

PARENTING IN A PANDEMIC

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COVID is hitting us all hard so it's important to go easy on yourself.

This is scary for ALL of us...

WE WILL GET THROUGH THIS TOGETHER!

If you or your family need extra support right now, Lake Trail's counselors are available to work with you.

Please contact:

Jessica Kerekes Rinn (Jessica.kerekesrinn@sd71.bc.ca) or **Jocelyn Schultz** (Jocelyn.schultz@sd71.bc.ca).

Anxiety

Anxiety is a natural reaction to stress. It is a condition that focuses on potential future challenges. Often, we associate anxiety with the prevention of our normal physical functions and our thoughts take over in a negative way.

In Normal times	VS	During a Pandemic
We can help manage our anxiety by making preparations		Everyone's ability to prepare for unsure times has been disrupted

To help with your anxieties, find something (even the smallest thing) in your life that you CAN control. **Do YOUR best to master it.**

Some ideas to help you get started:

- ◆ *Find one thing you are grateful for every day;*
- ◆ *Drink 8 glasses of water per day;*
- ◆ *Clean out a closet;*
- ◆ *Organize your spice rack;*
- ◆ *Arrange books or keepsakes; or*
- ◆ *Pull out the dandelions!*

Be the Best that YOU can be at one thing as a starter.

If you, or someone you know, feels like anxiety is becoming a problem please reach out to some of the supports listed below:

Anxiety Canada has some great resources for helping navigate the times. Visit: <https://www.anxietycanada.com/>

Child and Youth Mental Health is offering limited services. Call 250-334-5820 (MCFD after hours helpline: 250-310-1234)

The KUU-US Crisis Response Service provides 24/7 culturally-aware crisis support to Indigenous people in B.C. Call 1-800-588-8717 www.kuu-uscrisisline.ca

Mental Health Support Line (BC): 310-6789 <https://crisiscentre.bc.ca/>

Vancouver Island Crisis Hotline. Call 1-888-494-3888

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Anxiety with Loss

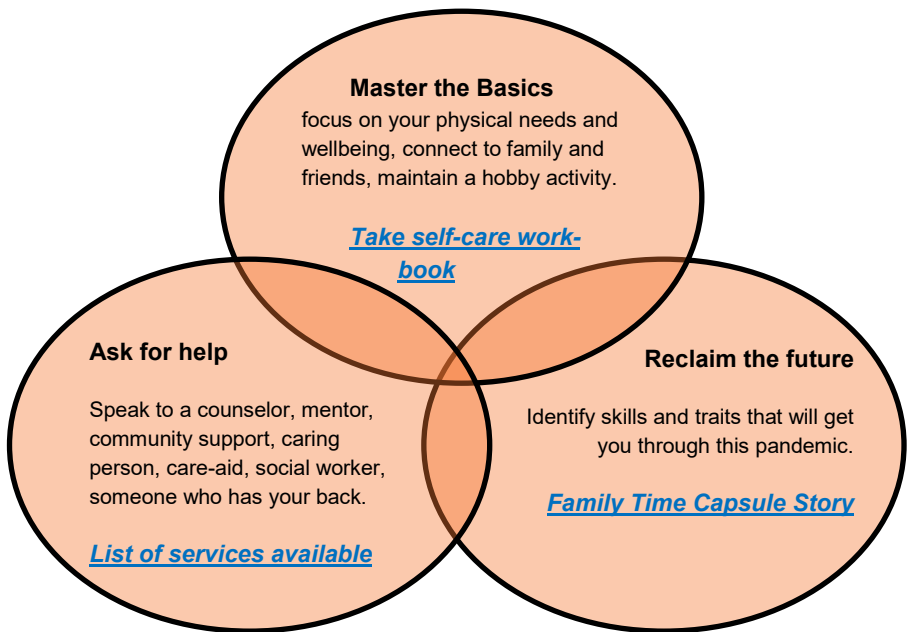
We have all lost something in this pandemic - a sense of control in our lives. That alone is SCARY.

You might be worrying about experienced losses of:

*Income Identity Support Routines Getting Sick
Connection to Family and Friends and more...*

Our kiddos are feeling these anxieties as well and may not feel like they have an ability to help. Please [CLICK HERE](#) for a graphic to see how your kids might be presenting their own anxieties.

Three things that can be helpful to deal with anxiety and loss



TRAVEL TO THE FUTURE WITH FAMILY TIME CAPSULE

Imagine: Digging out a time capsule about your experience during the COVID-19 pandemic. **Work as a family on these Qs.**

- ◇ *What are the **routines that helped** you get through the Pandemic?*
- ◇ *What did you **discover** about yourself and your family?*
- ◇ *How did you **stay connected** to others?*
- ◇ *What is something that surprised you about **your abilities**?*

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Stay Tuned Next Week:

"A STRONG model for caregiving" will look at how people hold onto stress and maintain a positive care model for us and our kiddos.