

Connecting as an act of Self-Care:

# TAKE THE TIME TO TALK

## Talk to the kids

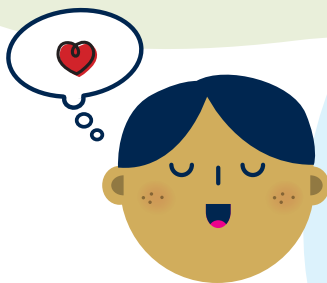
Try to take a moment each day, for each child to have time to discuss anything that they are concerned about, things that they miss, things they like about the new normal and things they are thankful for. This will allow you to keep a close watch on their emotions and thinking. It may also give you some ideas of what you can do to help make this a bit easier.



## Talk to loved ones

Take time in the week to check in with the people who make up your social support network. That may be a spouse, extended family, a close friend(s) or the members of a support network (or a combination of the above). Give yourself space to talk about the strains of this experience but also take some time to see the joys. Tell a friend something funny that happened, talk about the ways you are seeing growth in the kids, etc. Be sure to check on your loved one too, no one is without impact in this.

Perspective is hard to keep when anxiety and fear are the foremost experience but if you can help yourself by looking for the positives where they can be found you will benefit.



## Talk to yourself

Use some self-talk to remind yourself of the truths in this situation. This is for a time, you are not alone in this even when it feels you are, there are people who care - reach out to us if you need it!

Be patient with yourself, this is new to everyone in the whole world, and that is not an exaggeration. The kids are adjusting just like you. They don't expect you to be anyone but you!

Connecting and talking is an act of self-care that will benefit your well-being!

*Adapted from Children's Mental Health Ontario*

Your Well-Being Matters  
*Stronger together, even when apart*

WELL-BEING  
EVERYONE  
EVERY DAY