

# Student Mental Health and Well-Being



## Newsletter



TCDSB Mental Health Services provided by **Psychology, Social Work, and Guidance** personnel

### How to Infuse More Days with More FUN!

As summer approaches, chances are your children are relatively happy about having a break! Of course that may not be true for everyone..... When children are very young, their parent or guardian often ensure that there is a “fun” quotient for the summer. As children mature, they are often tasked with learning how to infuse their own time with fun. This is true for adults as well!

Below are some helpful tips for fun infusion. Hopefully one or two may resonate for your child and maybe even yourself!

**1)Ration your Time:** We often allocate our time to maximize our accomplishments. Although there is nothing wrong with this, we need to begin to consider the importance of rationing our time so as to maximize enjoyment / joy. For example, consider taking a social media “holiday”. Some emerging research is demonstrating that people who overuse social media have less life satisfaction. The media “holiday” could be a specific time during the day, or a break while doing an enjoyable activity.

**2)Think Happy Thoughts:** A study from Michigan State University found that participants who smiled while thinking of authentic happy / joyful experiences (e.g. like your child’s recital, or a favorite vacation spot) evidenced a positive change in brain

We’re pleased to send you the May edition of the Student Mental Health and Well-Being Newsletter.

Please feel free to share and pass it along!

*As the summer approaches it’s time to reflect on the school year. This year brought with it many accomplishments, goals that have been attained or aspired to, happiness, and for some challenges. Let’s take the summer to enjoy time with family and friends and rejuvenate. Take good care and God bless.*

chemistry in comparison to those who smiled but were not thinking of a happy thought. Happy Thought + Smile = Positive brain changes.

- 1) Have a Backup Plan:** Tough times will happen, so have a “back up “plan for when they do. Relationships can be very positive protective factor for youth and for parents. Establish a circle of friends that you know you can turn to in case trouble strikes. Encourage your child to create a list of people they can count on.



## Fostering The Family:

**The TCDSB Pastoral Plan 2015-18 “Together With one Voice: Harmonizing Our Faith through Family, Parish, and School” 2016 focuses on the PARISH**

### Prayer to End a School Year:

God of Wisdom, we thank you for all the gifts you have given us throughout this school year.

We praise you for giving us life, for saving us in Christ, and for choosing us to be your people.

As we come to the end of this school year, we voice our gratitude for the good things you have done in us, and we praise you for all who have shared in the work of our school.

We ask you to bless them in your love and give them refreshment and peace. We praise you, God. Through Jesus Christ, our Lord, who lives and reigns forever and ever. Amen.

Cpco.on.ca

- 2) **Less “Me” time More “We” time:** People with a positive disposition tend to have more social relationships. Research out of the University of British Columbia indicates that the type of interaction does not need to be extensive. What is termed as “social snacking” can have positive effects. Social Snaking is when we engage in interactions with others, even briefly. This was found to be true of both introverts and extroverts
- 3) **Find Purpose in Pleasure:** Happiness is often linked to something pleasurable, but that is only half of the story. Linking happiness to things that have purpose deepens our joy factor. Dr. Rick Hanson writes about the importance of re-wiring ourselves to notice the positive in an effort to build up resilience that we can call to action in tough times. (*Hardwiring Happiness*)

**6) Be nicer:** Acts of kindness not only makes the recipient feel good, but it boosts the mood of the person giving the kindness. Even small gestures like smiling, saying hello, or a small compliment can yield huge mood dividends.

**7) Try the PEP formula:** Julie Morgenstern author of “Time Management from the Inside Out” suggests using the precious time of the weekend to gear up for the week to come. Employing the PEP formula: **Physical** (do something energizing), **Escape** (steal away for some down time), and **People** (spend time with those who inspire you). Helps to build a rejuvenating weekend experience to help us re-charge for the week ahead.

Source: The Science of Happiness, TIME Magazine September 2016. Excerpts from “Fourteen Ways to Jump for Joy” by E. Seidman

## Mental Health Initiatives 2016-2017

- Support for schools in developing a mentally healthy classroom. See Supporting Minds on the Ministry’s website and edugains.ca.
- Building partnerships with community agencies, families, and parishes.
- Inclusion of mental health to school SLIPs
- safeTALK suicide awareness workshops for staff available via PAL
- Psych. And SW supporting Newcomer Mental Health

## Suggested Websites:

### Websites:

Children's Mental Health Ontario [www.kidsmentalhealth.ca](http://www.kidsmentalhealth.ca)

Today's Parent Magazine <https://www.todaysparent.com/>

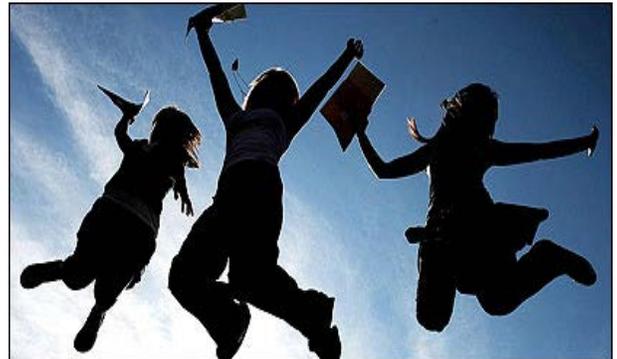
Kids Help Phone 1 800 668-6868 [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

Mind Your Mind [www.mindyourmind.ca](http://www.mindyourmind.ca)

TCDSB Mental Health ( Resources for Parents)

<https://www.tcdsb.org/ProgramsServices/SpecialEducation/mhs/Resources/Pages/Parents-and-Guardians.aspx>

## A Laugh A Day...



**See you in September!!!!**

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