

**Kimberly Brown:** Hello and welcome to our session for the Great Beginnings, Great Families virtual conference, “You Can't Pour from an Empty Cup”, and we will be presenting today with Elizabeth, Mathalia and Jan, Sierra and Carol, and myself, I'm Kim. We're all part of the Rural Institute for Inclusive Communities Consumer Advisory Council.

We wanted to start with just a few words about why we wanted to present today's workshop. Why do we want to talk about filling our cups? And it seems to me that there are a lot of reasons. There's a lot going on in the world right now. We have stay at home orders, physical distancing, we're trying to teach and learn and do our jobs remotely... There's a lot of information coming in on email and through social media and a lot of misinformation as well. And so we all need ways to nurture ourselves or to fill our cups, to reenergize ourselves, to recharge our batteries.

So today we would like to share with you some of the strategies that we use and the other people we know use to reinvigorate and replenish themselves and that we use for ourselves. And then hopefully you can use some of the same strategies for yourself and also for the people that you love, the people you teach, the people you work with, the people you live with, the people in your community.

We wanted to start with just a short little exercise to take you away from whatever you've been busy with today, whatever might be on your mind, whatever might be worrying you or concerning you. So we have a little exercise called Change Five and this comes from the Holistic Arts-based Program or HAP. And I've given a website there, if you're interested in learning more about it.

I have two pictures that I'll be showing you. So, look closely at the picture on the first slide. And try and pay attention to what you see. Try and notice the different things in the picture and then I'll take you to the second picture. It will look pretty much the same, but there will be at least five things that are different and see if you can notice what those five changes are. So here's the first slide. Really see if you can notice when I move to the next picture what has changed.

This is one of the things that we can do in our daily lives is notice the things around us as a way of really becoming present and in the moment. And with that, I would like to turn it over to our next presenter, Elizabeth.

**Elizabeth Cummings:** My name is Elizabeth and I'm very happy to be joining you on this group today from Kalispell. First I had some questions that you might consider in caregiving that I've considered myself. And just a little background about me. I'm someone who came to the idea of self-care not really thinking I needed much of it. I was, I guess, brought up with a hard work ethic. Like I know many of us have. I thought it was something that you needed only if you were really in a bad spot. So when I was first asked these questions myself I was surprised that I answered yes to a number of them. I did often feel overwhelmed. I did have trouble sleeping enough. I did sometimes have negative emotions and this sort of opened my eyes to the fact that maybe self-care was something that I needed to be more aware of in my own life. And so I've worked on that. And there are some reasons that we, that we might want to all draw attention to it.

Research shows that there are physical and emotional demands of caregiving. When I looked at this research, actually their word was the “burden” of caregiving. And one of the strategies I'll talk about later was to rephrase some of that language. So even writing that was a demand. But caregivers do experience more stress and emotional and physical strain in a variety of ways. When I looked at this

some time ago what resonated with me was the last point, that over half of caregivers report challenges going to the doctor, I have a son with a disability, but I also have two children with medical conditions. So medical awareness and caregiving is a part of my life. It's always been a part of my life. But sometimes I've really had to push myself to find time to get to the doctor myself. In fact, I'm doing that right now because we're trying to get all of our appointments in before we go back to school. And it's challenging. I'm struggling to find my own time, but I'm aware of this. Now, this type of acknowledgement helped me kind of expand my own concept of self-care and taking care of myself physically, as well as emotionally.

And so if you felt that way, if you've experienced some of that emotional or physical strain, stress, or feelings of being overwhelmed, you're not alone. And I'm right there with you. My name is Elizabeth. This is my son Charlie. Charlie has developmental disability. And he has been a joy in my life and led me on this process of discovery. He is 13 and that's where we are in our own stage of life. It's grown and I know it'll continue to grow. I'm also a special education teacher so hope to share some thoughts about the times that we're going through in education right now and the importance of taking care of ourselves in education, that self-care is different for everyone. And these ideas here, actually the first thing caregivers say they use for self-care I didn't include here. We'll talk about that at the end. But they're ranked in order and that means the second most thing people talk about is finding time to exercise physical health.

And I included a picture of a beautiful hike in Montana. We're right here at the base of Glacier Park. And so that's been something, that's when I can find the time to do it. Very rejuvenating for me. Social support for me has looked always like trying to find other parents who understood our life and all that has come with it, and so we've actively been involved in social support groups or individuals with special needs and their families in many ways over the years. It's changed over the years. I know it'll continue to change.

For me also, though, it means balance. Sometimes I want to be learning and taking from friends who aren't on the same journey I am, too. So for me, that's been important.

Developing hobbies for me has looked like choir. I've loved singing and art and music as a release, a form of processing and creating joy. And I haven't too much found that small luxuries and media are part of my self-care but obviously they are for others, if they're on the list. Seeking information, building understanding about the needs of my son and other families has been important for me.

But I found that I have to plan for it. And I was fortunate because I worked with someone early in my journey and in caregiving who helped encourage me to journal. And to help me understand what did self-care mean to me, knowing that it means something different for everyone.

And I liked the visual on the left here. Because I'm a visual person. I guess I relate well to this but for me self-care, also, it just means balance, trying to strive for balance. And what I liked about this image is It presents care for your body care for your spirit care for your mind. Engagement in your community. And for me, I wanted to try to have balance in all of those things, even if I can't achieve them.

At all times, that was something that I wanted to develop with intention, and I also really liked the prompt at the bottom: "Who can support you in this particular need?" For me, self-care has only been able to be achieved at all by asking for help. And that's been something that I've had to learn how to do.

It's been part of my own self-care journey. I'm not always that good at it, still, so I'm working to continue to grow in that, but I have learned that that's a foundational skill and self-care for me. So, these plans have been helpful. I still find with the demands on my time that I have to be even more intentional. I have to schedule it into my calendar and into my Google Calendar. And even if the day doesn't develop as planned, and the calendar doesn't get followed, I thought if I tried to do it and make the time for it in my day then I'm more likely to be successful than otherwise.

Still, there are a lot of barriers to achieving self-care in my life. Just to share a little bit, I am a single parent. I'm a full-time single parent, work full-time, and we don't have help, really, in the home, outside of my family, who is very helpful. So there. So I want to be very realistic that there are a lot of natural barriers. And sometimes that's led to frustration and for me that's what I fall back on in those times is really mindset. It's something that I'm trying to get better at. But I am working to develop a growth mindset about self-care and by that I mean trying to approach those barriers and approach those challenges in a way that's more likely to lead to a positive outcome.

Let me show you what I mean. We talk about growth mindset in schools and working with our students as a way to approach a challenge. And so growth mindset is a way of trying to learn from our failures, learn from our experiences and challenges and view obstacles as problems that we can play around with and try to figure out how to solve. Also in this method is trying to learn from others and trying to get inspiration from others. I know that's one of the reasons I've wanted to be involved in this group is to learn from others who are sharing their journey with me. So when I get frustrated that I can't do as much as I wanted to, for example, it's very hard for me to get to the gym. I rarely have 45 minutes at a time. I usually have about 10 minutes. One of the ways I have applied growth mindset is I do home exercise. So I can often do 10-minute periods, maybe even three of them. And I've tried to view that as a success, even if I fail at getting to the gym.

We've had many challenges that have come personally in our life with puberty with having a new teenager and that's brought some humbling experiences that have at times felt very hard. A growth mindset applied to that might mean I need to reach out now for help to new practitioners. Maybe I need to try some new interventions in our house. Acknowledging maybe that things are really hard right now, but with time, I'll get better at it.

One of the words in growth mindset that we work with with students is we prioritize the word "yet". I haven't learned quite how to have a teenager with a complex disability yet, but I am working on it. And so that kind of language has helped me tremendously. Just a couple of applications for practitioners and schools. I like these word phrases for students. "I'm not good at math." Instead of saying that, I might think of, "I'm learning to get better at math. I'm getting help, and getting better." I think you've been teaching. Right now as teachers, we need to think about this concept with our challenges. "I'm not good at remote teaching" and instead of saying that I might think of that "I'm learning to be a good online teacher". That might be the type of mindset.

There is a curriculum for this called the Big Life Journal. I shared it. There's focus on goal setting and on approaching challenge with as much of a positive mindset as we can. I have not used it. So one of my growth mindset goals is I've purchased it, and I'd like to try it with my students this year.

A couple of thoughts moving into. Remember I said the top, the top self-care strategy that parents and caregivers point to and mention as important to them, I saved for last. And that was mindfulness. Kim mentioned this at the beginning. This again was a topic, I had school 20 years ago, education school, and I didn't learn anything about this. We didn't know much about trauma-based education or what it was. I didn't even know how to define the idea of mindfulness. Now I know it means bringing the present moment to the future, any tool that makes you focus on the present, but I literally did not learn that until decades into my life. And actually, when I worked outside of the school system with teenagers who struggled very much and we were using a meditation program with them. And what I noticed, very quickly, was that that helped behaviors, helped calm students. That it helped with impulse control in youth who struggled with that and so when I went back to school, it was one of the things that I did study. I'd wanted to learn more about how we applied it to education and learned that it had a lot for me as a parent, and as a teacher for me trying to employ and practice mindfulness. It helps my anxiety. They're telling me it has good health benefits, and I believe them because I've experienced that. I know it's helped me bring more self-awareness. And I do believe in our classrooms that helps build attention and self-control in our youth. So we're working on doing that in our classroom.

Here are some of the tools that we're using. And this is my son here. Charlie working. This was actually in our home. He's working on calming his own body using some yoga techniques. These are students in my classroom working on the same thing and a couple of recommendations. Headspace, this is just a website that's kind of a clearinghouse. For anyone interested in using these principles more, I've used the Calm Meditation app and school as well as the Mind Up curriculum. That's kind of a sensory-based curriculum. I think it has some beautiful skills and helping children learn to notice things, learning to explore their senses. We've developed some of those exercises into some really nice writing. I do teach special education, high need special education, and it's been accessible for some of my students with, of course, modifications. And the yoga for kids site as well.

So I wanted to leave you today with something that maybe embodies some of these concepts. As you look back on this poem, maybe it's something you want to write about or reflect about. I was invited to do this in a writing circle as part of my own self-care that we did virtually as well. The leader shared this poem and encouraged us to think, what do we want to take and learn from this period? What do we want to be different? So I'll end by sharing it with you.

Starting here. What do you want to remember? A sunlight. Sunlight creeps along the shining floor. That scent of old wood hovers. What softened sound from outside fills the air? Will you ever bring a better gift for the world, than the breathing respect that you carry wherever you go right now? Are you waiting for time to show you some better thoughts? When you turn around starting here, let this new glimpse that you found carry into evening all you want from this day. This interval you spent reading or hearing this, keep it for life. What can anyone give you greater than now starting here? Right in this room. When you turn around.

**Kimberly Brown:** Thank you Elizabeth. Next I would like to introduce Sierra and Carol Lode.

**Sierra Lode:** Hello, my name is Sierra and I live in Helena. I have cerebral palsy, and not only can't use my hands, I can't speak either. But I have this great communication system that I use with a keyboard that I can spell by using my eyes and it turns what I write into audible speech. It is truly a godsend.

I have a very creative mind, but since I can't do creative projects physically, I have come up with a system to use coloring books and colored pencils to express myself, make gifts for others, decorate, and de-stress. I believe that one of God's greatest gifts is the gift of color.

There are thousands of fantastic coloring books available these days in different themes to appeal to adults. I have two books that I love to color in. One is a book of angels, and the other is called "All Things Bright and Beautiful", adapted from a children's hymn. All things bright and beautiful, all creatures great and small, all things wise and wonderful, the Lord God made them all.

I am now known among my friends as a "color artist". I hope you enjoy watching how I fulfill my creative aspirations at the same time as I de-stress, keep anxiety at bay, give gifts that I have created personally, and all while having fun and of course, staying safely at home.

**Carol Lode:** So this is the "Book of Angels" coloring book. And to give you an idea, here's one of the pictures that she's already colored. This is the inside page of the book. And this happens to be the angel of butterflies and this is, this is Sierra's version. I don't know if you can see it but there are places on here where she chose to use glitter, which really sets it out.

This page you're looking at now is one that she took out of the book and framed. There have been, in the angel book, there's themes like she had puppies, the angel had puppies all over. And Sierra colored that one and gave it to her friend who has dogs. And then there was one that had kittens all over with the angel and she gave that to her friend who loves cats. These are some of the other books that she has. This one was a Christmas gift. This one, "Faith, Hope, and Love", each one picture has a Bible verse such as that.

I hope you can see how intricate the spaces are. But Sierra picks the color of every blank space. There's one that she hopes her dad will work with her on, a Montana coloring book. And this is the one that she's really been working on. She's going to leave all the pictures in the book and keep it as a keepsake. This is "All Things Bright and Beautiful". These make great gifts. You can find them in hobby stores. All of these were just plain black and white. This one is about the hymn. All things bright and beautiful. It's actually written in music. That's one of my favorites. Oh, I'm Carol. I'm Sierra's mom. And then there's a line on each page from the hymn. So each little flower that opens, each little bird that sings, He made their glowing colors, he made their tiny wings. After this, as you can see, there are lots of pages that are done.

She started off with the pencils. Now she's up to about 100 pencils now. And her caregiver numbered each one a special number. She started with 25 colors.

So, she uses her communication system. We're going to share a sample here. The dream catcher angel. So we're going to show you how she does this with the assistance of someone can absolutely use their hands, but she picks every color in every space. So you want to start with the dress? Yes? Okay. What number would you like her dress to be? Give me a number or a color name.

**Sierra Lode:** Light.

**Carol Lode:** Light.

**Sierra Lode:** Light. Brown.

**Carol Lode:** Light brown. For her dress? Light brown. What number is light brown? Light brown is six. Number six. Okay. I'm just going to give you a little, a little demo here. So I am her hands and she is the color artist. How about picking a feather color?

**Kimberly Brown:** Thank you, Sarah and Carol, and next I'd like to introduce Jan and Mathalia Stroethoff.

**Mathalia Stroethoff:** We will rest in hope. Psalm 16. My name is Mathalia Stroethoff. I live in Missoula, Montana. I like ride tandem with my Mom, Jan. Covid-19. I graduated from High School in 2013. My adult life was busy and full. I was disappointed when everything was cancelled: no JOBS, no Ink Reality, Group, no Writing Center, no Oula with Jasmine, no Dance with Cora, no Choir with Megan, no Prayer Time with friends.

My Mom helped me with verses: Let [us] sit alone and keep silent, because God has laid it on [us] (Lamentations 3). The lines have fallen to me in pleasant places (Psalm 16). I will bless you . . . And you shall be a blessing (Genesis 12).

**Jan Stroethoff:** Hi. I'm Jan, Mathalia's mom, and we just want to share some of the ideas that we had developed in the process, discovered, with the COVID-19 and everything stopping in Mathalia's busy and full life. I don't want to give the impression that we have it all together. But we, this was kind of what helped us and what we've actually discovered as we've reflected on the time that started for us in about March. So we've learned to grieve. We're just going to summarize, we've learned to grieve and we've learned to be grateful. And then we've learned to reach out and be generous with other people, but it took us a long time. I think the grieving was very big and it took us a long time to figure out, oh, "what do we have to be grateful for?" and then start thinking about how can you reach out. So we just want to share some of the things that we've learned along the way. And maybe they will be a help to you.

**Mathalia Stroethoff:** I talk about my feelings. My schedule helps me remember it's okay to be sad and feel disappointed.

**Jan Stroethoff:** It's okay to feel disappointed. So this is an example of one of Mathalia's days. She likes to know what her schedule is going to look like. So I've got these sheets, we type them up every week as we prepare for the week. So this is a Monday. I started right away by just putting this a COVID Monday, and when I did that I wanted to grieve, but I also wanted to have hope that this was not going to last forever. So in the COVID Monday, we I kept speech therapy. I just put "no speech therapy" and then "no Oula" and "no New Visions dance with Cora". Again to grieve, to be sad. We miss Cora, we miss speech. But also to give the hope that, yes, we hope it will come back in Mathalia's life and we've just kind of kept going. It's much longer than we ever imagined that this would last. But I think it's been helpful for Mathalia. So new things are added. But we have kept the old things so that we have opportunity to be sad, but also opportunity to feel hope.

**Mathalia Stroethoff:** I draw my feelings. When things are hard, I draw a picture. I choose a feeling to cut and paste.

**Jan Stroethoff:** So we, we started a little booklet about COVID and we took some time to draw together about things that we were doing. And we did, we have taken a lot of hikes. This is sort of a picture of our hike. We ride the tandem to the trailhead and this particular day Mathalia had really sore feet and I wanted her to think about the feeling so I used a template from a book and I have it in the resources from Liana Lowenstein, [Creative interventions for At-Risk Children](#), and it just has a sheet of different

feelings that you can cut out. So I asked, I show her the whole sheet. You can get this on the internet, it's all kinds, and educators can, you can find it in the public domain and are for very nominal fee. But all these different feelings. So she decided she liked the sad face. So it was something about guilty. So we crossed off "guilty" and we just wrote "sore feet". And then she, "How do you feel when you hike the mountain with mom?" and then this other picture right here, I don't know if you can see it, but it's "I feel loved." So, but, oh wow, that's great. That's that was the whole point of these wonderful hikes that we took with mom and daughter. So she would cut out the feeling, and we would talk about it. And then it was a process. We did it together. I wrote "I feel" and then she wrote "better". We did this with a lot of different activities and each time I gave her the whole template of all the range of feelings. So that she could kind of think about, "Well, what am I feeling?" Mathalia likes to work towards happy, but I wanted her to feel comfortable to talk about things that are hard.

**Mathalia Stroethoff:** Looking for the good. I write about my day and things I like. Pictures help me with hard things.

**Jan Stroethoff:** So this is the first day that Mathalia had to wear a mask. We went to the doctor and they had made her put a mask on right away, she was sick. And I just, I took a picture. We talked about how her sister Morielle who was in China at the time, wore a mask when we talked to her on Zoom. So it does help Mathalia think about, "Well, I get to be cool like Morielle and wear a mask." This, I decided, and I'm so thankful that I did, that whenever we went out, we, Mathalia would wear a mask. I'm not so good about it. But she is really good. She always remembers to wear a mask. Even right now, she wants to wear a mask. So I'm so thankful. Of course, it's hard to go the doctor, it's hard to find out that she actually had pneumonia. She didn't have, they didn't test her for COVID but she had to take some medication for a week. But looking back, it was a blessing because it got us started on masks and feeling comfortable with that. So that Mathalia can go now, she's been able to start back to work last week, so because she's able to learn that so very very thankful.

Another thing that we do is journaling and Mathalia, thankful for the school system, she has great handwriting, she loves to write about her life. So in the same notebook, I would write the day and then she would just write random thoughts. So, on this particular journal entry, she has entered the hymns that we sang at church that Sunday, "The Church One Foundation", "What a Friend We Have in Jesus", Pastor Steve and Pastor Dave, and then I will sing hymns, and then all the friends that she saw at church that day. Oh, it's just great. And then we talked to Uncle Jeff on the computer on Zoom and then she was thankful during the week Dad has done some painting in her house and she had a new window in her living room. So she's just writing what she's thankful for. So she is really the model for gratitude and looking for the good.

**Mathalia Stroethoff:** Uncovering surprises. Zoom birthday party. Microphone for talking. I do puzzle with Kelsey. I read book with Jasmine. I chat with Nichole. Prayer Time on Zoom.

**Jan Stroethoff:** So this slide is mostly for me. I, during our COVID days, I just needed to relax, to sit still and be silent. And the connections started happening. And I'm just so thankful finally my thinking was able to expand and think about how to make connections with old life and new life. So Zoom is a big part of that. I have done Zoom taking classes or having book groups on Zoom and then I was thinking, oh, I know how to do that. So let's have a birthday party for Missoula with all the family so you can see everyone on your computer.

And then the microphone is such a blessing. We got the microphone so that Mathalia could do some work for the Consumer Advisory Council. And because of COVID we just didn't return the microphone and it's sitting around and then finally my thinking is, oh, what can we do? Let's use this microphone. So, and then with her helpers, she couldn't they couldn't come into the home anymore, but they could do Zoom and it's so much easier for the helper when Mathalia has a microphone and Zoom. So we set up Zoom meetings with her helpers and the helpers were very creative, thinking of things you can do on Zoom. So sharing the screen, Kelsey found puzzles. You can determine how big, you can choose your picture, choose the size, choose the difficulty, choose how many, number of pieces, and then if you want just the edge pieces available and first you get the edge pieces done and then you get the other pieces put on the screen. If you want the pieces turned or if you want them just exactly how they fit in. Just different levels of difficulty. So Kelsey figured that out. And Jasmine read a book. They each had a copy of a book and they read back and forth and Jasmine asked Mathalia questions. And Nicole was just great with just chatting with Mathalia about her life on Zoom and even helping her eat lunch. Get the lunch out of the refrigerator, warm it up in the microwave, wash the dishes, just kind of prompting her through those steps, not in the room but through Zoom.

And then prayer time was completely cancelled. And I thought, oh, we can have prayer time on Zoom and that just opened the world up for Mathalia with her microphone. People could understand what she was praying and we would read scripture and go around in a circle and they could understand. And now, even though we're meeting in person with masks we still take our microphone. And we're just so thankful for MonTECH that we could borrow it for such a long time. And now we're going to make the purchase. So it and it will, we will use it after COVID. Such a blessing.

**Mathalia Stroethoff:** Reaching out. I like write letters. I like get letters in the mail.

**Jan Stroethoff:** So one of the things of prayer time was reaching out to the people we were praying for so I was calling them. And I thought, oh Mathalia can reach out with a letter! And then some of the people wrote back and said how grateful they were to receive a kind letter from Mathalia that she was thinking of them and praying for them. And then she would get mail and she loves to get mail! I don't know if you notice, I should have pointed it out in the schedule, but every day is check the mail, very important.

**Mathalia Stroethoff:** It's a process! It's okay to be sad again. Let us sit alone and keep silent, because God has laid it on us. Lamentations 3. It's important to be thankful. The lines have fallen to me in pleasant places. Psalm 16. It takes time, thought and prayer before we are ready to reach out to others. I will bless you. And you shall be a blessing. Thank you.

**Jan Stroethoff:** I just want to emphasize that it's a process and that we circle round and round. Whenever we, the schedule helped us remember the things that we were missing. And when we would be driving out, Mathalia would see the bus stop, or one of the places where she works, and that would bring everything up again and I would say, yeah, don't you miss Ink? I really miss Ink, too. It's okay to be sad again and then to be thankful that we could have parking lot drop-bys at Ink and that Gina her job coach would come out and talk to her from a distance, but we could connect in that way. And then it just takes time to reach out to others and sometimes you just can't do it. You've just got to come back here and sit still and be silent and give yourself the space to do that and not put a lot and be gracious to

yourself. We're gracious to each other during this process, we need to be gracious to ourselves. So I'm still learning that.

I just typed up some resources. This book, The Moon Is Always Round, is a very sweet book by a father for his son in losing their, his sister, the little boy's sister, and he talks about how the moon is always round, God is always good, even when the moon doesn't look round, the different stages of them. So even in this hard time God is still good. There are still good things going on. And then the prayer book is a very nice chapter-by-chapter, different things about prayer and then Sammy and His Shepherd is a very sweet meditation on Psalm 23 and thinking about going through the Valley of the Shadow of Death. Many people are going through the Valley of the Shadow of Death through loved ones and, but even the loss, loss of job or loss of friends is a sorrow, and it was helpful. And then this is the book that I got the feelings template from if you want to use that but truly, you can get it from the internet. And then I included my contact information down here, just because it's hard to talk to a computer. I would like to talk to you and see your eyes and interact after the workshop, but I, we can't do that. So I just put my email there if you'd like to reach out and say what was helpful or things that you have discovered in the process of COVID-19 living with challenges. I'll turn it back over to Kim.

**Kimberly Brown:** Thank you very much, Jan and Mathalia, for the information that you shared. And I will just finish up our presentation with a few other ideas for you. Again, my name is Kim brown. Here are some thoughts about fostering resilience and you've heard some of these in the other presentations today. Recognizing what we can and cannot control, and then letting go of those things that we cannot control. And looking at how we can build supportive environments for ourselves. How do we surround ourselves with family members, with peers, with our religious affiliations, workplace colleagues, school? And we may not be able to physically surround ourselves with these different supports in our lives, but we can use Zoom or telephone or sending cards; Mathalia talked about loving to get mail. So there are different ways that we can keep those environments active and growing and finding ways to continue being in community. Because that's so important to being resilient and making it through really tough times.

Shifting our roles and our goals, and this is part of acceptance. Just recognizing that the year 2020 looks a lot different than the year 2019 and that's just something to accept. And how can we look for the blessings and the gratitudes and allow ourselves space to be sad as well?

Much of what you will read out there about filling your own cup, self-care, will talk about the need to create a predictable routine. Because as humans we tend to do better if we have some kind of organization and structure, at the same time not being mean to ourselves if we don't follow the routine all the time because sometimes it just can't happen. And then participating in group activities and helping other people can also really help to nourish ourselves.

Elizabeth talked about balance in life. And this is just another visual way of looking at that, making sure that when we're taking care of our needs each day, we think about our mind needs. How can we feed our mind, whether it's through reading or learning something different? How do we nourish our spirit, our body, and our social and emotional selves?

Mix and match the different strategies that you use. So even though routines are helpful, it's also helpful to be flexible. And so try out different kinds of exercise. Maybe one day it's doing yoga at home. Maybe one day it's going outside for a hike. Maybe one day it's, and this is a photo of my dog, it's playing in the

mud. Mud is great, mud is fun. Spending time with pets can be enormously reenergizing and healing and time in nature. Elizabeth shared a lovely photo of areas in Montana to hike.

Mini-meditations like noticing five things. We can do mindful walking where if we're out for a walk, really paying attention to the sights and the sounds and the smells around us. Or listening to music. If you have a favorite piece of music, try and pick out one instrument or one voice in that piece of music and follow it all the way through. And if you lose the instrument or the voice that you're trying to follow, that's okay. Pick it up again when you can.

Beading is a really meditative way for some people to be present and in the moment. And what about play? Play, I think is so important. Go outside and blow bubbles. Get some Silly Putty and play with it, jump in a mud puddle, put on a puppet show. As adults, especially, we often move away from the idea of play. And yet, it can be such a great way to fill our cups. So get out there and play.

Create something, and I don't mean a masterpiece. I have seen a lot of videos of people who are making these amazing meals or they're quilting this fabulous quilt. And that can just add pressure. By creating something, I mean grab a piece of paper and just start doodling and then color in the doodles. Create beautiful color art like Sierra showed us. There are so many ways that we can create something without putting a lot of pressure on ourselves to have it be a masterpiece, or have us be perfect.

Water can be a great way to fill our cup, and in several different ways. This is a picture of a lake that I used to love to swim in. And when I jumped into the water, I could just feel the whole day washing away. Sierra shared with me how she loves to watch moving water like rivers or waterfalls and how that really is a way for her to reenergize herself. So think about ways that water or nature might help you to fill your cup.

Here are a few ideas from the Holistic Art-based Program. And again, I've shared the website with you if you're interested in learning more. There are lots and lots of ideas that these folks will share. Things like painting on a line, where if you have other people in your bubble, you can string a line, a clothesline or a piece of rope, across a room or outside, and then attach blank pieces of paper on the string with clothes pins. And then everyone tries to paint their piece of paper at the same time. The papers all jump around. And it makes it really hard to be a perfectionist, because it's hard to paint when your paper's moving. So it's a way that you can play and maybe let go of some of that need to create a masterpiece.

There are different ways that you can practice with breath to be more mindful and to do mini-meditations. You can "Take Five", where you're breathing in and out and in and out following your fingers. Or you can do "Figure Eight" breathing, where you imagine that your breaths are traveling a figure eight pattern or the infinity symbol.

You can do a doodle draw where you draw for one minute without lifting your pen or your pencil or your crayon and then try to turn the doodle into a picture. And I'll share with you that my grandson and I actually did that one over the weekend because he experiences a fair bit of anxiety and has a really hard time actually even starting a drawing. So we did some doodle drawing and came up with fantastic and fun pictures that we made into a book for him.

I'd like to close out today with just some other resources to share with you and hopefully the conference presenters will make these available to you as a handout after the conference so that you can take these home and look at them when you have time. There are some resources here that are directly related to

COVID-19 and dealing with the anxiety around that. There are resources about mindfulness and working with youth in the community. There's a video, oh sorry, not a video, there's some information from Sesame Street about caring for each other. We have some information about virtual fitness events that you can do from home. There are lots of distance runs and distance bicycle rides that are happening online if you take a look for those. And just some more information about putting on your own oxygen mask first, and ways to support families and students.

So again, these resources will be available to you. We do encourage you to take a look and we thank you so much for your time and attention today. We wish you all the very best as you find ways to fill your cup. Have a great day.