

## REFRAME PSYCHOLOGY CLINIC

**WE OFFER COMPREHENSIVE PSYCHOLOGICAL ASSESSMENT & TREATMENT SERVICES FOR YOUTH, YOUNG ADULTS, & FAMILIES IN THE GREATER TORONTO AREA.**



Are you  
anxious?



PHYSICAL DISTANCING IS THE NEW REALITY AT SCHOOL

### How We Can Help

[WWW.REFRAMEPSYCHOLOGY.CA](http://WWW.REFRAMEPSYCHOLOGY.CA)

At **Reframe Psychology Clinic**, our highly supportive, skilled and experienced clinicians can help you and your child transition back to school. We can provide an evaluation of the problem and strategies for you and your child to ease those school jitters and recommend strategies for good sleep hygiene.

#### UNCERTAINTY

For many of us, the pandemic is feeling like a never-ending bad dream. Not to mention, the constant flow of bad news, be it the increase in COVID-19 cases, speculations about a second lockdown, racial issues, political unrest in various parts of the world, and wildfires threatening communities and wildlife. Overall, the world is feeling increasingly more and more scary and uncertain.

Unfortunately, it's not just kids, but many adults are also finding it difficult to manage, with increases in symptoms of anxiety and depression. Canadian are experiencing 6% lower mental health in May 2020 than in the March of 2020. (Canadian data)



<https://www150.statcan.gc.ca/n1/pub/11-627-m/11-627-m2020039-eng.htm>

### BACK TO SCHOOL, during the COVID-19 pandemic....

#### IMPACT ON A RETURN TO SCHOOL

##### Returning to school in a new world...

Many children are trying to get used to learning in an environment that looks and feels very different from their previous school experiences:

- trying to get to know their peers and teachers with masks on where reading nonverbal cues becomes very difficult;
- staying 6 feet away from others when learning, playing, and interacting socially.

Other children are trying to learn in an online, virtual platform. This creates other problems:

- a lack of social engagement is isolating and stressful;
- there is an increased tendency to move to a virtual world of friendships.

While we try to move forward, it is important that we all foster our mental health and those of our youth.

##### QUICK TIPS:

- Remind your child you are there to talk to them about their worries & validate their concerns.
- Problem solve worries – be realistic & don't overthink.
- Sleep routines need to be maintained, even on the weekends.

#### FOSTERING MENTAL HEALTH:

##### Important Tips:

1. **Eat well, stay hydrated, & do some form of daily physical activity** (getting enough movement into your day releases natural "feel good" hormones).
2. **Sleep:** getting consistent and a sufficient amount has an impact on learning, mental health & emotion regulation, as well as our immune system. Setting & modeling rules (consistent bedtime; limited screen time) around good sleep hygiene is necessary & important. A central charging station removes obstacles to good sleep habits.
3. Everyone copes better when they have the same **routine** on a daily basis, completing the same tasks almost every day in roughly the same order.
4. **Limit media exposure**, so that you hear less and see fewer disturbing images. News overload contributes to stress!
5. The #1 destressing strategy is: **deep breathing!**
6. Remember that the goal is to practice "**physical distancing**" not social distancing during the pandemic. Reach out to others using virtual platforms, or with safety procedures in the outdoors.
7. **Identify, label, validate concerns.** It's an opportunity to normalize feelings.



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COVID 19**

**BOOKING  
ASSESSMENTS**

**TO BOOK AN ASSESSMENT,  
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