



WOLSELEY FAMILY PLACE

Crossways in Common

202-222 Furby Street, Winnipeg MB R3C 2A7

Phone: 204-560-3141

Email: admin@wfpwpg.ca

www.wolseleyfamilyplace.com

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4 Key Dimensions of Self-Care

Lynda Monk (MSW, RSW)

Trainer, Crisis & Trauma Resource Institute

What is self-care and why does it matter? Self-care includes all the things you do to take care of your well-being in four key dimensions – your emotional, physical, psychological, and spiritual health.

Physical (the body) – to live, move, and breath

Physical self-care involves ensuring an overall healthy lifestyle that includes eating healthy, drinking lots of water, and getting plenty of exercise. Consider decluttering your home and office so that you have a feeling of spaciousness and manageability. Take time away from computers, TV, and your smartphone (sedentary lifestyles are a health issue). Enjoy moments to rest and replenish.

PAUSE & REFLECT: WHAT ARE YOU CURRENTLY DOING FOR YOUR PHYSICAL SELF-CARE?

Emotional (heart) – to love, care, and be in relationship with yourself and others

Emotional self-care might include setting clear boundaries on your time and energy. Engage emotional boundaries within helping relationships, surrounding yourself with positive people and affirmative and inspiring messages. Address any issues or problems so that they don't build up. Give and receive love, kindness, and support. Spend time with people you care about and who care about you.

PAUSE & REFLECT: WHAT ARE YOU CURRENTLY DOING FOR YOUR EMOTIONAL SELF-CARE?

Psychological (the mind) – to learn, think, and grow

Psychological self-care activities might include personal and professional development. Give attention to things that are in your control (your sphere of influence). Take time for personal reflection. Notice your inner experiences, thoughts, and feelings. Cultivate self-awareness through things such as journaling, getting feedback from others, meditation, coaching/counselling, and consultation or supervision – places where you have the opportunity to grow, learn, and reflect.

PAUSE & REFLECT: WHAT ARE YOU CURRENTLY DOING FOR YOUR PSYCHOLOGICAL SELF-CARE?

Spiritual (the spirit) – to connect with essence, purpose, and meaning

Spiritual self-care might include prayer or meditation. You may want to visualize, practice gratitude, spend time in nature, and be aware of the non-material aspects of your life. Identify what is meaningful to you in your work and life. Practice mindfulness and being present in the moment.

PAUSE & REFLECT: WHAT ARE YOU CURRENTLY DOING FOR YOUR SPIRITUAL SELF-CARE?

Reflective Journaling Exercise

With these four dimensions of self-care and wellness in mind, consider your own self-care activities in these areas of life. How do you nourish your mind, body, heart, and spirit? How do you actively reduce and manage stress in both your personal and professional life?

How do you feel when you are honouring your self-care needs? How do you recognize when you are neglecting your self-care needs? What's calling to you for more attention? What self-care are you feeling proud of? What is one self-care action you would like to commit to doing today? This week? This month? Your self-care matters! Allow it to be fun, guilt-free, enjoyable, and nourishing. You know what is best for you – give yourself permission to take time to fill your own cup so that you can make a difference from a place of vitality, well-being and health. Your self-care benefits you and others too – it is a win-win!

You Are Not Alone: Parents and Caregivers Coping with COVID-19

is an online group for those caring for little ones during these strange times. Because of the safety measures we are taking to protect each other from COVID-19, there is a lot more pressure being placed on caregivers to be it all for their kids - educators, nurses, and entertainers - to name a few. Caregivers are often playing those roles during normal times, but the difference is they get a break. It can feel a bit overwhelming and lonely when we are cut off from many of our usual resources - like our friends, extended family, and community programs.

Join us one time or every Tuesday in August from 2 to 3 PM to connect with other adults, share tips, practice a new coping skill, and listen/ask questions to a weekly guest speaker.

Aug 4: TBA

Aug 11: Rhonda from Ka Ni Kanichihk re: Honouring Gifts Program

Aug 18: No group today

Aug 25: Amber a midwife from Mount Carmel Clinic

[Click on this link to join us on Zoom.](#)
or here to check out our [Facebook event page.](#) ([zoom link here](#), [too](#))

Resources from Winnipeg Public Library

TD Summer Reading Club Info Guide

[Find links to all summer reading programs and information here.](#)

eBooks Help Guide

[With links to all eBook resources](#)

Sign up for a temporary card to access online resources [here](#)

Books on Covid19 for Kids:

The Winnipeg Public Library Coronavirus Disease Info Guide has a page just for [parents and caregivers](#), all about talking to kids about Covid-19.

Here are links to free eBooks for kids on Covid-19:

[My Hero is You! How Kids Can Fight COVID-19](#) by the World Health Organization

[Coronavirus: A Book for Children](#) published by Nosy Crow

Children's books in Indigenous Languages

Click the links below to be taken to a list of Juvenile Dual Language books

[JDL Books in Cree](#)

[JDL Books in Ojibwa](#)

[Books in Michif](#)

Summer Programming at Wolseley Family Place

TIME	MON	TUE	WED	THU	FRI
MORNING		MUSIC CIRCLE 11 AM BALMORAL HALL		WIGGLE GIGGLE MUNCH 10 AM BALMORAL HALL	GARDENING 11 AM W BROADWAY CHILDREN'S GARDEN
AFTERNOON	READING TENT 2PM VIMY RIDGE		FIT KIDS HEALTHY KIDS 1PM VIMY RIDGE		

NOTES

MEET US AT ANY OF OUR PROGRAMS DURING THE WEEK! IF YOU HAVE ANY QUESTIONS, PLEASE CALL THE PLAYROOM AT 204-560-3151



Look for our Wolseley Family Place flag to locate us at each programming location!