

Mindfulness and parenting mental health support during COVID-19

During the COVID-19 pandemic, some people may find themselves needing new or more mental health supports. The following resources may be able to help:

Mindfulness Resources

Mindfulness is a fundamental skill in both being able to notice our thoughts and feelings in a way that does not allow them to control or overwhelm us; and being able to focus on the present moment while our mind tries to distract us.

For us to realize we are focused on distressing thoughts or feeling increasingly anxious, we first need to pay attention to our mind and body. Also, while we are trying to spend this time to connect with our values, mindfulness allows us to truly be presented in the moment.

Mindfulness daily exercises

- Three minute breathing space: <https://www.youtube.com/watch?v=amX1luYFv8A>
- The Breath Project – two minute meditation: <https://thebreathproject.org/>
- Mindfulness Exercises - body scan, five senses, mindful breathing: <https://www.therapistaid.com/worksheets/mindfulness-exercises.pdf>
- Asleep in 60 Seconds – four/seven/eight breathing technique: <https://www.youtube.com/watch?v=gz4G31LGyog>
- Progressive muscle relaxation: <https://www.youtube.com/watch?v=1nZEedqcGVzo>

Parenting

Coping and Connecting for Children and Families During COVID – 19

This two-page document covers topics such as behaviors to encourage, role modeling for parents and limiting media coverage

<https://www.albertahealthservices.ca/assets/info/amh/if-amh-mhpiip-disaster-pandemic-coping-for-children-families.pdf>

Talking with Children about COVID – 19

Straight forward principles about what to say and how to say it when talking to children about COVID-19.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

Frequently Asked Questions on COVID-19 for young children and students

Accurate, age- appropriate questions and answers about COVID -19.

<https://www.alberta.ca/assets/documents/covid-19-information-for-kids.pdf>

Just For Kids: A Comic Exploring The New Coronavirus

This three-minute audio recording for kids and teens has a clear, understandable delivery and is meant to help calm and sooth anxiety through clear facts and reassuring messages

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Resilience, Coping, and Parenting Strategies for Everyone

This is a free, 90-minute webinar on how to deal with coronavirus-related anxiety and other challenges for parents.

This group presentation includes core ideas and strategies about anxiety - presented in an informal conversation – and takes a parenting perspective into account. Some topics include coping with uncertainty and anxiety and Balancing “being on vacation” and maintaining structure/consistency in parenting.

<https://myocdcare.com/coping/>

How can Calgary Foothills PCN help?

Our PCN’s mental health team can also help with mental health support:

- Book a free individual or family virtual appointment with our [One-Step-at-a-Time counselling team](#) at 1-855-79-CFPCN (23726) or 587-774-9736
- Talk to your family doctor about a referral to one of our [behavioural health consultants](#)