WELLNESS STRATEGIES

Ganñoŋnyọhk

THANKSGIVING ADDRESS

A great way to start the day is with gratitude.

Take this opportunity to practice/learn the Ganñoŋnyọhk (Thanksgiving Address)

Listen to the Ganñoŋnyọhk on YouTube

Or

Express gratitude in a way which works for you

Take a few moments afterwards to talk or write about something you are grateful for.

GROUNDING ACTIVITY

This calming technique will take you through your 5 senses to help remind you to stay present. Take a deep belly breath to begin and name aloud:

5 Things you can See 🎨 🎨

4 Things you can Feel 🌊 🌊

3 Things you can Hear 🎧

2 Things you can Smell 🌳

1 Thing you can Taste 😊

SELF-CARE: BRAIN DUMP

This simple technique helps to declutter your mind and thoughts.

1. Grab some paper and a pen
2. Set a timer for one minute
3. Start timer and write down every single thought you have (don’t worry about grammar or spelling) until the timer is one
4. Put your brain dump aside. You have vented and the paper can hold it now. Breathe. Focus on what you need to.
COPING SKILLS TO TRY WITH KIDS

<table>
<thead>
<tr>
<th>I'm feeling...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calm</td>
</tr>
<tr>
<td>Nervous</td>
</tr>
<tr>
<td>Surprised</td>
</tr>
<tr>
<td>Sleepy</td>
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**Label Emotions:** Once you can identify your feelings, you can manage them. There are many feeling charts online as well as free printables.

**Acknowledge what you can and cannot control:** Instead of focusing on things you have no control over (e.g. Other people’s feelings), you can focus on what you can control and that is you. (your feelings, your actions, your behaviours and how you respond).

**Identify the problem and how to solve it:** Understanding what you can control is the first towards making a plan. The first step is to identify the problem (e.g. I miss my friends) and the second is to come up with ideas to solve the problem. Keep in mind not all ideas will work. Pick out a few ideas and use them (e.g. FaceTime my friends, Email them, Call them, Facebook messenger offers kids messenger which is managed by the caregiver).

**PLAY:** Play is a natural stress reliever for kids.

**MOVEMENT:** Exercise releases chemicals called endorphins. These “feel-good chemicals” trigger positive feelings in your brain. So by releasing endorphins, you are tapping into a natural way to improve your state of mind. E.g. Dancing, stretching, yoga, playing outside (with social distancing)