

Family to Family:

Reflecting Back, Moving Forward May's Mental Health Month



Below are activities and strategies members of our Bergen's Promise team have come to rely on throughout the past year. This has helped encourage resiliency and balance with their families. This has been successful in maintaining a sense of calm, balance, connection. Perhaps you can utilize these strategies with your own family as we move forward into the summer.



Modeling things for our children helps them learn healthy habits. One team member's daughter learned resetting through meditation. She sees her mom meditating or praying and she repeats what she sees.

"Our lives may be 99% chaos, but in that 1%, when she can find it within her to reset, she is in control and I am reminded that children have potential for all things, but nourishing those skills is required."



Our Clinical Consultant shared that one of his go to self-care techniques is the use of aroma therapy. Infusing your space with a scent that you like helps you gain a sense of calmness.

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Our COO and her family try to get outside whenever they can, if it's to walk around the city (fully masked in Times Square) or to hike (first time everyone tried the row boat, kids loved it!). They're fans of the show "nailed it" so they try to recreate their own version or recreated games from "Minute to Win It".



Some fun things our office manager did with her family included:

- Listen to music – music fills their home a lot! It's relaxing, brings them together and usually leads to a dance party which is so helpful to get moving.
- Fresh air – it's amazing what a little time outside in the sunshine can do to your mood! Chalk, bubbles, painting rocks, jump rope, hopscotch – all inexpensive, easy, super accessible options for outdoor activities.
- Cooking – her kids LOVE to help out in the kitchen! It gives them an opportunity to discuss nutrition and the importance of eating healthy, keeping them away from their electronics and teaches them a skill they'll use for life.
- Gardening – they had a small vegetable garden on our deck. It was so much fun. We never had one but it was super easy and didn't cost a lot to put together. The kids loved preparing and taking care of it. It was not only a fun addition to our routine, it was educational. We are getting ready to start another one for this summer.

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The family of our Community Resources Director used games, and doing as many things as they could outdoors. Some great resources to support some of their outdoor activities included:

- *Trail Link - NJ Bike Trails* <https://www.traillink.com/stateactivity/nj-bike-trails/>
- *18 Scenic Bike trails and Paths in NJ (NJ Mom)* <https://njmom.com/guide/12-scenic-bike-paths-new-jersey/>
- *Best Hikes in NJ - NJ Hiking* <https://www.njhiking.com/best-hikes-in-nj/>
- *Best trails in NJ - All Trails* <https://www.alltrails.com/us/new-jersey>
- *How to Start a Vegetable Garden - Home Depot* <https://www.homedepot.com/c/ah/how-to-start-a-vegetable-garden/9ba683603be9fa5395fab90d6de2854>
- *10 kid friendly card games by Nichola Anderson March 12, 2020 Today's Parent)* <https://www.todayparent.com/family/activities/10-kid-friendly-card-games/#gallery/kid-friendly-card-games/slide-1>
- *Card games for 3 players* <https://bicyclecards.com/players/3/>
- Learn to play your instrument better with YouTube free tutorials
- *11 Scientific Benefits of Being Outdoors- Mind Floss* <https://www.mentalfloss.com/article/70548/11-scientific-benefits-being-outdoors>