

# Wellness Wednesday's

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## Social-Emotional Health

It can be easy to forget to do the little things while working from home, such as getting cleaned up and ready for the day, but that can make a significant impact on your mental health. When it comes to social-emotional wellbeing, there are 5 different areas to consider: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.

Do a quick check-in and think about where you would land in each area. Is there one thing that you can do to improve that today? What impact would that have on your everyday life? Be patient with yourself and remember change doesn't happen instantly. It's more about increasing your awareness and making those small changes here and there to begin noticing improvements in your life.



Here are some ways to improve your social-emotional and mental health, stay motivated, and reduce stress.

*More Than Mental Health* **Covid-19** *More Than Mums*  
**Mental Health Reminder**

<p><b>Get Dressed</b>            Even if it's just into comfort clothes, this will help you feel more productive and less in a rut.</p>	<p><b>Do Your Hair/Makeup</b>            Even if you're not going anywhere this can help make you feel "normal" in a very chaotic time. People also often feel relaxed when doing hair or makeup and you deserve that.</p>
<p><b>Eat New Healthy Recipes</b>            If you can, eat a variety of food and try different recipes. This will give your day variety and keep your body feeling healthy.</p>	<p><b>Get Some Fresh Air</b>            Fresh air will help you not feel so cooped up or "stuck" in your home. Getting outside would be best but even standing at a window will be beneficial.</p>
<p><b>Be Creative</b>            Try doing new activities or bring back old ones. Getting creative is a great way to keep your spirits up and your mind relaxed.</p>	<p><b>Unplug</b>            Everyone everywhere is talking about the virus. Turn off your devices and get some well deserved time away.</p>
<p><b>Stay Connected</b>            Even though we can't go visiting, make sure you stay connected. A good way is video chatting or even just a phone call. This will help you and the people you are talking to feel less isolated.</p>	<p><b>Reach Out</b>            Mental health is always important but it is especially important during times like this. Reach out if you need to and remember to check in with your friends and family. We are all in this together!</p>

Retrieved from <https://www.facebook.com/TeubyContinued>.



## Weekly Relaxation Activity

Mindfulness is the practice of being present in the moment without judgment of what you should be doing or if your thoughts are positive or negative. It uses meditation and breathing techniques to help build resilience, improve concentration and energy, and lower anxiety and depression.

### Mindfulness Exercises

If you would like to learn a variety of mindfulness techniques, watch the 2-minute video below which provides step-by-step instructions on how to integrate mindfulness into your everyday activities.

*"I don't have time."* Mindfulness can be done in a matter of seconds or minutes while still providing a valuable outlet to refocus and destress. By continuing to build this into your everyday routine, you can start to retrain your brain to be present and relax.



Retrieved from <https://www.youtube.com/watch?v=L-IZArfQHOo>.

**Guided Mindfulness**

Find a quiet place and take 5 minutes to relax and meditate through this guided mindfulness video. If you are having trouble finding a quiet place, consider closing your eyes and using headphones or sitting in a bathroom or walk-in closet. This can be great to do before bed or even with children!



Retrieved from <https://www.youtube.com/watch?v=5pnqeolrKJ0>.

## Parent's Corner

Having trouble working on your homework with your kids running around? Try one of the ideas below to keep them entertained and allow yourself some time to focus.

- **Have a designated playroom:** Create a safe, child-friendly room with their favorite toys and things, so they can entertain themselves with minimal supervision. Consider framing this room as a reward for completing their homework or chores or for doing a positive thing (e.g., being nice to their sibling). You could also have only certain times they can play with specific toys to make it more engaging and exciting for the child.
- **Create a reward system:** If there's one thing children love, it's getting special treats or things. Consider creating a "Reward Board" with each child's name on it. If they can play by themselves quietly while you study, they get a sticker. After a certain amount of stickers, they can then "win" a prize that you can decide on together. Remember, it doesn't have to be expensive to be fun; it can be something as simple as an ice cream sundae.
- **Put on an exercise or entertaining videos for kids:** are you finding your child has too much energy? Consider using videos to get your kids moving and engaged. One idea is doing Zumba through GoNoodle (<https://family.gonoodle.com/channels/zumba-kids>). GoNoodle also has a variety of other ways to get your kids moving and engaged with a section created specifically for families (<https://www.gonoodle.com/for-families/>).
- **Setup an arts & crafts station:** have an area with markers, paint, scissors, paper, etc. (i.e., whatever you are comfortable with your child using with minimal supervision). This provides your child with a creative outlet and their own space while you work. One popular activity right now is using masking tape either on the sidewalk outside, on paper, on a canvas, etc. and having children color or paint the different sections. Once it is dry or complete, remove the masking tape to reveal a fun design!



Retrieved from <http://penguinsonthebottom.blogspot.com/2012/06/splatter-paint.html>

## At-Home Mental Health Activities

Changes in routine can create stress for you and your child. This week, try integrating one mental health activity listed below to provide an outlet for you and your child.

# 9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN

 @BELIEVEPHQ

### WORRY TIME

- Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with you or problem solve to overcome them

### ACTIVITY PLANNING

- Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities

### WELLBEING

- Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep

### THOUGHT CHALLENGING

- Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones.

### TALKING ABOUT FEELINGS

- Why not create a time each week where your child can speak to you about their thoughts and feelings

### 3 GOOD THINGS

- Before bed spend some time with your child to identify and write down three good things they achieved from the day

### IMAGERY

- Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way

### BEING PRESENT

- Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses

### THOUGHT TESTING

- Try setting out some simple activities to help your child test out the validity of a thought.



Retrieved from <https://twitter.com/BelievePHQ/status/1175409556815585280/photo/1>.



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## Resources

### Mental Health Resources

- **SCSU Counseling and Psychological Services (CAPS):** Call 320-308-3171  
Website: <https://www.stcloudstate.edu/counseling/default.aspx>
- **Local crisis line:** Call 320-253-5555 or 800-635-8008
- **National Suicide Prevention Lifeline:** Call 1-800-273-8255  
Website: <https://suicidepreventionlifeline.org/>
- **ULifeline** (online resource for college mental health): Text "START" to 741-741 or call 1-800-273-TALK (8255)  
Website: <http://www.ulifeline.org/>
- **National Domestic Violence Hotline:** Call 1-800-799-7233  
Website: <https://www.thehotline.org/>
- **Disaster Distress Helpline** (crisis and support line for natural/pandemic disasters): Text "TalkWithUs" to 66746 or call 1-800-985-5990  
Website: [DisasterDistress.samhsa.gov](https://DisasterDistress.samhsa.gov)

### Substance Use Resources

- **Alcoholic Anonymous (AA) Online Meetings:**  
Website: <http://aa-intergroup.org/>
- **Narcotics Anonymous (NA) Virtual Meetings:**  
Website: [https://na.org/?ID=virtual\\_meetings](https://na.org/?ID=virtual_meetings)

### Student Support Resources

- **SCSU Non-Traditional Student Support:** <https://www.facebook.com/SCSUNonTrads/>
- **SCSU Student Parent Support Center:**  
<https://www.facebook.com/scsustudentparentsupportcenter/>

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