

# PARENTING IN A PANDEMIC

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## Help develop a sense of identity as you connect to the natural world

These are changed times for ALL of us  
and

**WE WILL GET THROUGH THIS TOGETHER!**

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

Please contact:

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

*For more editions of Parenting in a Pandemic visit:*

<https://laketrail.comoxvalleyschools.ca/apps/pages/counselling>

## **“I” of the Beholder**

Personal identity is a complex process of developing an understanding of our individuality, our place in society, and our cultural contexts. It is important to develop positive views of ourselves and also know our limitations as we continue to grow.

**Self-esteem** allows us to see our own value and worth. It focuses on our positive attributes.

**Self-acceptance** allows us to love ourselves in spite of our flaws. We do not place conditions on our self-love.

*We are all **Awesome AND all Works in Progress!***

### **How to develop Self-Acceptance:**

- **Self-Awareness** of strengths and weaknesses, limitations, areas of interests and places for growth
- **Self-compassion** to love ourselves through our flaws
- **Letting go of guilt** of the troubles, issues, difficulties we experienced and caused in our lives
- **Learning to forgive ourselves**

The more we understand all light and shadow parts of ourselves, the better able we are to prevent causing harm and feelings of guilt, and find joy in our lives.

***“We can never obtain peace in the outer world until we make peace with ourselves.”*** -Dalai Lama

## **Self-Talk**

Our internal dialogue occurs when we have thoughts, feelings, and experiences. These are reflections of our conscious and subconscious mind and can be either negative or positive.

### **Negative self-talk**

We all have flaws. Constant focus on those flaws only draws our attention and direction to them more. We can get caught in never ending cycle.

### **Positive self-talk**

We can put more energy in our positive traits and continue to build ourselves up from a place of strength. This type of self talk can have healthy impacts on our lives.

*Learning to see ourselves in positive ways  
takes time and steady practice.*

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## Nature calls

Getting in touch with Nature can help with health and wellness benefits. It only takes **120 minutes outside per week** for some people to see changes in how they talk about themselves!



*Follow this symbol below for ideas to get in touch with nature in a mindful way.*

## 7 Attitudes of Mindfulness



**Non judging:** becoming aware and attentive to outer and inner experiences- avoid judgements or reactions- just observe what is coming up for you.



**Begin Wherever You Are:** happy, sad, indoors, or outdoors

**Patience:** Things unfold in their own time – we are each on our own journeys and it might take different turns to get there. Do not get tense, agitated or frightened, but just be in the moment.



**Insect Trail:** follow an ant on its journey



**Beginner's Mind:** helps each of us see the unique aspects of every new moment. What new things can you learn if you witness it anew?



**Take a Minute Trip:** explore a close-up view

**Trust:** the process happens for a reason and we need to trust ourselves and our feelings. Trust your intuition: trust your guts.



**Follow Your Senses:** close your eyes and stay tuned-in to your surroundings



**Non-striving:** being in a state of mindfulness promotes being in yourself- You be You. Stop placing expectations on yourself.

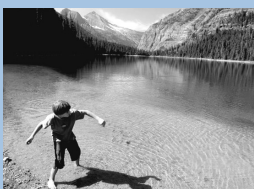


**Wander:** Set a timer and go without direction

**Acceptance:** Rather than resisting or denying what is going on in our lives, acceptance releases the tension or force that prevents us from moving on. It allows us to act appropriately to what is happening in our lives.



**Weather Watcher:** notice how the changes in weather make you feel



**Letting Go:** When we hold on or push away our inner thoughts and feelings, it draws energy and attention away from being mindful in the moment. Let your experience be what it is. Recognize that you have feelings you want to save or protect yourself from, but letting them go will free up a part of you.



**Stones Throw:** try skipping rocks to release good and bad back to the universe

## Stay Tuned Next Week:

**Transitions** - we will explore how celebrations help us prepare for change and life transitions.