



Towards Flourishing Mental Health Promotion Resources for Public Health Service Providers

Manitobans are in the midst of unprecedented times. COVID-19 has created an atmosphere of uncertainty, and fear. It is normal and understandable to experience strong emotions like worry, anxiety, frustration, and anger.

The Mental Health Promotion Facilitators want to remind the Public Health Teams that the Towards Flourishing (TF) Curriculum is a great tool to use to support individuals and families during this very stressful time. The topics and strategies can be easily shared over the phone as we contribute to our community's safety by physically distancing ourselves. These strategies are also good for our own mental health and well-being.

Consider the following ideas to incorporate TF specifically during COVID-19:

Topic of Flourishing:

Ask families to share & discuss one of following questions. Consider encouraging families to create an art activity in response to the question, a collage or family poster.

- What are the things we need to help us flourish as a family during this stressful time?
- How do we live a flourishing life during this stressful time?
- What are some strategies we can use to help us flourish?
- How can we support our children to flourish at this time?

Strategies:

Remind families of the benefits of practicing these strategies on a daily basis so they are available in stressful moments. These strategies can also boost the immune system.

Nasal Breathing

Progressive Muscle Relaxation

Three Minute Breathing Break

Three Good Things

Other ideas:

Gratitude Jar - Everyone contributes ideas and then share at the end of the day or week

Physical Activity

Activity Break

Dancing to Music

Walk Outside – Maintaining physical distancing and avoiding all play structures.

Connecting with Others:

Exploring ways of connecting or create new social connections while physically distancing ourselves

Examples:

Reach out to friends and family via phone or video chats

Enjoy time with friends playing on-line games

Create cards or letters to family members they may not be able to visit

The **Self-monitoring** strategy could be a good tool to use to assist families in developing a new family routine or setting a goal.

Encourage families to discuss, create and discover new ideas together.

Here is a website that you can consider sharing:

<https://cmha.ca/news/covid-19-and-mental-health>

<https://www.caringforkids.cps.ca/handouts/the-2019-novel-coronavirus-covid-19>

Here are a couple of great websites for your children to have some fun and learn at the same time. [ABC.YA](#); [GoNoodle](#)