
- the unconditional love of God, who walks with each of us.



Read more from Dr. Angelou here: <https://goo.gl/JYjzYQ>

Mental Health Walk-in Clinics

Phoenix & ATS 613-735-2374 → Pembroke – Tue. 2-7 pm || Renfrew – Thurs. 2-7 pm || Annprior – 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
Annprior – Mon. 3-7 pm || Eganville – Mon. 1-5pm