



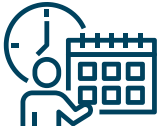
# SUMMER MENTAL WELLNESS

## EASY TIPS FOR EVERYONE

For some families, summertime can be challenging for various reasons. The disruption in routine and loss of structure can affect anyone. Changes in sleep and eating habits can significantly impact overall well-being. Less structured days may lead to excessive online activity and worsen unhealthy attachments to social media. In this blog, we highlight some tips for maintaining wellness during the summer, and identify resources for support.



# Summer Mental Wellness: Quick & Easy Tips for Everyone



**Plan & Maintain A Routine:** Keep a routine that has structure and predictability; children and youth thrive on routine.



**Get Outside:** Go outside and get plenty of fresh air.



**Regular Exercise:** Physical activity can make us feel calm, fresh and energetic. You can adopt or keep up a schedule of regular exercise.



**Healthy Eating:** Eat a nutritious diet and regulate your eating schedule. Incorporate new foods and try new recipes!



**Sleep & Rest:** Get enough sleep each night. (Hours vary by Age)



**Socializing:** Stay in touch with friends and support socializing. To make new friends, try getting involved with social activities on a regular basis, such as sports, cultural activities, or hobby clubs.



**Get involved with local opportunities within your community:**

For example, you can join a summer camp, new club, volunteer, or get a job.



**Limit Screen Time:** We can't control everything that happens around us, but we can control what we put our energy into. Limit the time you spend on social media and screen time and instead engage in other activities that you like or that are good for you. Ex. reading, painting, physical activities, chores, face-face conversation.



**Talk to Someone:** If you find that you are feeling overwhelmed, lonely or sad, talk to someone you trust and reach for help with friends, family or a professional.

# Embrace Summer with Serenity

## 5 Everyday Tips for Family Mental Wellness

Get ready for a summer break that nurtures your family's mental wellness! Here are five essential tips to help you take care of your mental health every day.



# Activities for Families

## 1 Get Outside

Seek out sunshine and fresh air every day. Being outside in the sun, in green spaces, or in nature helps us to reduce stress and boost hormones that promote happiness. Consider getting out for a walk each day and taking a book or activity outside. Dress for the weather and enjoy the outdoors!



## 2 Get Active

Walk, stretch, run, hike, bike, swim, dance, jump rope, play a sport, or whatever else you like to do! Try to get moving for at least 60 minutes every day, or as much as you can. Exercise is important for our physical health and it can also help improve our mood, reduce stress, and help us sleep better at night. Find fun ways to exercise with others to stay motivated. Remember to go at your own pace.



# Activities for Families

## 3 Sleep Well, Eat Well

Children and teens need at least 10 hours of sleep each night for their bodies and minds to rest and restore. When we get lots of rest, eat a healthy diet, and drink lots of water, it helps our mood and we can think, learn, and act better. Try cooking together; this can be a fun way to share traditions, recipes, and favourite cultural foods.



## 4 Be Creative and Have Fun

Taking part in activities we enjoy can increase our feel-good hormone, dopamine, that boosts positive emotions. Spending time away from electronics can help encourage free time to play, have fun, and be creative. When we develop our talents and hobbies it can lead to feelings of accomplishment that boost our feelings of well-being. Have fun enjoying cultural music, dance, and art together.



## Keep Connected

5

Connecting to family, friends, and neighbours is important for our mental health. Schedule time with family members to check-in with each other, talk, and have fun together. Reach out to keep connected to loved ones and friends. Friendly chats with neighbours and volunteering to help others when we can, are also great ways to support our well-being, as well as those around us.

Take care of yourself this summer – unplug and be in the moment, stay active, be outside in the sunshine and warm weather, keep connected and enjoy a mentally healthy summer break!







## Understanding Your Child's Mental Health

### How do you know if you should be concerned about your child or teen's mental health and well-being?

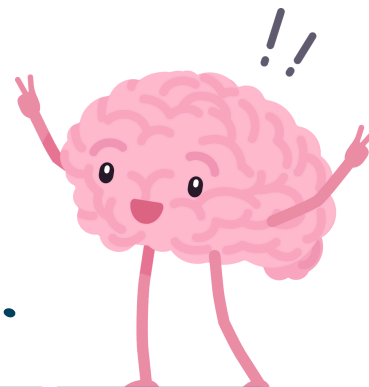
Mental health professionals emphasize that children experiencing sadness, worry, or even frustration is a natural part of growing up. However, parents may worry if these feelings persist – so how can you tell? Remember, you know your child or teen best. You play a crucial role in recognizing when your child is facing challenges that could affect their thoughts, emotions, or behaviours. Here are some tips to think about when monitoring your child's mental health and how to address your concern with care!

# WITH Thought Practice



Your awareness and understanding can make a significant difference in supporting your child's well-being. When monitoring your child's mental health, School Mental Health Ontario suggests that parents and guardians consider their relationship with their child and teen prior to addressing concerns with CARE.

- **When** did you first notice the concern?
- Is the concern **intense** for your child or teen?
- **Timing**-wise, how frequently does it occur?
- **How** does the concern affect their daily life?



## Let's break it down further...

### Monitoring Your Child's Mental Health



**WHEN** did the concern start? Has the concern been going on for some time? (i.e., more than two weeks)



How **INTENSE** is the concern? Given your child's age and stage of development how serious is the concern at this time? (on a scale of 1 – 10)



What is the **TIMING** and how often is it happening? How frequently are you noticing the concern? Is this a change from before?



**HOW** is this concern impacting my child and their daily life? Is my child struggling to engage in everyday routine? Are they less interested in things they used to enjoy? Are they having trouble with eating or sleeping? Look for signs that are abnormal to their behaviour.

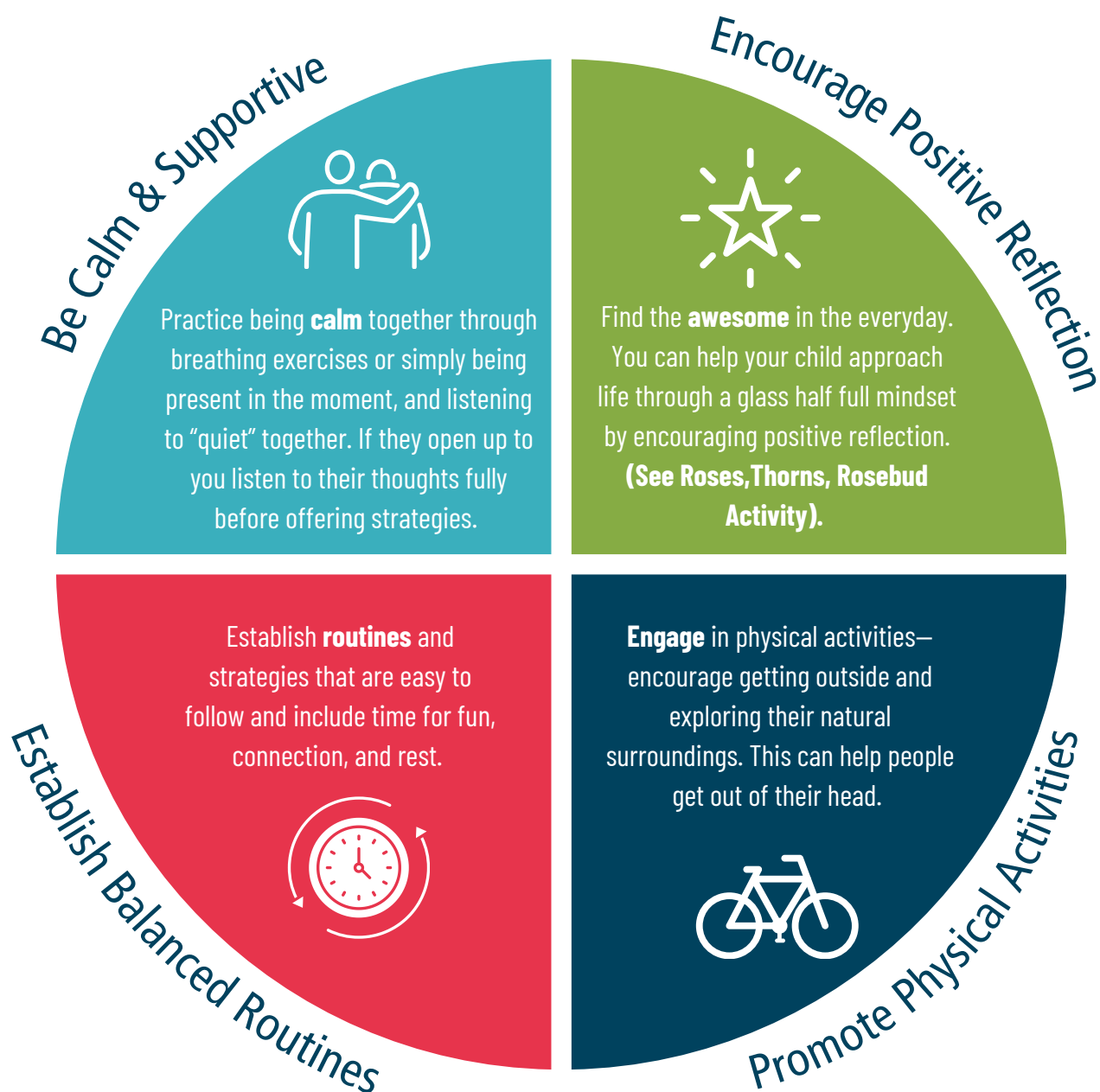


# CARE Addressing A Concern



**Now that you have monitored the concern, the next step is to address your concern with CARE!**

When problems arise and feel too big, parents and guardians can help youth manage temporary distress in healthy ways through the **CARE** they provide. School Mental Health Ontario recommends four things that parents and guardians can try.





**Encourage Positive Reflection**

# **Roses, Thorns, Rose Bud**

**Family Activity**

## Daily Reflection Activity for Families

"Roses, Thorns, and Rose Bud" is a structured reflection activity that encourages individuals to reflect on their daily experiences, assess current situations, and envision future possibilities. Dive in to discover how to participate and enjoy the benefits of staying connected and engaged in each other's lives!

# Activity Synopsis

The 'Roses, Thorns, and Rose Bud' reflection activity is designed to support individuals in thoughtfully evaluating their daily experiences.

By prompting participants to consider at least one positive and challenging aspect of their day, as well as future possibilities, it provides a balanced perspective. This structured approach not only helps counter the tendency to dwell on negatives/challenges but also encourages openness about concerns and areas for improvement.

This aspect is particularly beneficial for families, allowing them to address changes in children's moods and overall mental well-being in a constructive manner.

## Roses (Positive Aspects About the Day):

This represents the positive aspects or highlights from the past. Participants are encouraged to identify and share things that went well, achievements, or moments of happiness and success. It's about acknowledging and appreciating what has brought joy or satisfaction.

## Thorns (Challenges or Areas of Concern):

Thorns symbolize challenges, difficulties, or areas of concern. Participants reflect on aspects of their current situation that are causing stress, worry, or dissatisfaction. It's an opportunity to acknowledge and confront obstacles or issues that need attention and can also help people understand feelings about a current matter that may need to be addressed further.

## Rose Bud (Future Opportunities, Future Excitement):

The rose bud represents new opportunities, potential growth, or things participants are looking forward to in the future. It encourages people to think about the aspirations, goals, and positive changes they hope to see. This part of the reflection is forward-looking and focuses on hope, innovation, and possibilities.

# How To Play:

## Roses, Thorns, Rose Bud

### 1 Gather as a Family:

Choose a time when all family members can sit together in a relaxed environment, free from distractions.

### 2 Explain the Activity:

Introduce the concept of "Roses, Thorns, and Rose Bud" to everyone. Explain that it involves reflecting on the day. People will go around in a circle and identify:

- **Roses:** Positive aspects or highlights of the day.
- **Thorns:** Challenges, difficulties, or negative aspects experienced.
- **Rose Bud:** Future opportunities, things to look forward to, or areas for improvement.

#### If Necessary Provide Examples:

- **Rose:** I met a friend for a playdate.
- **Thorns:** The ice cream store was sold out of my favourite flavour!
- **Rose Bud:** I'm looking forward to going to the beach with my family tomorrow.

### 3 Start Sharing:

Begin with one family member sharing their Roses, Thorns, and Rose Bud. Then, go around the circle, allowing each person to take turns sharing theirs.

### 4 Listen and Discuss:

Listen actively to each other's reflections. Encourage discussion and empathy by asking questions like:

- "Why do you think that was a Rose for you today?"
- "How did you feel when that Thorn happened?"
- "What can we do together to help make your Rose Bud happen?"

### 5 Take Action:

Use the insights gained from the activity to take positive actions as a family. For example, if a Thorn was identified, discuss strategies to overcome it together. If a Rose Bud involves a family activity, plan it and set a date.

### Make it a Routine:

Consider making "Roses, Thorns, and Rose Bud" a regular part of your family routine, such as during dinner time or before bedtime. This consistency can help strengthen family communication and support.



**QUICK  
TIPS**

## Where Can I Find More Information?

Explore our Mental Health and Well-Being page for valuable resources and support available at school and in the community.



## Mental Health Resources

**If you're struggling with your mental health there are resources available that can help you!**

- One Stop Talk <https://onestoptalk.ca/>
- Kids Help Phone <https://kidshelpphone.ca/>
- Crisis help Sudbury <http://crisishelp.ca/>
- Reseau ACCESS Network <https://reseauaccessnetwork.com/>
- N'Swakamok Native Friendship Centre <http://www.nfcsudbury.org/home.htm>
- Public Health Sudbury & Districts <https://www.phsd.ca/>
- School Mental Health Ontario <https://smho-smso.ca/>
- Youth Wellness Hub- Sudbury <https://ywhsudbury.ca/>
- Canadian Mental Health Association <https://sm.cmha.ca/>
- LGBTQ Healthline <https://www.youthline.ca/>
- National Eating Disorder Information Centre <https://nedic.ca/>
- Body Brave <https://www.bodybrave.ca/>
- Dare to Be Aware D.A.R.E. <https://www.daretobeaware.ca/>
- Children's Mental Health Ontario <https://cmho.org/>
- Jack.org <https://jack.org/Home>