

2019-2020



LAMBTON KENT DISTRICT SCHOOL BOARD

# Psychology Department

## Taking Care of Those Who Care

As we continue to balance being home with our children, working from home with our families, as well as manage the ever changing expectations of life around us it remains extremely important to remember to take time for self-care.

### Signs and Symptoms of Stress


- ∞Insomnia
- ∞Cynicism
- ∞Headaches
- ∞Anger and/or Irritability
- ∞Heightened anxiety or irrational fears
- ∞Loss of Hope
- ∞Reduced ability to feel sympathy and empathy
- ∞Low job satisfaction
- ∞Emotional Exhaustion
- ∞Increased use of alcohol/drugs
- ∞Not connecting with friends/family/co-workers
- ∞Increased susceptibility to illness
- ∞Depression
- ∞Failure to nurture and develop non work related aspects of life

**It is time to STOP - TAKE A MOMENT - EVALUATE  
our personal stressors both at home and at work**

At this time, more than any time, it is important to remember to take care of our basic needs. It is highly important for us to eat a balanced diet, get enough rest, get some daily exercise, allow ourselves some personal time, connect with our network of friends, LAUGH and then LAUGH some more!!!

# You Are Important and Worth It!!!

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- ◆ Set realistic goals for yourself. Recognize that likely there is not enough time in one day to accomplish the 20 things on your to-do list. Shorten the list or estimate how long tasks will take and plan accordingly. Be realistic!!
- ◆ Take the time to get organized. Organization can assist our bodies and minds in relaxing.
- ◆ Reflect on your day and choose one positive thing that happened.
- ◆ Take things one step, minute, hour, or day at a time. Try to focus on the immediate, looking ahead could be the cause of more stress.
- ◆ When we have a good day take the time to reflect and write down the things that were positive throughout the day, situations or interactions that made it a positive and productive day. Reserve these for days that may not be so positive.
- ◆ Practice Assertiveness— it enables direct and honest communication and important boundary setting.
- ◆ Engage In Relaxation—Learning how to relax is vital. Take a bubble bath. Practice deep breathing exercises. Bake your favourite treat. Roll your feet on some golf balls.
- ◆ Get outside—Go for a walk. Enjoy nature. Plan a picnic. Play a sport.
- ◆ Allow yourself and take the time to enjoy your hobbies. **Be kind to yourself.**
- ◆ Change your outlook. We often experience situations based on our point of view. Attempt to change your negative viewpoint to a more positive one. You may notice less stress as well as greater success.
- ◆ Listen to and process your emotions, they are likely trying to tell you something. Take the time to journal about how you are feeling, brainstorm possible solutions to your problems.
- ◆ Remember to smile, smiling can often lead to laughter and we all know that LAUGHTER is the best medicine. 

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## Resources

### BOOKS:

*Learn to Balance your Life: A practical guide to having it all* by Michael and Jessica Hinz (2004)

*Self-Nurture: learning to care for yourself as effectively as you care for everyone else* by Alice Domar (2000)

### WEBSITE:

[https://www.calm.com/blog/take-a-deep-breath?utm\\_source=lifecycle&utm\\_medium=email&utm\\_campaign=difficult\\_times\\_nonsubs\\_031720](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720)

### LOCAL PHONE NUMBERS:

Chatham Kent Mental Health Crisis Line - 1-866-299-7447

Lambton Mental Health Crisis Line - 1-800-307-4319