



Safehaven

Exceptional Lives. Exceptional Care.

MEMORANDUM

TO: All Employees
FROM: Susan Bisailon, CEO
DATE: Friday, May 22, 2020
SUBJECT: Update #7: Safehaven Self-Care Corner

Look how much you have already managed to adapt to. Look how resilient you are becoming. There is no "right" way to respond to this because it's never happened before. We are learning together on this journey, finding moments of laughter along the way.

It is OK to unplug. Practice mindfulness. Try these simple acts to alleviate stress, avoid reliving negative moments in the past or "awfulizing" the future and bring yourself back to the moment:

1. Squeeze and release your muscles to feel your body.
2. Take a few deep, slow belly breaths – in and out.
3. Notice the smell, taste and appearance of your food at mealtimes.
4. Relax into a peaceful activity, like colouring, puzzles or listening to music.

Thank you for everything you do in the care for our clients; parents are recognizing that their children are embraced in a circle of care with Safehaven. Here are some resources to explore in nurturing and sustaining you, our clients, and your family:

Recharging Opportunities

- **Too much screen time?** The [Child Mind Institute](#) has some excellent tips to help with expectations, setting reasonable boundaries, allowing slack, and placing priority on balance and wellness.
- Looking to take a more traditional approach? Engage in non-digital games such as Word Guess (Hangman); Charades; Pictionary; 20 Questions; Rock Paper Scissors!

Random Acts of Kindness:

- Explore painting "hope" rocks and leaving them at mailboxes or along pathways using this [easy to follow tutorial](#), [click here](#) for kid-friendly instructions.
- Create greeting cards or postcards with [these online resources](#) or colouring, using these to say "Thank you" or "Thinking of You" to family or special people – it's great to receive some cheer in the mail!
- Make a telephone date to call a grandparent or neighbour by speakerphone and sing or read a story.
- Check out [Warrior Yoga](#), a Canadian non-profit organization is offering weekly packages on youtube.
- [Click here](#) to sing along with an upbeat choral parody of "**For the Longest Time**" out of Vancouver.

Your mind will always BELIEVE everything you tell it. FEED it HOPE. FEED it TRUTH. FEED it with LOVE.

Susan Bisailon, CEO

The Safehaven Project for Community Living