



WELCOME BACK



CCRC Mental Health & Wellness Newsletter - Edition 1

September 2020

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INTRODUCTION TO THE 2020-21 NEWSLETTER

To our CCRC staff and families we say welcome back! In light of the current state of our world, we understand that many of us may feel anxious, uncertain, and worried about how things will turn out. Our hope for this newsletter is to bring you tips and information around mental health and wellness that you can put to use while navigating our new normal. With collaboration from CCRC's comprehensive service areas, we will be presenting you with a variety of information based on what YOU want to hear. We will focus on distributing wellness information for not only our children and families, but also our staff as we want to ensure that everyone benefits!



ORGANIZATION ISN'T JUST FOR ADULTS

As a result of the COVID-19 Pandemic, many families, both parents and children included, have found themselves thrust into the work-from-home lifestyle. If you are worried about how to keep your little one locked in to a steady routine during this year's virtual facilitation, remember one word... organization. A parent shared a series of photos that have since gone viral where she outlined how she got creative with amping up her little ones' work space. She shared how providing her kids with a structured and organized place to complete their work has helped to give them a sense of routine and class-like normalcy. Want more details? Navigate the link below to see Angelina's Youtube video describing the process.

<https://www.youtube.com/watch?v=TxyusiXuQdQ>

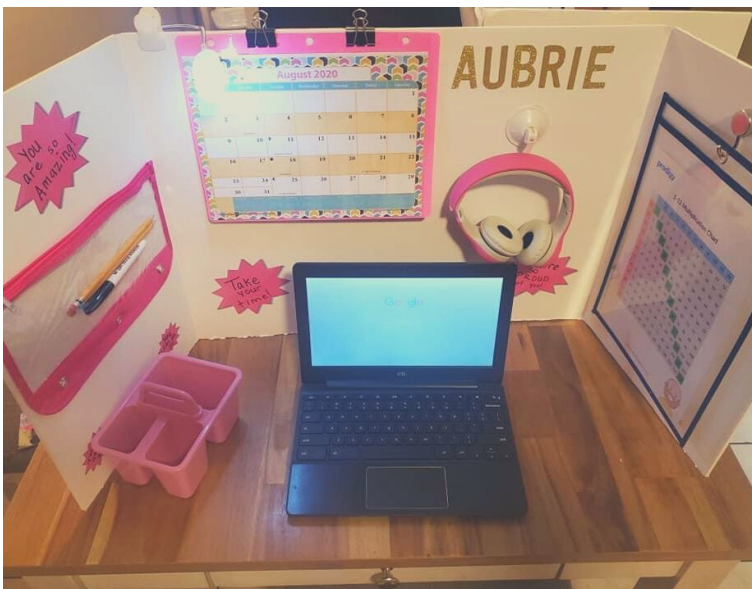


PHOTO CREDIT: ANGELINA HARPER

INITIATING CONVERSATIONS WITH YOUR LITTLE ONE ABOUT THEIR FEELINGS

Talking to your children about difficult topics is never easy and with 2020 giving us a new surprise almost daily, our little ones may be feeling as overwhelmed and uncertain as we are. If you are struggling to determine the right way to ask your child about their feelings, try *The Feelings Game*.

All you need is a bag of Chex Mix, a piece of paper, and some crayons. Start by emptying out the bag of Chex Mix and labeling each snack with an emotion. Pretzels can represent anger, chocolate for fear, peanuts happy, etc. Write the treat name and corresponding emotion on a piece of paper for you and your child to reference. Take turns with your kiddo picking a treat from the mix and discussing a topic that relates to the emotion each treat represents. Ask questions and practice attuned listening rather than attempting to fix or judge your child's feelings. When it is your turn to talk, be open and vulnerable as doing so can help to normalize feelings of uncertainty and fear that your child may also be experiencing.



SELF-COMPASSION

This year as a part of our staff in-service & training, we included a presentation on the importance of practicing self-compassion, especially in regard to virtual facilitation and working from home. The primary purpose of including this talk was to remind our staff to monitor their expectations and avoid attempts to be the perfect employee or parent. We would like to also remind our CCRC families that in these uncertain and unstable times, be kind to yourself and remember that this year will come with mistakes, hardships, and hurdles. The important piece will not be how perfectly you perform in your roles, it will be your resilience and your willingness to keep going even when things get difficult.



Want to know how other parents are navigating the pandemic? Take a look at our parent spotlight where we highlight a family in our program and showcase tips and tricks provided directly by YOU. Our September spotlight is from Starnell Taylor, she wrote:

"Our family has always had a love for the outdoors and so dealing with Covid-19 in early March was a bit stressful and chaotic. As soon as it was safe, we slowly took the children out around our neighborhood, to the orange line bike path and eventually to the park for fresh air and physical activities. We reminded the children consistently about keeping their distance and staying away from others to stay safe and healthy.

Taking time to engage children in outside physical activities releases stress and results in happy children with healthy emotional and mental well-being." -Starnell Taylor

PARENT SPOTLIGHT



Photo Credit: Starnell Taylor Parent from Zine HS & PC Chair

WHAT TO KNOW ABOUT THE FLU & COVID-19. AN IMPORTANT HEALTH SPOTLIGHT

As flu season approaches, we understand that things may be more nerve wracking than usual. With the COVID-19 Pandemic still very much impacting our health and daily lives, it is understandable that people may find it difficult to determine whether that cough is the flu or symptoms of COVID-19. The best way to determine what your symptoms mean is by consulting with a medical professional, however, there are some ways you can determine whether or not your symptoms warrant a trip to the doctor's office. Check out this resource provided by CHI St. Luke's Health to help you make the best decision for you and your family's health.


Is It Flu or COVID-19?

Coronavirus Disease

FLU (INFLUENZA)

The flu is a common, contagious respiratory illness caused by flu viruses. The flu is different from a cold.


Flu can cause mild to severe illness, and complications can lead to death. Millions of citizens get influenza within the United States each year.



SIGNS AND SYMPTOMS OF FLU

The signs and symptoms of flu usually develop within two days after exposure. Symptoms come on quickly and all at once.


- Fever or feeling feverish
- Headache
- Muscle or body aches
- Cough
- Feeling very tired (fatigue)
- Sore throat
- Runny or stuffy nose



HOW FLU GERMS ARE SPREAD

The flu is spread mainly by droplets made when people who have flu cough, sneeze, or talk. Viruses can also spread on surfaces, but this is less common.


People with flu can spread the virus before, during, and after they are sick.



WHO GETS THE FLU?


Anyone can get the flu.

Some people—like very young children, older adults, and people with some health conditions—are at high risk of serious complications.



CORONAVIRUS


Coronavirus is a new infection that can cause mild to severe respiratory illness. While COVID-19, also known as the coronavirus, is going viral across news outlets and social media, it's important to ensure that you are getting the facts.



SIGNS AND SYMPTOMS OF CORONAVIRUS

Signs and symptoms can appear 2–14 days after exposure. Some people can carry the virus with no significant symptoms.

- Fever
- Cough
- Difficulty breathing
- Shortness of breath



HOW CORONAVIRUS GERMS ARE SPREAD


It is thought to be spread by:

- Coughing/sneezing or other close contact with a person infected with coronavirus.
 - Close contact means being within 6 feet of an infected person for a period of time.
- A person may be able to contract COVID-19 by touching a surface or object that has the virus on it and then touching their face; however, this is not thought to be a main way the virus spreads.
 - We are closely monitoring the latest information from WHO and the CDC to keep our community aware of other ways the virus may be spread.

WHO GETS CORONAVIRUS?

In the United States, people at risk are:

- An individual who had close contact with a person infected with coronavirus.
- Older people and people of all ages with severe chronic medical conditions, like heart disease, lung disease and diabetes.
- Healthier individuals may also contract this virus. Some may not experience any symptoms, but can carry the virus to those at greater risk.



For more information about the flu and COVID-19, visit:
[cdc.gov/flu](https://www.cdc.gov/flu)
[cdc.gov/covid19](https://www.cdc.gov/covid19)
[dshs.texas.gov/coronavirus](https://www.dshs.texas.gov/coronavirus)
 March 17, 2020

CHI St. Luke's Health



WHAT TO DO IF YOU GET THE FLU

10 tips to fight the flu

healthdirect
healthdirect.gov.au

Get the flu shot

It is important to get the influenza vaccination each year to continue to be protected, since it wears off after 3 to 4 months. Flu strains also change over time.



Keep surfaces clean

Clean surfaces such as your keyboard, telephone and door handles regularly to get rid of germs.



Wash your hands

Good hygiene is one of the best ways to help prevent a cold or flu from spreading. Wash your hands regularly with soap and water.



Self-care at home

In most cases you can treat mild cold or flu symptoms at home.



Cover coughs and sneezes

Cover your mouth and nose when coughing or sneezing. Preferably with your elbow rather than your hand.



Don't rely on antibiotics

Antibiotics won't cure a cold or flu as these illnesses are caused by viruses. Antibiotics only work for bacterial infections. Check if your cold and flu medication will help relieve symptoms on healthdirect's medicine directory.



Bin your tissues

Throw disposable tissues in the bin immediately after using them.



Know the symptoms of a cold versus flu

A cold is not life-threatening and although uncomfortable does not require visit to a GP. A flu can escalate and may require medical attention.



Avoid sharing

Try not to share cups, plates, cutlery and towels with other people, as this could spread germs.



Check your symptoms first

Use the healthdirect Symptom Checker via the app or website, or call 1800 022 222, to determine if your symptoms require a visit to the emergency department, a visit to your GP or can be managed at home.



This month's newsletter brought to you by our Inclusion, Family Engagement, and Health & Nutrition teams.

Getting sick is never fun, but should you find yourself battling the seasonal flu, refer to the tips above to help make your fight a little easier!

