

Wellness Wednesday: Weekly Newsletter

By: Cathy King (School Psychologist, Hamden High School)

Donna Nolan (School Psychologist, Spring Glen Elementary)

Susan Paluzzi (School Psychologist, Hamden Middle School)

With contributions from the Hamden Public Schools School Psychology and Social Work Departments

Volume 1, Issue 4 April 29th, 2020

Positive Quote of the Week

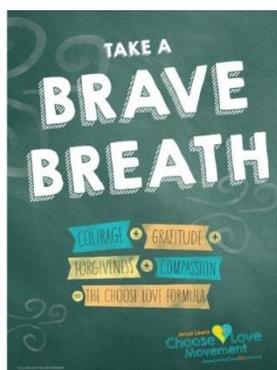


"I learned that courage was not the absence of fear but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear." – Nelson Mandela

Coping Skills Corner

In recent weeks perhaps you have experienced feeling uncertainty, reluctant, and/or fear to a much greater degree than you would normally experience those emotions. These are all very natural responses to have when facing obstacles, but they can make us feel paralyzed or 'stuck.' Courage is the willingness and

ability to work through obstacles despite feeling this way. There are lots of different ways that we can help ourselves to get 'unstuck' and to be brave and show courage even though we may be feeling scared or uncertain about something. Here, using a coping skill can look like taking a deep breath, self-advocating, or using positive self-talk.



Advocacy

A- Ask for help

D- Don't be afraid

V- Use your voice

Brave Breath video: <https://www.youtube.com/watch?v=fsbgLq7bBoU>

Wellness Wednesday: Weekly Newsletter

Helpful Information

The theme of this week's newsletter is COURAGE. When we think of individuals that have demonstrated courage or courageous acts, we often think of movie heroes and/or people in history such as the Reverend Dr. Martin Luther King Jr., Rosa Parks, and Nelson Mandela. Consequently, when asked to define yourself, courageous is probably not the first word that comes to mind. This could be true, if we compare our actions to those who have bravely demonstrated this trait before us. Courage, in the face of this pandemic, could be defined as a quality that is demonstrated when individuals are faced with fear or difficult times. Many of our Hamden families are being required to demonstrate courage through qualities that require physical strength, and endurance and/or mental stamina as we encounter obstacles that didn't exist prior to the pandemic. Various obstacles include unemployment, sickness from the COVID-19 virus, social isolation, mental health challenges, and family challenges that could arise as we are living a lifestyle that can sometimes require closer living with family. Reflect on the courage that you and your family are demonstrating on a day to day basis to overcome obstacles that could exist in your day to day life. We are Hamden strong! That being said, there are times that we need to demonstrate courage by asking for help! Governor Lamont said, "Seeking help and support at times like these is a sign of strength and hope."

The state of Connecticut has a hotline to support courageous caregivers with "the increased needs resulting from caring for their children during the pandemic." The website <http://www.talkitoutct.com> encourages that, "Those in need of help should call the Talk It Out Line at (833) 258-5011 and speak with trained professionals who will listen and speak with them about their concerns." Additionally, your school social workers and school psychologists are here to support you and your family as well. We got this!



Community Spotlight: Look for the Good!

Community service isn't just for humans. Even therapy dogs are lending a helping hand!...or paw? Follow the link below to learn more about Dogtor Loki, a therapy dog from Maryland who is delivering "Healing Hero Kits" to healthcare workers with his human.

<https://www.goodnewsnetwork.org/dogtor-delivering-hero-healing-kits-to-hospital-workers/>

