

CHILDREN & FAMILIES FIRST KALEIDOSCOPE

THE VIEWS, VOICES, & VISION OF OUR CFF FAMILY

AWARENESS

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Mental health has become synonymous with self-care. In recent years, we have been inundated with these words in the news, trainings, and media. The words self-care saw a 250% increase in Google Search since the start of the pandemic. However, the importance of self-care has been around for decades—rooted in the civil rights, women, and LGBTQ movements. Activists worked towards dismantling systems designed to oppress women, people of color, and LGBTQ people. Self-care is grounded in the idea that every person has a right to bodily autonomy, time, and money to take care of their health [physical and mental]. We remember our CFF Promise—the health, safety, and well-being of you and your family is our top priority.

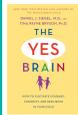
The stress of the pandemic, racial injustices, and assault on women's bodies form part of the collective stress families face daily. It is here we honor the roots of self-care by asserting that women have rights over their own bodies, advocating families have paid time-off, ensuring affordable health care, and declaring every person has a right to love. Yes, taking care of our mental health means engaging in self-care practices, but this does not live in a silo. Self-care resides within but should also dwell in the health protection systems set around us. We remember our CFF Vision—we envision communities where children are nurtured, healthy, and safe; individuals are valued.

To uphold our promise, we must use responsive practices to restore our own health. For some this is yoga and a bubble bath and for others it is family dinner time, a dance class at the Y, or a long run. Self-care is about finding what works for YOU. The key is that it gives you energy to sustain yourself as you care for others recalling our CFF Mission—to help families raise their children so they can flourish.

UNDERSTANDING

“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”

—Audre Lorde, A Burst of Light, 1988



[Book](#)

[Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child](#) by Daniel



[Book](#)

[Radical Compassion](#)



[Book](#)

[Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others](#)



[Book](#)

[The Unapologetic Guide to Black Mental Health](#)



[Resources](#)

[FREE Self-Compassion Resources](#)



[Blog](#)

[The Powerful History of Self-Care & How to Honor it Today](#)

ACTION

Tips on taking care of YOUR mental health!

- Practice self care with journaling, reading, art, or finding other hobbies you enjoy.
- Reach out to your support group of friends or family members - spend quality time with them.
- Find a mental health professional at Psychology Today - a great resource for finding a professional to help YOU!
- If you are thinking about harming yourself or attempting suicide, tell someone who can help right away or dial 9-1-1 in an emergency. You can also call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741). Both services are FREE and available 24/7. All calls are confidential.
- Stop making excuses and schedule a time off every day for mental decompression, meditation, quiet time, or me time. Stick to this time and practice until it becomes a habit. It really does work!
- Fight for health equity for EVERYONE through education and awareness.

May is also National Foster Care Month!

Children & Families First is truly thankful for the Foster Care and Adoption Program team!

Theresa Broome, Mike McHugh, Sandra Korines, Shane Handlin, Abby Fischer, Amy Facciolo, Dr. Lynn Moyer, Kim Sabanyagam, Pam Facciolo, Lisa Hutcheson, Cora Vasquez – you are all amazing individuals committed to creating bright futures for children and families. We appreciate and thank every one of you for being beacons of hope for so many.



HOLIDAYS & OBSERVANCES

National Foster Care Month

Indian Heritage Month

5/9

Children's Mental Health Awareness Day

Trauma Matters Month (DE)

Jewish-American Heritage Month

5/15

International Day of Families

Mental Health Awareness Month

South Asian American Heritage Month

Women's Health Month

National Asian American & South Pacific Islander Month

5/31

Memorial Day

Haitian Heritage Month