



Community Education Service

Child & Youth Mental Health Program

Ron Joyce
Children's Health Centre

Taking Care of Yourself

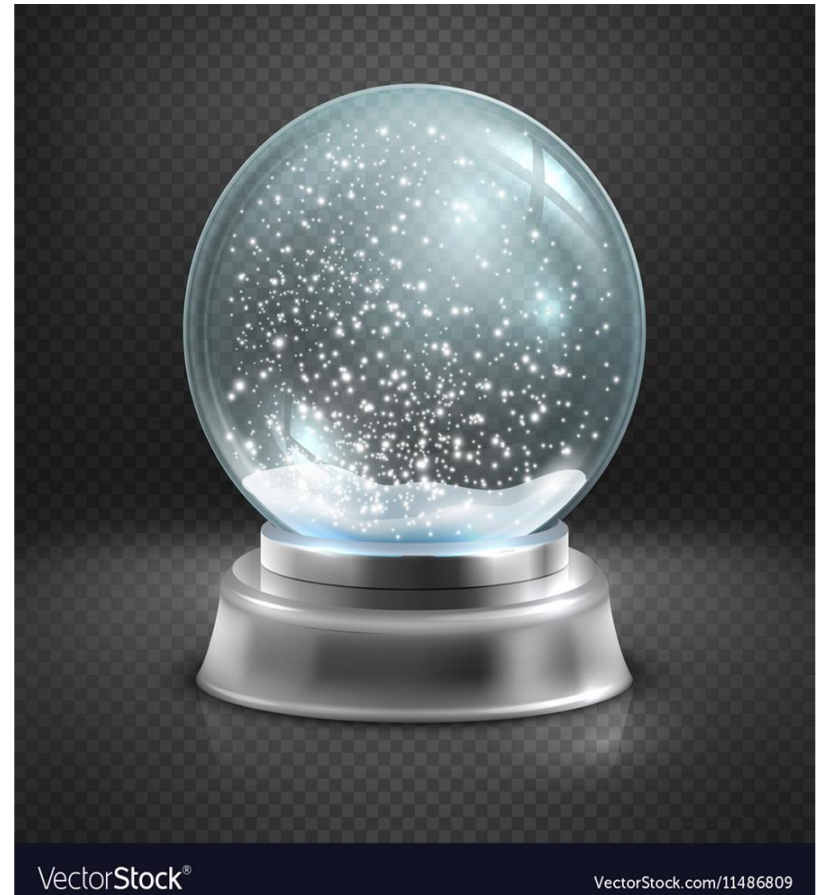
January 22, 2020

Presenters:

Sue Kelley, Behaviour Therapist
Michelle McVittie, Child Life Specialist

What Does Stress Mean?

- The feeling we get when we do not feel in control and/or our needs are not being met.
- When we feel we are not capable of handling or coping with the situation at hand.



Coping with Stress – Why Bother?

- Build connection with your child
- Be better able to cope
- Enjoy life
- Easier to problem solve
- Feel energized again

What does self-care look like?



Poll

- When was the last time you did something relaxing/fun for yourself Examples: took a bath, hung out with a friend, spent time in nature etc.
 - Today
 - This week
 - This month
 - In the last three months
 - In the last 6 months
 - I can't remember when I did something for myself

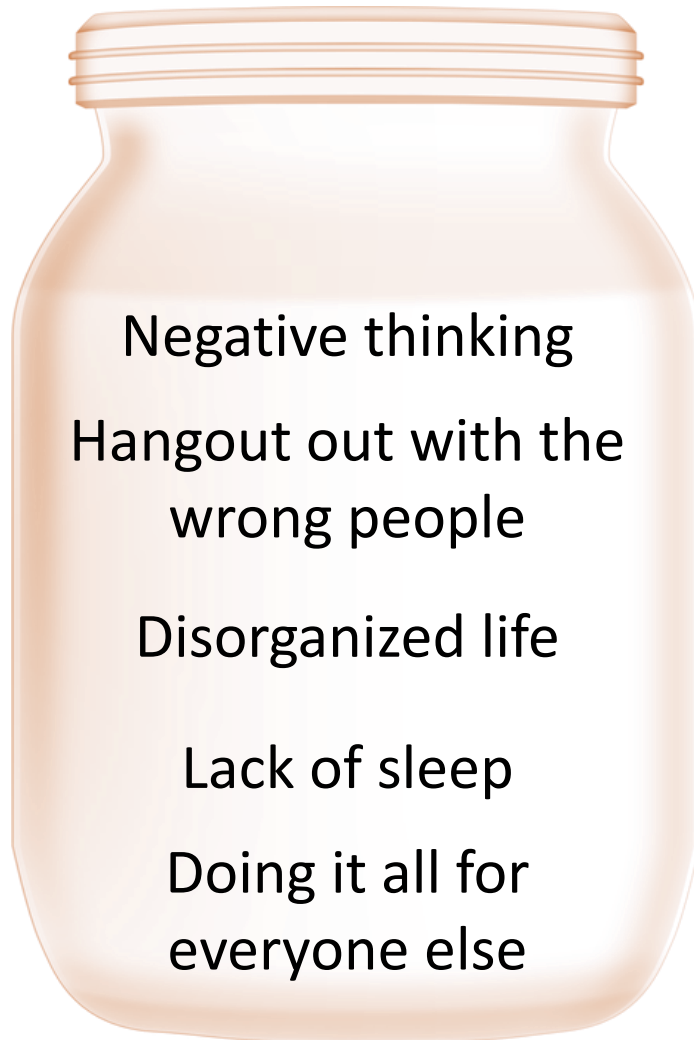
Seeking Balance



What does it mean to be balanced?

You have a handle on the various elements in your life and don't feel that your heart or mind is being pulled too hard in any direction. More often than not, you feel calm, grounded, clear-headed, and motivated.

Energy Drainers



Negative thinking

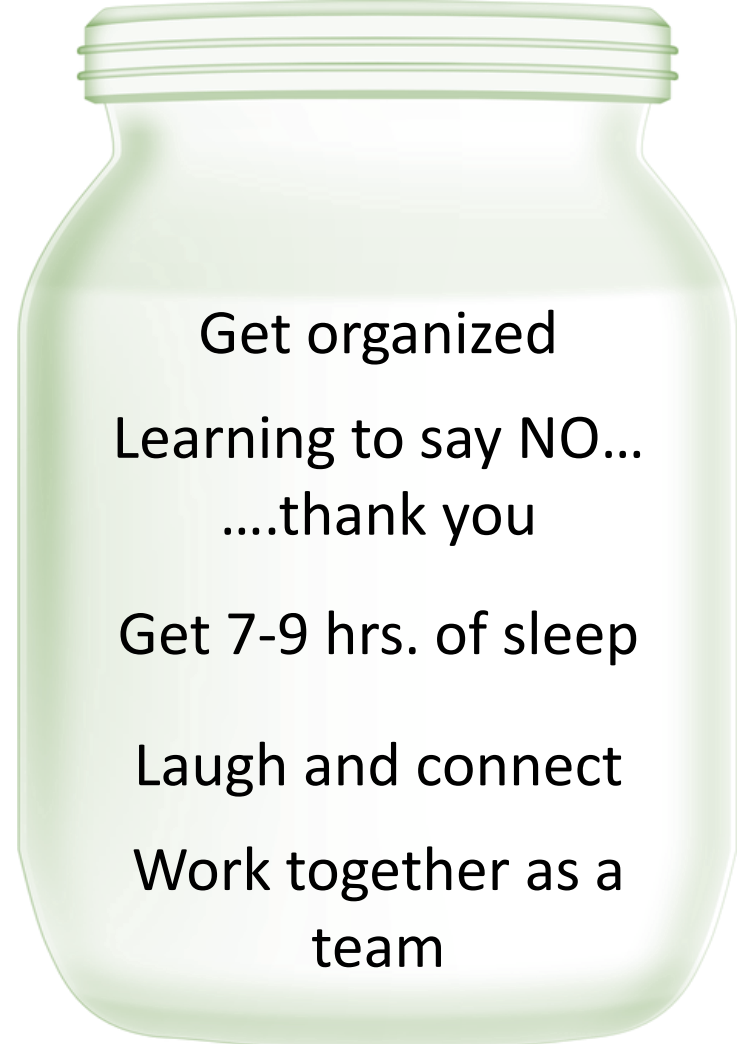
Hangout out with the
wrong people

Disorganized life

Lack of sleep

Doing it all for
everyone else

Energy Lifters



Get organized

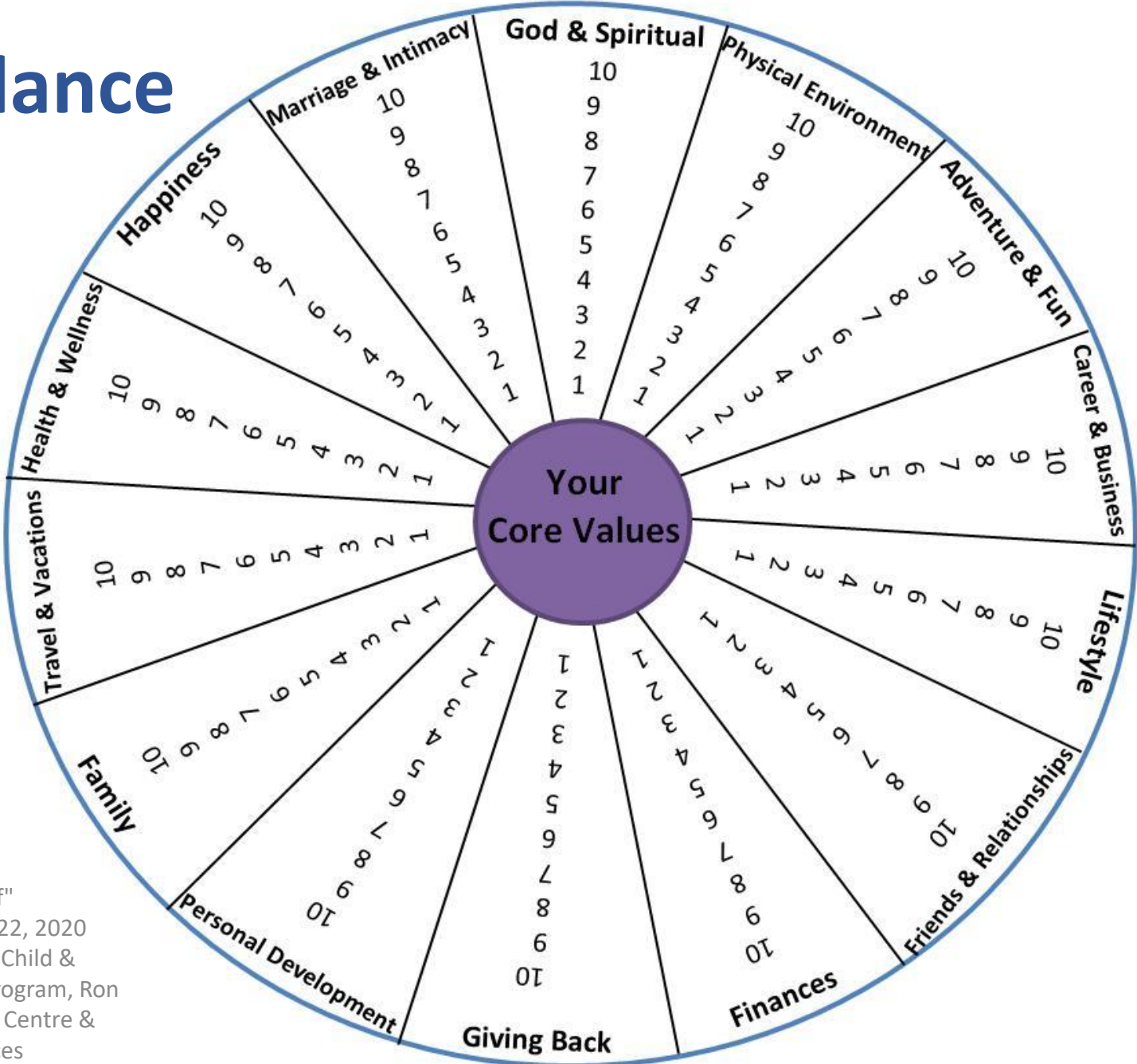
Learning to say NO...
....thank you

Get 7-9 hrs. of sleep

Laugh and connect

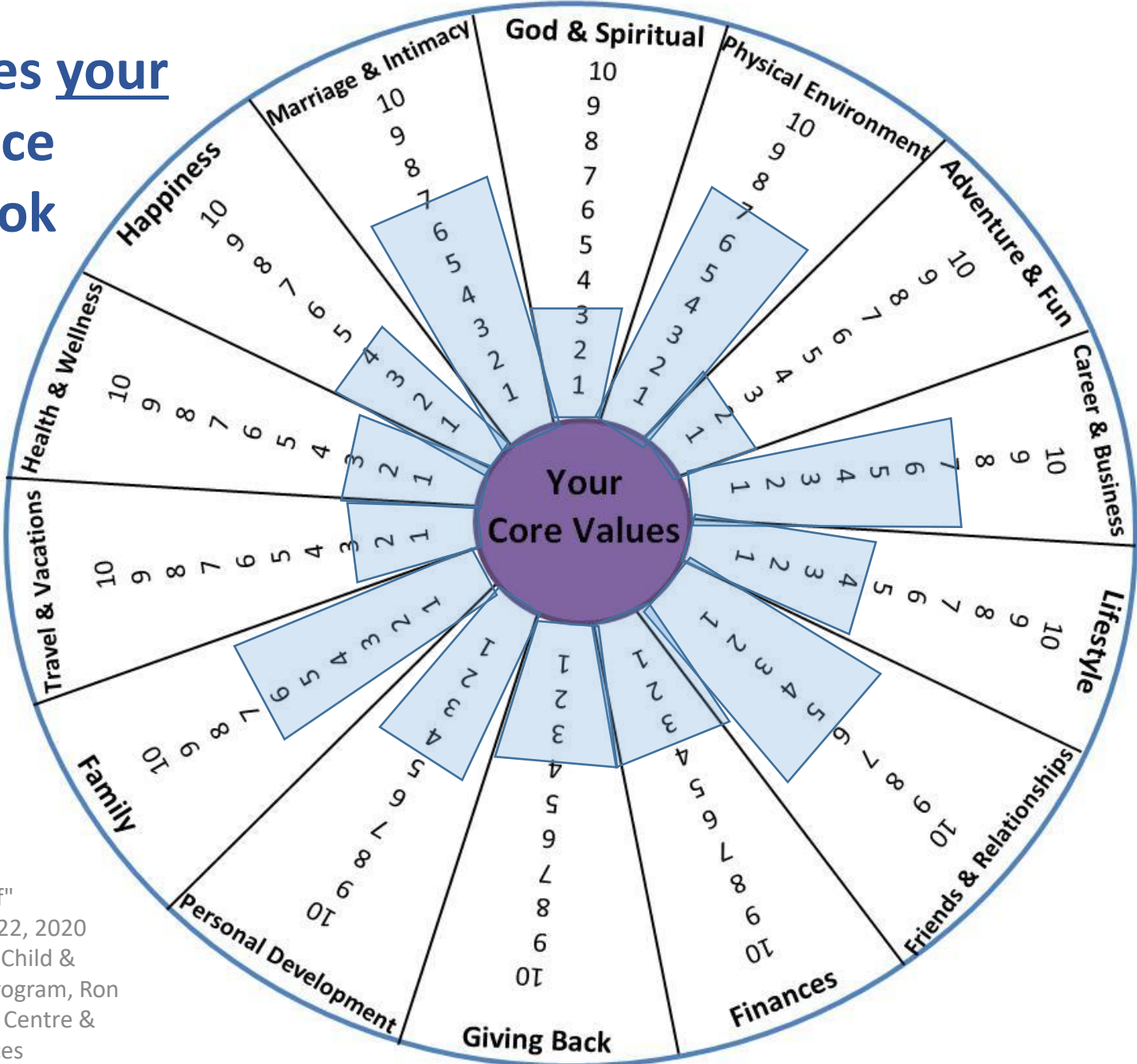
Work together as a
team

Abundance Wheel



"Taking Care of Yourself"
 presentation - January 22, 2020
 Community Education, Child &
 Youth Mental Health Program, Ron
 Joyce Children's Health Centre &
 Hamilton Health Sciences

What does your Abundance Wheel look like?



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**How do you think you spend
your time?**

VS

**How you actually spend
your time**

What are you missing out on because of “time wasters”?

Family time/ Connection?

Time with Spouse?

Self Care time?

Personal growth?

***“Saying YES to one thing means saying NO to another.”
- Sean Covey***

Common “Time Wasters” - Poll

- Regular TV
- Subscription TV
- You Tube
- Social Media (Facebook, Instagram, Snapchat)
- Cell Phone
- Surfing the Internet
- Calls
- Email
- Texting
- Video games (systems)
- Video games (pc, tablet, phone)
- Online Shopping (virtual window shopping)

How do you spend your time?

0	Leisure
6 hrs.	Sleep
0	Activity
2.5 hrs.	Hygiene
0	Hobbies
0	Other

0	Family Time
9.5 hrs.	Commitments
0	Time with Partner
2.5 hrs.	Chores
1.5 hrs.	Time with Self
2.5 hrs.	Meals

Time Tracking Apps

- RescueTime
 - Tracks how much time you spend on different applications and websites.
 - Runs in the background and lets you get a snapshot of your daily habits.
 - **Price:** Free ([Mac](#), [PC](#), [Android](#))
- Checky
 - Tracks how many times a day you check your phone.
 - **Price:** Free ([iOS](#), [Android](#))

Automatic Reactions

- We do what feels better in a time of stress
- Our “Go-to” patterns ... what we have always done?
 - *is it really working???*
- Fight, flight or freeze
- Unfortunately some of these strategies only provide temporary relief:
 - Panicking!!!
 - Avoidance
 - Withdraw/shutdown

Helpful Coping

Unhelpful

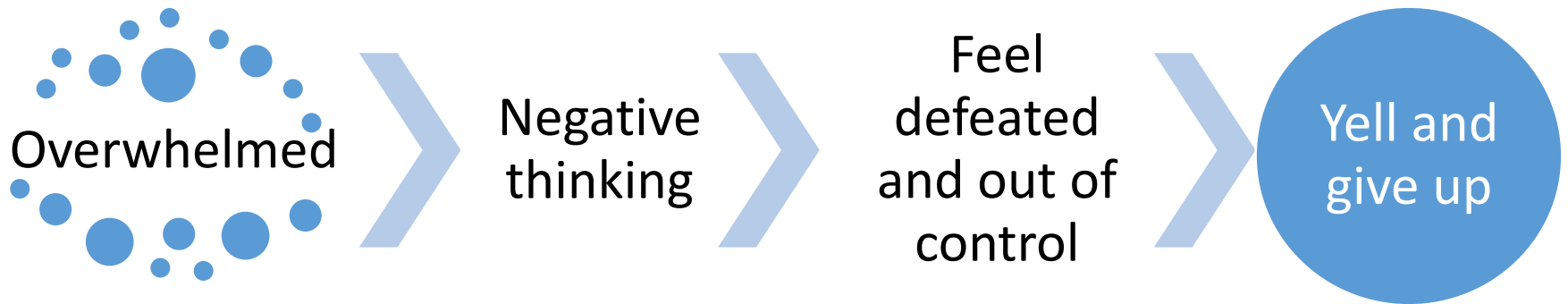
- Denial
- Wishful thinking
- Thinking the worst
- Blaming
- Numbing
 - Ex. substance
- Avoidance
 - Ex. Zoning out

Helpful

- Seek solutions
- Ask for help
- Forgive yourself
- Set priorities
- Stay in the moment
- Gratitude
- Be aware of your feelings

A stressful morning at my house

- Today I woke up to screaming and crying. The 15 year old slept in and couldn't find their gym bag.
- The ten and eight year old were fighting over the last morsel of breakfast cereal.
- There was a sink full of dishes and the dog had gotten into the garbage that my partner was supposed to take out last night.
- My head was pounding and I know we are going to be late.
- My mornings never work out. And I didn't even have time for a shower.



Don't stay stuck in the unhelpful cycle

Forgive yourself

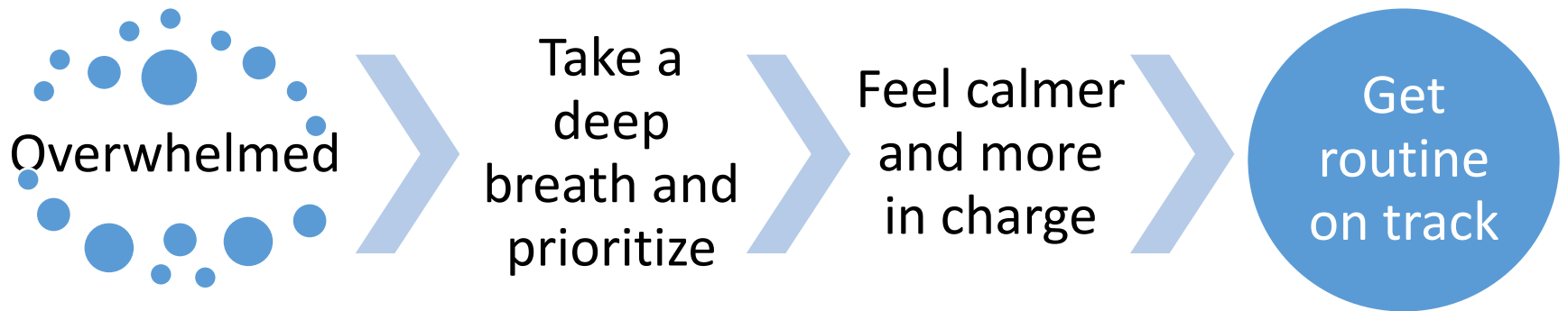
Plan ahead

Ask for help

Try something new/different

Make self-care a priority

Change your action step



Making a Positive Change

Make a list of:

- Things in My Life I Like & Want to Keep
- Healthy Choices I Have Made
- Things I Would Like to Change

Now...How Am I Going to Make That Happen?

Resources

- <https://www.bigwhitewall.ca>
- <http://www.pcmh.ca/>
 - Parents for Children’s Mental Health – peer support for families
- www.bouncebackontario.ca (CMHA)
- www.understood.org
- Dan Siegel’s “Name It To Tame It”:
<https://www.youtube.com/watch?v=ZcDLzppD4Jc>
- Jennifer Kolari’s “The CALM Technique”:
<https://www.youtube.com/watch?v=q28lrZq14hk>

Resources

Community Education Service

Child and Youth Mental Health program

McMaster Children's Hospital

905-521-2100 ext.74147

www.mchcommunityed.ca

www.mcmasterchildrensmentalhealth.ca

www.mcmasterchildrensfamilyresourcecentre.ca

Community Education Services

- Self referral, free service
- Once you sign up online or leave your information at x74147 you are considered registered.
- Or register on line: www.mchcommunityed.ca
- Email: communityeducationse@hhsc.ca

Upcoming courses:

- Burnt Out
- Parenting Your Anxious Child
- Parenting Your ADHD Child
- Managing Meltdowns

Upcoming workshops:

- Help Your Child & Teen Stress Less
- Giving Your Child the Tools for Life
- Learn How to Validate Your Child/Teen
- Emotions in Motion

COMMUNITY EDUCATION



Community Education Service (CES) Ron Joyce Children's Health Centre

The Community Education Service (CES) of the Child and Youth Mental Health Program provides educational courses and skills training workshops to the community on a variety of topics, including parenting, child development and child & youth mental health concerns. Programs are available for children, youth and caregivers, and are held regularly at locations across the Greater Hamilton Area (GHA).

Current workshops and programs are advertised in the CES flyer, *Growing Together: A Community Education Guide for Parents, Youth and Children*. *Growing Together* is published twice annually and is distributed free of charge throughout the GHA to schools, libraries, doctor's offices and social service agencies.

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Programs and workshops offered vary and may include:

- COPEing with 3-12 Years Olds with ADHD
- Helping Your Young Child Deal with Worries (Kids Have Stress, Too!)
- kNOW Fear
- Managing Meltdowns
- Parenting Your Anxious Child
- Positive Parenting
- Stress Less for Teens

A **Family Resource Centre** is also available for families to access resources, books and DVDs. It is located in the main lobby of the Ron Joyce Children's Health Centre. The Family Resource Centre has a lending library and is open to the public Tuesday to Thursday. For more information, please visit www.mcmasterchildrensfamilyresourcecentre.ca.

Growing Together Guide

Growing Together is a community education guide for parents, children and youth listing courses, groups and workshops available in Hamilton.

View the current Growing Together course and workshop guide.



Frequently Asked Questions

For answers to frequently asked questions about the courses and workshops such as:

- Is a referral required?
- Is child care available?
- Are the courses only for parents?
- Where are the courses held?

and many others please [click here](#).

Registration

To register online for Ron Joyce Children's Health Centre Courses and Workshops, please use the links below:

[Registration Form | Parent Courses](#)

[Registration Form | Children and Teens](#)

[Registration Form | Infant Parent Program](#)