

## Mental Well-Being Matrix

Designed by: Kristin Miller, M. Ed.

### What to do for others matrix:

	Social Support	Emotional Support	Physical Activity
<b>Main Office Administration</b>	<p>Contact center program directors to check-in and ask if they need anything. Mail them a leadership book to maintain mental motivation!</p> <p>Send a mass email or mass text to all program teachers and let them know you're thinking about them. Offer a block of time for them to call you if they need someone to talk to.</p> <p>For families/children: Send a mass email letter offering support and resources to help during the emergency.</p>	<p>Provide community resource contact information to your families, children, and program staff for emotional support counselors in the area.</p> <p>Have an emotional therapist give a speech (in person or virtual) to support Adults and Children after trauma.</p> <p>Offer "on-site" counselors for staff to use.</p> <p>Create a "let's talk" calendar with daily question prompts for a month children can talk about their feelings with an adult/parent/teacher.</p>	<p>In the event of a total shutdown, or after an emergency situation, plan an outdoor event for all of the program staff to come together for a "walk it out" event.</p> <p>Create a "movement activity 5 minutes a day" calendar for your families and children to do at home together!</p> <p>Create a "daily healthy treats and eats" month calendar for your families and children to remember nutritional importance even during challenging times!</p>
<b>Center Directors / Family Advocates</b>	<p>Reach out to your families, children, and staff individually to check on them or ask if they need anything at that time.</p> <p>Deliver supplies or meals to houses.</p> <p>Have a staff team "virtual" meet weekly just to talk and connect.</p> <p>Call the main office and check-in with your admin team members!</p>	<p>Provide your families, children, and staff a "directors video message" for them to watch after the emergency.</p> <p>Mail staff "thinking about you" greeting cards.</p> <p>Research a good book on emotional support after emergencies or trauma for kids/parents. Send as a recommendation for your families to read. (Purchase them for families and mail)</p>	<p>Offer your staff resources to help, such as local yoga classes or group exercise classes. You can even send them yoga breathing videos to watch!</p> <p>Plan a day for your children/families to meet up at a local park to run and play!</p>
<b>Classroom Teachers</b>	Put a "thinking about you" positive message poster in the front yards	Call each of your families/children and offer them an ear to	Send the families kid-friendly exercise videos the children can

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	<p>of each of your families/kids houses.</p> <p>Mail the family/children a hand-written letter from you, with a nice message!</p> <p>Record a video of yourself, or just your voice, and send it to your families/children with a "miss you" and "try this just for fun today" message!</p> <p>Call or text each of your staff team members and check in with them. Don't forget your directors and administrators!</p>	<p>listen and talk.</p> <p>Read a mental-health support book with your children over Zoom (virtually).</p> <p>Reminiscence: Create and send the kids/families a picture book of classroom activities and their children in school, in the event there is a shut down and they can enjoy looking at it together at home.</p>	<p>do easily at home in the event of a shut down.</p> <p>Mail the children "yoga exercise" picture cards to mimic the moves and try them at home!</p> <p>Offer a weekly exercise movement day that you meet with your kids virtually on Zoom to do gross-motor activities together!</p>
<b>Support Staff</b>	<p>Put together "mini packages and thinking about you kits" to mail or hand-deliver to all family homes within your program.</p> <p>Mini-packages could include: Chocolate bar, bag of popcorn, stress ball toy, bottle of water, and a single stem flower!</p>	<p>Text or Email a "joke of the week" to the staff team, to keep them laughing and their spirits up!</p> <p>Email families a free kid-friendly soothing music app they can download and enjoy listening to at home!</p>	<p>Deliver a case of bottled water to all family homes one week! Add a note to the water, to remember to walk daily, drink a lot of water, and get fresh air for best health practices!</p>

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### How to take care of yourself matrix:

	Social Well-being	Emotional Well-being	Physical well-being
<b>Administrators, Directors, Family Advocates, Teaching and Support Staff</b>	<p>Reach out to each other, your colleagues or family members, to talk with them, and ask for help as needed.</p> <p>WHAT ELSE?</p>	<p>Begin writing your feelings or thoughts, or questions, in a daily log journal. Use these to talk with others (family or friends), if comfortable.</p> <p>WHAT ELSE?</p>	<ul style="list-style-type: none"> <li>● Walk daily for 20 min.</li> <li>● Drink at least 60-80 ounces of water daily.</li> <li>● Sit and breathe daily slowly, in-and-out, for 10 minutes without doing anything else.</li> <li>● Take brain breaks from electronics frequently each day.</li> <li>● WHAT ELSE?</li> </ul>
<b>Parents / Families</b>	<p>Check their messages and app support resources weekly from the director and teacher.</p> <p>Provide families with a list of community therapist supports and resources.</p>	<p>Watch SEL videos or read books with their children weekly to help support their feelings. Listen to calming music. Talk about feelings together with their child.</p> <p>Read an adult book about coping skills during challenging times.</p>	<ul style="list-style-type: none"> <li>● Walk daily for 20 min.</li> <li>● Drink at least 60-80 ounces of water daily.</li> <li>● Sit and breathe daily slowly, in-and-out, for 10 minutes without doing anything else.</li> <li>● Take brain breaks from electronics frequently each day.</li> </ul> <p>With your child:</p> <ul style="list-style-type: none"> <li>● Engage in walking, bike riding, and exercise with children daily. Infants - young toddlers: Families can work on tummy time, pulling up, balancing, grasping skills, or stretching.</li> </ul>