

Wellness Wednesday: Weekly Newsletter

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Positive Quote of the Week

“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.”

– **Margaret Mead**

Coping Skills Corner

Little things can make us happy. Whether it's a sunny day, having your favorite dessert, enjoying a cup of coffee while its still hot, or maybe that show you've been meaning to watch is now on Netflix, these little things can feel like 'the big things.' As magical as they can be in their power to lift us up, little things can also bring us down. One such little thing is boredom. Boredom can be doing tedious household chores, waiting, or just having down time that we don't know how to fill. The more we focus on feeling bored, the bigger that feeling seems to get. The good news is that even if we *can't* escape the situation that is causing us to feel bored, we can do things to re-frame our emotions about it.

Some strategies include:

- Look through old pictures. Studies show that looking at photos of loved ones provides a noticeable mood boost.
- Take a picture a day for a month and create a slideshow.
- Make a playlist of songs that lift your mood
- Intentionally notice your surroundings. Watch the sunset, hike, bike, or walk (and practice social distancing). SeekApp is a free application to help you identify what you see in nature.
- Make a sign to leave outside your residence thanking first responders.

Have You...

Been creative?

Outside play?

Read a book?

Exercised?

Done service?

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Helpful Information

If you are a parent, you may have mixed feelings about spring break! With social distancing, many of us are wondering how to keep our kiddos “busy” and “entertained” during their April vacation. That thought can make an adult feel overwhelmed, because the reality is siblings are going to bicker and complain about being bored! Social distancing is going to be harder than ever over the break with the onset of warm weather and an increase in free time. Keep in mind that we are all in this together and the feelings that you may be experiencing are probably felt by most families. Although this pandemic has forced us to live our lives differently, it can be a time to capitalize on these changes, as we are forced to live a more, simple life. Embrace time with your loved ones and take the time to talk and listen to your kids. During the break, it can be a great time to connect with your kids by doing various activities with them. The first link below directs you to Social Emotional resources for managing stress and boredom, mindfulness classes, brain break activities including Go Noodle, and more! Additionally, you can also follow the second link below to check out fun activities from the New Haven Parks & Recreation Department. The third link will take you to a Psychology Today article to learn more about what boredom really is and why it can actually be a constructive emotion for you and/or your child to experience. We got this! We are Hamden strong!

<https://resources.finalseite.net/images/v1585838712/hamden/xpzd5lrxsjawiax&ziki/SocialEmotionalVirtualResources.pdf>

<https://www.nhps.net/domain/119>

<https://www.psychologytoday.com/us/blog/shouldstorm/201812/boredomtunity-why-boredom-is-the-best-thing-our-kids>

Community Spotlight: Look for the Good!

In this crisis our Hamden community members have been showing the very best of themselves by how they help others. Here is how one Hamden teen applied her desire to learn something new into helping our first responders.



<https://www.wtnh.com/news/health/coronavirus/hamden-teenager-learned-how-to-sew-to-help-make-masks-for-hospitals-during-coronavirus-outbreak/>