



WOLSELEY FAMILY PLACE

Crossways in Common

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How to Cope With Post-Traumatic Stress During COVID-19

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Clinical Director, Crisis & Trauma Resource Institute

1. Stay connected to the present.

Trauma survival patterns are rooted in our past experiences of survival. Current threatening situations can awaken these memories in our bodies and minds. Being intentional about keeping our awareness and attention on the present is key.

- Spend time immersing yourself in the present throughout the day. Use your senses to bring your whole awareness in. Listen to music, drink fragrant tea, meditate on your breath, pet your dog, or repot your plants, putting your fingers into the dirt and smelling the earthy soil.
- Have trusted supports help you ground yourself in the here and now; have your friend describe their surroundings to you; spend time video chatting so you can see and hear other people.
- Do tasks that have a clearly defined beginning, middle, and end.

2. Exercise choice.

A trauma response is heightened when we feel helpless and powerless. Even though there is much about our current situation that we cannot control, we can shift our focus to what we do have influence and power over.

- Choose your routine. How do you spend your time and what do you focus on during the day?
- Choose your information. Limit how much news you watch and when you take in new information.
- Choose your distractions. Have a list of small, easy-to-do creative tasks that you can do. This may be sorting out a drawer, colouring, creating a collage, or cooking something you like.

3. Keep active and engaged with life.

Because of the intensity and ongoing nature of the current stresses, many people with post-traumatic stress may find themselves struggling to stay present and motivated. A crucial act of self-care is to intentionally stay moving, active, and engaged with life – this is a central antidote to the effect of fear that can immobilize our mind, body, and spirit.

- Move often – literally. Stretch, dance, walk or jog on the spot, do yoga, garden, walk up and down the stairs, silly walk around your house – just keep moving!
- Do something you enjoy every day. This can be simple like having your favourite coffee, or listening to a podcast to learn something new.
- Engage with humour, joy, and curiosity to counter fear.

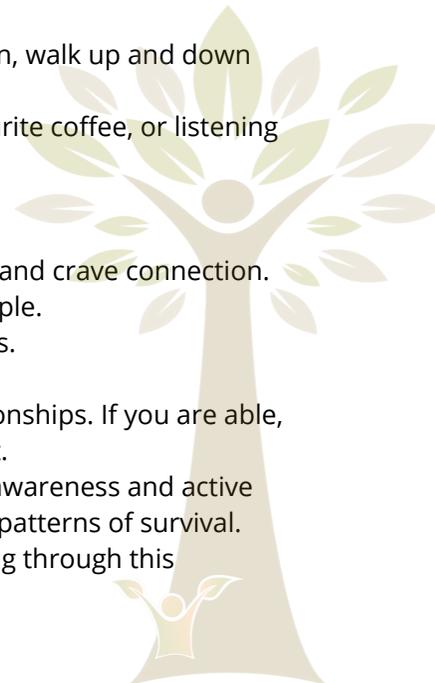
4. Stay socially connected.

The empty streets in every city and town are reminding us of how much we need and crave connection. We may need to get creative and it is crucial we stay in connection with other people.

- Have regular, short phone calls with friends, family, or other support systems.
- Listen to live interviews or podcasts of people you find inspiring.
- Spend time reminiscing and looking at pictures or videos of important relationships. If you are able, do this together with someone else on the other end of a phone call or video chat.

Our current situation is stressful and may cause fear and anxiety for some. With awareness and active steps, we can exercise the positive power of being able to recognize our fear and patterns of survival.

With intention and openness to the support of those around us who are also going through this situation, we can get through this together.



Spring Parenting Class
How to Talk So Kids Will Listen
Tuesday afternoons
May 12, 2020
1:30 - 3:00
via Zoom
To register call: 204-560-3147
or
email: parenting@wfpwpg.ca

For families with young children...

Below is a link to ZERO TO THREE an amazing site with resources that offer tips for families, like how to answer common questions kids may have according to age, ideas for self-care, and activities to keep little ones busy while social distancing.
<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

Parents of teens!!

TeenTalk has created this printable booklet on Youth Mental Wellness. It's an amazing resource for teens to work with during these times.

<http://teentalk.ca/wp-content/uploads/2020/04/Youth-Mental-Wellness-Wpg.pdf>



Healthy Baby on ZOOM

Thursdays 1:00-1:40.

Parents that are interested can:

Call: 204-560-1396

Text: 204-471-3680

Email: terrieredekopp@hotmail.com

Wolseley Family Place Online Community

THURSDAY

Wiggle, Giggle ZOOM with

Bev & Katherine

10:30am

To get the link email:
parenting@wfpwpg.ca

FRIDAY

Virtual Drop-in

on ZOOM

2:30-3pm

To get the link email:
healtheducator@wfpwpg.ca

**Stay tuned as there
are more virtual programs
coming your way!
To keep up to date, follow
us on Facebook:
[@wolseleyfamilyplace](https://www.facebook.com/wolseleyfamilyplace)**

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Life becomes easier
and more beautiful
when we can see the
good in other people.

ROY T. BENNETT

Healthy Start Weekly Virtual Groups

	Mondays 11:00-11:30 AM	Wiggle, Giggle & Munch Caregivers and kids ages 1 to 4 Have fun and burn off some energy during this literacy and active play group
	Tuesdays 1:30-2:00 PM	Pregnancy Group Join an outreach worker, public health nurse and registered dietitian as they present pregnancy topics and answer your questions
	Wednesdays 1:30-2:00 PM	In the Kitchen with the Dietitian Join a Healthy Start dietitian to learn about preparing food, feeding yourself and your baby
	Thursdays 1:30-2:00 PM	Parent & Baby Group (baby up to 1) Join an outreach worker, public health nurse, and registered dietitian as they present various topics and answer your questions

To register for any session, please email tech@hsmm.ca
To participate by phone, please call 204-949-5350