

MMHCA BI

THE OFFICIAL NEWSLETTER OF MICHIGAN MENTAL HEALTH
COUNSELORS ASSOCIATION **BRIDGING INITIATIVE**



**Welcome
MMHCA
Students!**

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"protect counselors like me"

Hello MMHCA Bridging Initiative counseling student,

May marks Mental Health Awareness month, a time to highlight the importance of mental health services, increasing access to treatment, and understanding the impacts of mental illnesses. The month also promotes a focus on children's mental health. Like many adults navigating the pandemic, children and adolescents miss their friends, have spent considerable amounts of time staring at computer screens, have been unable to celebrate milestone occasions, and have experienced considerable losses. In this issue, you will find resources focused on self-care tips for children, techniques for helping children navigate anxiety related to COVID, and our monthly reading suggestion. We've also included a few tips to keep in mind for our own mental health.

Thank you again to each of you who has taken the time to read this newsletter. And remember, you are invited to provide topic suggestions for future editions. Please send any comments, questions, or suggestions to Mmhcabigmail.com.

SELF-CARE TIPS FOR CHILDREN

- Spend time outside
- Quality time together with family
- Nourish the child's minds away from electronics; for example, puzzles, crafts, imagination play
- Encourage journaling or drawing. This can also be leveraged for children to express their feelings without using words
- Allow for downtime and teach children to establish a self-care routine early in life. Teaching this to children helps them slow down and maintain self-care routines when they become adults



TECHNIQUES FOR HELPING CHILDREN NAVIGATE ANXIETY RELATED TO COVID-19

A recent article in Counseling Today by Celine Cluff and Victoria Kress highlighted that many children "have experienced an uptick in anxiety this year". Key factors noted were the spotlight on racial injustices, the impacts of a global pandemic, and general challenges that 2020 presented. They highlighted several strategies to help children manage anxiety including:

- **Clear Communication:** Due to the curious nature of children, the writers highlight it is important to show that an adult caretaker is available to provide clear and open communication. As questions arise, explain in clear and concrete terms, leaving space for dialogue.
- **Schedule time for Worrying:** Carve out a specific time for the child to dedicate to their concerns or worries. Scheduling dedicated time may aid the child in "taming their worries" instead of the concerns taking hold at random times during the child's day.
- **Writing or Drawing:** Have the child write or draw their worries on a piece of paper and toss them in a worry jar or container. The thought is that "by shrinking, harnessing, locking up or trapping worries in a small space, the child can make the worries more approachable."
- **Establish a Routine:** Schedule time to relax and recharge. See the self-care tips above for ideas to leverage.

Click [here](#) to read the full article.

REMINDER FOR THERAPISTS FROM A THERAPIST VIA THERAPISTTOTHERAPISTS [SELF-CARE PAGE FOR CLINICIANS](#)

- Self-care is a necessity, not an option
- We are all human and no one is exempt from mental health struggles
- It is important that we do our own inner healing before taking on other's pain
- Make sure you have a safe space to share your own story and where you feel supported. Every therapist, needs a therapist
- Remember that we cannot be a superhero or magician in the therapy room
- Healing is a process that takes time. Everyone's timeline looks different, be patient and trust the process.

READING SUGGESTION

Short-Term Psychodynamic Therapy with
Children in Crisis

by
Elisabeth Cleve

- Student members, be on the lookout for monthly email connections -

COMMENTS/SUGGESTIONS?

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