

Student Mental Health and Well-Being



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

Love and the **ACTIVE** Role of **Listening**



The Month of February is often celebrated with a focus on Love and Valentines. At the heart of Love is communication, communication of emotions, and communication of feelings. But, communication can be tricky for some. Often we talk more than we listen! My wise aunt always used to say “God gave you two ears and one mouth for a reason”! There is much wisdom in that advice. Listening, when done well can not only help the love portion of our relationships, but all aspects of relationships. Sometimes we may feel that “just” listening is passive and not really helpful. Deep and present listening is often more helpful than any well-intentioned advice could ever be.

In an article published in Psychology Today, Nancy Colier LCSW, Rev. reminds us that one of the most difficult things to do in a relationship (parent – child, spouse, friends

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etc.) is to listen to the person we care about describe a problem, and **RESIST** the impulse to jump in and solve the problem for them. Our nature, is to fix – solve and move on. In fact, one of the most powerful things in a relationship is to listen, without judgement, and to just be with the other person. Colier writes “Really, we just want our experience to **be heard**, listened to, understood, and cared about. We want someone to know how it is for us in this moment, in this life, and to keep us company in our experience—exactly as it is. What we want is for our experience to get to just be, without having to change into something else.” Essentially we can only feel loved to the degree we fell listened to. For parents and educators, the take away message is that listening to our children is very important. But this is hard to do when we feel the impulse to “jump in” and fix things or correct things.

Fostering The Family:

The TCDSB Pastoral Plan 2015-18 “Together with one Voice: Harmonizing Our Faith Through Family, Parish, and School” 2018 focuses on the PARISH

Family, Parish and School – Unity in
Diversity...

Though it is our goal to highlight in depth each community of faith from the educational “village” of family, parish and school every year, it is imperative for us to remember that each of these communities is not simply a discordant or isolated entity; instead, each with the richness of its diversity adds greatness to the harmony of God’s music of love. In other words, the unity of the whole (family, parish and school) does not and should not undermine the uniqueness of the individual. This relationship of unity in diversity reflects St. Paul’s notion of many parts, one body (1 Cor. 12:12-26). This present pastoral plan challenges us as a Board to continue to encourage this ‘symphony’ and build a harmony with ‘ONE VOICE’ in order to develop, celebrate and nurture the wholeness of the human person in our beautiful but sometimes discordant world



Although fixing and correcting, and guiding are important too, listening allows our children to “hear” us. Make sure to find time to listen, to still our minds (and mouths ☺) so that we can be with **them and their** experience. Listening is one of the most profound and powerful things we can bring to our relationships. Psychologytoday.com (Blog “Inviting a Monkey to



Tea”) Tea”, N. Colier)

With the celebration of St. Valentine’s Day on February 14th, the Month of February is often associated with LOVE. Our Catholic Faith is anchored in Love. God is “love”.

St. Paul reminds us

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. 1 Corinthians 13:4-7

Mental Health Initiatives 2017-2018

- Support for schools in developing a Mentally Healthy Classroom. A 30 min presentation available to your school by Social Work or Psych. More Info on the Ministry’s website and edugains.ca.
- Building partnerships with community agencies, families, and parishes. safe TALK suicide awareness workshops for staff available via PAL under Special Services
- Look for Mental Health Offerings on the **Secondary** PD day on Feb. 16, 2018

February is "Psychology Month"
PSYCHOLOGY IS FOR
EVERYONE!

**HELP YOUR CHILD (AND
YOURSELF) FLOURISH: HOW TO
REDUCE STRESS AND ANXIETY
AND ACHIEVE MENTAL HEALTH**

February 22, 2018, 5:30-7:30 p.m.

Catholic Education Centre, 3rd
Floor, 80 Shepard Avenue East

This practical workshop addresses strategies supporting the physical, social, cognitive, emotional, and spiritual components of well-being. It will include positive psychology and cognitive behavior techniques, as well as mindfulness and relaxation techniques that help manage stress, build resiliency and support good mental health. Participants will walk away with strategies that can be used both at home and in the classroom.

Presenters: Rita Alekian, Dr. Marie-Josée Gendron, Grace Labao-Martins (TCDSB Psychology Department)

Registration is free –Spaces are limited -
Please register at

<https://web1.tcdsb.org/Conference/Logon.aspx>

A Laugh a day:



Suggested Readings:

Books:

"The Power of Off: The Mindful Way to Stay Sane in a Virtual World" Nancy Colier, Licensed Clinical Social Worker and Interfaith Minister.

"The Art of Stillness: Adventures In Going Nowhere", Pico Iyer

Articles : Active Listening and the Art of Empathic Conversation "

<https://positivesychologyprogram.com/active-listening/>

Patricia Marra-Stapleton, Psychological Associate/Mental Health Leader
patricia.marra-stapleton@tcdsb.org