

# Tools For emotional wellness

## Why focus on emotional wellness?

In the midst of information gathering, schedule shifting, and adjusting to new ways of doing our everyday tasks, we are experiencing an onslaught of emotions. Things are changing so rapidly, that we are not, or feel we cannot, take the time to process and file away each emotion for each experience. As a result, we may be feeling emotional and psychological fatigue. Our children are experiencing the same thing, with even fewer coping skills to process what is happening. It is important for us as parents and other adults to examine our own emotional wellness, so that we can model and teach these skills to the children in our lives.



**MAY IS 2020 MENTAL HEALTH MONTH 0**

TAKING A SCREEN IS AN EASY WAY TO CHECK IN ON YOUR MENTAL HEALTH.

HELP US REACH OUR GOAL OF A #MILLIONINMAY.

VISIT [MHASCREENING.ORG](http://MHASCREENING.ORG)

## Important Numbers to Know

**Allegany County 24-hour Crisis Hotline**

1-888-448-3367

**Mental Health "Warm" Line (non-crisis)**

1-716-392-0252 (4-11pm)

**NYS Emotional Support Helpline**

1-844-863-9314

**Mental Health America Crisis Text Line**

Text "MHA" to 741741 to connect to a crisis counselor. Support provided 24/7

**Domestic Violence Hotline**

1-800-593-5322

**National DV Support**

Text LOVEIS to 22522

**NYS Hopeline for Addictions**

1-877-846-7369 or

text 467369

**Dial 2-1-1**

If you need assistance finding food, paying for housing bills, accessing free childcare, or other essential services, visit [211.org](http://211.org) or dial 211 to speak to someone who can help. Run by the United Way.

## What do these things have in common?

- Owning your feelings
- Finding the positive
- Connecting with others
- Eliminating toxic influences
- Creating healthy routines

They're all #Tools2Thrive that support strong #mentalhealth. Learn more at [mhanational.org/may](http://mhanational.org/may). #mhm20

## Use mindfulness to help center and calm

Apps with free content:

- >Insight Timer
- >Stop, Breathe, Think
- >Relax Melodies
- >Headspace

## Online resources with great content for families:

**Sesame Street You Tube Channel:** awesome videos to teach coping for the current pandemic

**ProjectPlayWNY.org:** ideas and resources for creative play

**Mindful.org:** good resource for daily meditations and self-help

**ChildMind.org:** site for the Child Mind Institute with helpful tools for teaching and supporting children

## 5 Steps to Calm and Centered

(Even When Your Child is Out of Control)

**Observe**  
your child's emotions with an open-heart. See their smallness and how the emotions are bigger than they are.



**Get Centered**  
Your emotions are separate from your child's. Root yourself to the earth and engage your core. Say your mantra. Ride this wave Mama!



**Acknowledge  
Connect  
Teach!**



**Have a Plan**  
Build up your parenting toolbox so you have a plan on how to help your child regulate.



**Take Care of Yourself**

You cannot pour from an empty cup. Live in the moment. Find ways to take breaks and savor, even with the kids around.



**Don't be Perfect**  
It's impossible! Know what to do when you do lose it. Own it. Apologize, and Identify.



Ashley Soderlund Ph.D.

For more on how to implement this guide visit [NurtureandThriveBlog.com](http://NurtureandThriveBlog.com)



May 2020