

A Wellness Message

Holy Spirit Catholic Schools
Coordinator of Counselling and Wellness

May 25, 2020



Kindness Really Does Matter...

Helping Others Feels Good

Studies have found that acts of kindness are linked to increased feelings of wellbeing.¹ Helping others can also improve our support networks and encourage us to be more active.⁴ This, in turn, can improve our self-esteem.⁵ There is some evidence to suggest that when we help others, it can promote changes in the brain that are linked with happiness.²

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/kindness-matters-guide>

DID YOU KNOW?

- random acts of kindness** - Research shows that random acts of kindness are linked to increased feelings of wellbeing and happiness.
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KINDNESS INCREASES:

- self-esteem** - Research shows that acts of kindness are linked to increased feelings of self-esteem.
- serotonin** - Research shows that acts of kindness are linked to increased production of serotonin.

KINDNESS DECREASES:

- pain** - Research shows that acts of kindness are linked to decreased feelings of pain.
- anxiety** - Research shows that acts of kindness are linked to decreased feelings of anxiety.

RANDOM ACTS OF KINDNESS

Kindness Health Facts

- Did you Know...
- Kindness is teachable
- Kindness increases-SEROTONIN
- Like most medical antidepressants, kindness stimulates the production of serotonin. This feel-good chemical heals your wounds, calms you down, and makes you happy!
- Kindness decreases-pain, anxiety and depression

<https://www.dartmouth.edu/wellness/emotional/rakhealthfacts.pdf>

Pets Support Mental Health...

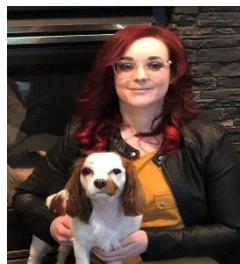
Research has shown that the bonds between humans and animals are powerful. The positive correlation between pets and mental health is undeniable. When people spend time with their pets - blood pressure goes down, heart rate slows, breathing becomes more regular and muscle tension relaxes.

<https://www.newportacademy.com/resources/well-being/pets-and-mental-health/>
<https://www.notsalmon.com/2015/06/19/health-benefits-of-pets/>



Our Family School
Liaison Counsellors love
their pets.

The students have been
excited to show their pets
as well!



“Let no one ever come to you without leaving better and happier.
Be the living expression of God's kindness: kindness in your face, kindness in
your eyes, kindness in your smile.”

~Mother Teresa~

Practical and Easy to Understand (10:18 minute video clip)



Institute of Child Psychology

Tammy Schamuhn, R. Psychologist & Co-Founder of The Institute of Child Psychology, gives parents and caregivers a few tips on how to speak to children about COVID-19, and some ideas of how to manage the emotional response in reaction to global distress.

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

STIGMA FREE SOCIETY
MINDFUL UNDERSTANDING ACCEPTANCE

10 TIPS FOR TAKING CARE OF YOUR MENTAL HEALTH

FOR GRADES 7 - 12

A Guide to Your Downloadable
Resources During COVID-19
(Grades 7-12)

<https://stigmafreetoolkit.com/teens-corner/downloadable-resources/>

Mental Health Literacy Series: Love, Empathy and Connection - Supporting Mental Health

(Alberta Health Services 3:03
minute video clip)

<https://youtu.be/TI8tVCx91nE>



Please reach out to the Family School
Liaison Counsellor at your child's
school for virtual counselling to
support your child or for information
about virtual parent support groups.

https://www.holyspirit.ab.ca/resources_publications/health_wellness

Link to Wellness Newsletters.