



BATTLE FOOD

Here are just a few resources to help you in the battle. Start small and click on any/all of these recommended videos, articles and books. You can always "google" more later.



THE SECRET TO LIVING LONGER MAY BE YOUR SOCIAL LIFE

A short TED-TALK by Susan Pinker that highlights some surprising and hopeful tips on how to live longer. It's not cheesy at all.

CHILDHOOD 2.0

A full-length documentary discussing the impact of technology and social media on the mental health of children

RECLAIMING CONVERSATION

A lecture based on Sherry Turkle's book "Reclaiming Conversation: The Power of Talk in a Digital World"



BEING ALONE TOGETHER

A short and sweet article with practice tips on how to navigate through these difficult times

THE 5 LOVE LANGUAGES OF CHILDREN (AND TEENS)

A breakdown of the common ways kids of all ages (and we as adults) experience love. Try and identify your child's primary love language



THE PANDEMIC POPULATION:

This short but sweet book by Tim Elmore shares Eight Strategies to Help Generation Z Rediscover Hope After Coronavirus

EVERY CONVERSATION COUNTS: THE 5 HABITS OF HUMAN CONNECTION THAT BUILD EXTRAORDINARY

Riaz Meghji explains how we all crave connection, we were never meant to live alone or communicate only in "likes" and retweets and gives steps on how to make every conversation count.

THE VILLAGE EFFECT: HOW FACE-TO-FACE CONTACT CAN MAKE US HEALTHIER AND HAPPIER

Susan Pinker takes her time to explain why need face-to-face contact and all the science behind how it is necessary for our lives.

HOLD ON TO YOUR KIDS: WHY PARENTS NEED TO MATTER MORE THAN PEERS

Dr. Gabor Maté and Dr. Gordon Neufeld discuss why parents need to matter more than peers and what parents can do.



BATTLE TOOLS

Pick any of these practical ideas to take steps forward in the battle against isolation and loneliness. Remember that for now it's not about social distancing but about distantly being social.

ACKNOWLEDGE HOW HARD THIS IS

We have missed out on a lot this year. This is hard, and acknowledging this fact allows us to move in the direction of change.

INVEST YOUR ATTENTION

Give your kids your time, your energy, and your words of love and affirmation. Remember you are depositing into their well-being and your relationship with them for the long haul.

BE CREATIVE IN YOUR CONNECTING

Maybe play a game together that you've never played before, use get-to-know-you questions cards, or try an activity that is new. Writing letters, acts of charity, etc. all work!

COMMIT TO CONNECTION (VS. MERE CONTACT)

A regular phone call, voice note or text message can go a long way. If you text, use emojis :). Do the same thing over and over again with a committed attitude.

MODEL AN OUTWARD-LOOKING LIFE

No matter how hard your life may be right now there will always be someone who can benefit from your smile, a kind gesture, or thoughtful words. Model this to your kids and partner with them to make this a part of their lives.

CREATE MORE THAN YOU CONSUME

As a family, talk about ways you can contribute instead of just scrolling. Studies talk about how simply commenting on a post instead of just hitting "like" does more positively for the person who commented than just scrolling.

PRACTICE GRATITUDE

There's a lot we don't have. But think long and hard of what and who you DO have and write it down. Everything from a roof over your head to socks on your feet (both of them).

GO OUTSIDE

Spend time in nature as often as you can. Research suggests that this can reduce our levels of stress.

REMEMBER THIS ISN'T FOREVER

This pandemic will be behind us one day. In the meantime, we can be better even while we are waiting for things to get better.

TALK TO THE PROS

Here's a few places to get help even if you're stuck at home (just click):

Distress Centre Durham

Togetherall (formerly The Big White Wall)

Durham Canadian Mental Health Association

Frontenac Youth Services

Kids Help Phone

