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Creating a Healthier “You”

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Help yourself, help your child by developing good routines and practices that can decrease anxiety, improve communications and build relationships.

Howto:

- Maintain appropriate boundaries
- Promote self care (physical and emotional)
- Be flexible and willing to modify/adjust (where appropriate)
- Observe and address old habit patterns that no longer serve you
- Deconstruct biases by being open and willing to learn
- Remain organized
- Set developmental goals
- Adhere to timelines
- Observe and respond to environmental changes (where necessary)
- Know your supports and where /how to access them

- Be realistic and measured in one’s approach to all of the above

Self Care

Feel good and thrive

Get organized – plan and monitor

Get educated – learn about yourself and resources

Get socializing – connect with others

Get creative – in our approach and chosen activity

Get out – increase activity levels

Get healthy – monitor physical and mental condition

Get giving – offer time, energy and support to others

Now..... Get going



Be authentic – no-one does you, better than you.



Make any necessary adjustments to current routines.



Set yourself realistic and achievable targets



Always set a timeline for goals and adjust where necessary.

Accessing Supports

External

- Maintain good communication with family, friends, co-workers, supervisor and management, utilize tech if necessary
- Participate in peer support and counselling groups (formal and informal)
- Engage human resources support if necessary (employer)
- Seek medical/professional advice where appropriate
- Utilize resources (incl. technology)

Internal

- Positive self talk
- Redirection of thoughts
- Breathwork and meditation
- Body awareness (nutrition/activity level)
- Utilize resources

How has the current pandemic situation impacted the way we interact with self and others?

Consider not only our fear of the Covid 19 virus and the anxiety that brings, but also our daily interactions. Whether we are being harmful or helpful, both internally and externally.

Can we still access those internal and external supports noted previously? If it's challenging to do so, then get creative and find different ways to connect

Listen, Empathize, Support and Be Kind!!!

Resource List

- <https://pflagyork.ca/>
- <https://www.hopeforwellness.ca/>
- <https://cmha.ca/>
- <https://nedic.ca/>
- <https://www.camh.ca/CAMH> Centre for Addiction and Mental Health 416-535-8501 press 2
- <https://www.yorkhills.ca/>
- <https://www.fsyrc.ca/>
- <https://www.kinark.on.ca/>
- <https://www.sexandu.ca/>
- <https://www.connect-clinic.com/>
- <https://nacca.ca/>
- <https://www.kerrysplace.org/>
- <https://www.autismontario.com/>
- <https://youthassistingyouth.com/>

https://york.bigbrothersbigsisters.ca/wp-content/uploads/sites/208/2020/07/Strive-2019-E-pub-19-05-V7_V.pdf

- The links provided are not an exhaustive list, rather intended as a guide to resources for culturally diverse supports in York Region and beyond. For example NACCA whose mandate is to serve the Black and African Caribbean communities, or Hope for Wellness who serve Indigenous communities. The Connect Clinic offers advice and treatment related to trans care. Pflag of York Region has specific services for the LGBTQ2S+ community. Many of the organizations noted offer specific service to specific communities.
- **Please note that a list of crisis numbers offering immediate support can be found on Pg.2 of the pdf booklet at the bottom of the resource list opposite** (final link noted also contains more information and resources).