

Wellness, Self Care and Fun!

The Sibling Edition

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AutismONTARIO
see the potential voir le potentiel

Agenda

Check in

Family

Structure and routine

Morning and evening routines

Do's and Don'ts

Shifting Expectations of Ourselves

Finding moments

Guided Visualization



Family

We are isolated from our friends and classmates, but we have our family!

Think about who is in your family

Some people have more than one family and may have some members of their family they can't see right now

There are some wonderful things about being with family-let's chat about that

Sometimes it is hard to be around the same people all the time, even family-let's chat about that



Being a brother or sister

Being a brother or sister and having a brother (or brothers) and/or a sister (or sisters) is a wonderful thing—let's chat about that!

I have an older brother.

I have two daughters. One I have to help more than the other

Being a brother or sister and having a brother (or brothers) and/or a sister (or sisters) can sometimes be challenging or frustrating (especially now!) —let's chat about that!



Talking about your feelings and asking for help

Everyone has the right to feel different feelings

What feelings are you having during this time?

Who can you talk to about your feelings? Parents, friends, siblings, teachers...pets?

It's okay to tell people how you are feeling

It's okay to ask for help or to say that you need time to yourself

Having some structure can help!



Structure and Routine

Some tips:

- set an alarm for the same time every, check with parents or guardians
- try to eat at the same time every day-parents/guardians may have to remind you
- try to integrate exercise-this CAN be fun. Really it can.
- try to integrate relaxation-this can even be a slow pace video game
- consider connecting with others via text, phone or video (friends, family, teachers, support people)
 - treat these as intentions and not as hard and fast rules



Some basics (that we sometimes forget!)

Do:

- Drink water- sounds boring, I know. But is healthy and helps in so many ways
- Get sunlight (when you can) Or at least go outside and sit on your porch or balcony if you have either
- Open some windows (when you can)
- Remember to eat regularly- set alarms if you sometimes forget to eat, or ask someone to remind you
- Time with pets, if you have some. We have fish. I've spent more time than I'd like to admit talking to them.
- Have a clear start to your day- more on the next slide
- Have a clear bed time routine-more on the next next slide



Morning routine

- Clear start to the day provides structure
- Quick---what day of the week it is? What month? (Joking, kind of)
- If its helpful, check a calendar or your phone so you know what day of the week it is
- Have breakfast
- Get changed into new clothes- I know, I know. Why bother? But it's important and I'll tell you why!
- Brush teeth/shower etc- I know, I know. Why bother? But it's important and I'll tell you why!
- Consider writing, typing or talking out some intentions for the day



Intentions for the day

Consider

- something fun
- something relaxing
- something creative
- something 'productive'
- some exercise
- some connection
- time for stimming (if needed)



Evening (before bed) routine

- Try to go to sleep around the same time every night and not too late!
- Think about or write down things you enjoyed/accomplished during the day
- Think about what you would like to do tomorrow
- Brush teeth/shower etc– I know I know, this was also part of the morning routine. You don't have to shower twice a day or every day.
- Change clothes- I know, again. Why? It helps give you a start and end to the day.
- Limit social media/videos/videogames before sleep (up to an hour before)
- Consider white noise or relaxing music/guided meditation
- Body scan- don't worry, I'll explain this!



Some basics (that we sometimes forget!)

Limit (or in moderation):

- Caffeine
- Pop
- Junk Food– I said limit...not none.
- Naps– I said limit...not none. Though for some, none may be important
- Exposure to social media and news (especially in the evenings)



Mindfulness

Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally

Jon Kabat-Zinn



Take a moment.....

Jot down all the “should”, “shouldn’ts” or “should’ve’s” that have popped into your thoughts lately

For example “I should be doing more chores...” (I know, that ones not very likely)



The pesky 'should'

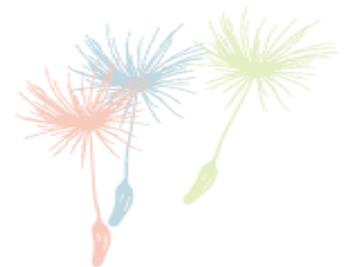
- Be aware of the second arrow
- The first arrow is the actual situation that brings pain or discomfort. We have no choice or control over this
- The second arrow is how we react. This could be the judgment we place upon ourselves for feeling a certain way or doing or not doing something. This is where we have some choice



Expectations

What does wellness mean?

What does taking care of yourself mean?



Take a moment.....

- Write down (or think about) small ways that you can be kind to yourself and ways that you can have some fun and connection with others



Grateful/Joy/Contentedness

In times of challenges, there are often also things that make us grateful or bring moments of joy

Start the day writing a few intentions or goals for the day

At the end of the day, consider writing down two or three moments or things that you are grateful for or that brought you a moment of joy

