



EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

IS IT GETTING HOT?

This is a question that many of us ask during this time of year. Is the weather hot, is the house too hot and even in the car. This question is not about your physical temperature but your mental. Are you getting short fused, are things bugging you more easily than in the past, are you having a difficult time getting motivated? This is all signs of stress and can make us "hotter" than usual. Being in this vast limbo with Covid-19 has made us more aware of our lack of control and predictability and so in turn leads to us grasping at things that are predictable. We have been with our children and in this ever state of limbo now for what seems like forever trying to have a normal summer vacation. Add on the sour note we ended the in person school year and had the panic of the variety of needs to care for our kiddos no wonder we are all still reeling. We are all trying to catch our breath. Now when you think their might be a ray of sunshine of summer activities and things to do, we still get things cancelled, restricted and changed. Now there is more stress. What is one to do?

First, take a few deep breaths and refocus yourself. We are all not super heroes and we are all doing the best we can. Then stop trying to do everything and make everyone happy. You are not responsible for others happiness, they are. Find the joy in little things, laugh at yourself. Find new activities and traditions for you to do to make this time memorable not miserable. Things

to do are get boxes for the kiddos to decorate, like a car and then set up a movie and do your very own drive in Movie Theater. Have a picnic under the table what an adventure that would be. Have the kiddos dress up on July 31st for unofficial Halloween. Develop a special way to communicate with each member of your household. These are ways to lessen the stress on you and a way to connect to your kids'. Allow yourself a chance to be human and make mistakes but what helps the children the most is when you are able to admit it and move forward. Resilience builds resilience and children learn by what they see. Teach your children to embrace change and grow from it teaches resilience and during a time of uncertainty helping children see how you are adapting and embracing change helps them do it as well.

Quote of the week

*"How we decided to react to what is thrown at us is what determines our level of happiness or frustration."
(Mejabi)*

MEET CENTENNIAL'S EARLY CHILDHOOD CONSULTATION TEAM



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Ages 0-5

Covers the following counties:
Logan, Morgan

LAUNCHING ZOOM SECURE TELEHEALTH SERVICES!

Our ECMH team is excited to announce that consultation services are now available using Zoom Secure Telehealth Services. These services are available to client families, schools, childcare centers and community partners with group and individual meetings available. All services will be provided using this private, secure video platform, and can be accessed using most electronic devices. For more information or to set up a consultation appointment, please contact our ECMH team or your local Centennial Mental Health Center office.



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Morgan, Washington
& Yuma

For additional support during the COVID-19 Pandemic you can call Centennial's **COMMUNITY SUPPORT LINE**

You can do this by calling your
nearest Centennial office:

Akron - 970.345.2254
Burlington - 719.346.8183
Cheyenne Wells - 719.346.8183
Elizabeth - 303.646.4519
Fort Morgan - 970.867.4924
Holyoke - 970.854.2114
Julesburg - 970.474.3769
Limon - 719.775.2313
Sterling - 970.522.4392
Wray - 970.332.3133
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Sedgwick, Washington & Yuma Counties

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