SHINE THE LIGHT
on Mental Health
Presented by Trustmark
CANOPY
Children's Solutions

Don't let a
strong wind blow
you over,
take flight upon it.

SHINE THE LIGHT
on Mental Health

Presented by Trustmark

Canopy Children's Solutions cares about you and your family. Shine the Light on Mental Health, presented by Trustmark, provides resources, activities and experiences to usher resilience, hope and healing for all Mississippians.

MIND + BODY
CONNECTION

NAVIGATING ANXIETY
ACTIVITY FOR KIDS

COLOR HOPE
WITH
MARSHALL RAMSEY

ILLUMINATE HOPE
Sponsored by BAPTIST

OCTOBER 10, 2020

Let Your Hope Take Flight
ON WORLD MENTAL HEALTH DAY.

SHARE HOPE
at Highland Village, Sponsored by
cspire foundation

NOVEMBER 13-15, 2020

ENJOY A WEEKEND OF **OUTDOOR EXPERIENCES** FOR ALL AGES WITH A **FOCUS ON MENTAL WELLNESS.**

"Trustmark cares deeply about the wellness of our community and is proud to partner with Canopy to Shine the Light on Mental Health. Now is the time to shine your light for yourself and others."

Jerry Host,
CEO, Trustmark

DON'T MISS THIS OPPORTUNITY TO HELP SHINE THE LIGHT ON MENTAL HEALTH!

See the enclosed reply card to participate in the Illuminate Hope experience.

mycanopy.org/shinethelight

CANOPY BELIEVES IN THE POWER OF TOGETHERNESS – together in hope and together in resilience. ILLUMINATE HOPE and SHARE HOPE are designed to be safe, in-home and community experiences during this moment to elevate mental wellness. We hope you will join us safely in distance, but together in HOPE.

Connect WITH CANOPY TO SHINE THE LIGHT ON MENTAL HEALTH. TAG US IN YOUR PHOTOS AND USE **#ShineTheLight**

ILLUMINATE HOPE

Sponsored by BAPTIST

Hope Takes Flight on World Mental Health Day

SHARE HOPE

at Highland Village, Sponsored by

c spire foundation

Join Us!

SATURDAY, OCTOBER 10, 2020

WORLD MENTAL HEALTH DAY

Time: **YOUR PREFERENCE**

SAFETY & COMFORT OF YOUR HOME

ILLUMINATE HOPE, sponsored by Baptist Memorial Health Care, is an evening to come together in your home on World Mental Health Day. Participants will receive a **CURATED EXPERIENCE BOX** to navigate a special evening dedicated to mental wellness and resilience that will culminate with a **PAPER LANTERN RELEASE** symbolizing hope for ourselves, our families and our community. This will be a beautiful evening to spend individually or with loved ones that you will not want to miss as we lift our lanterns of **HOPE**.

RESPOND TODAY See enclosed reply card.

Join Us!

FRIDAY, NOVEMBER 13
SATURDAY, NOVEMBER 14
SUNDAY, NOVEMBER 15

HIGHLAND VILLAGE, JACKSON, MS 39211

SHARE HOPE, presented by C Spire Foundation, is a weekend of shining the light on mental health in the community. Outdoors at Highland Village, the weekend will feature activities focused on mental and physical wellness. Canopy experts will provide complimentary resources and activities as you shop. To anchor the experience, Highland Village's Friendsgiving event on Friday will benefit the mission of Canopy Children's Solutions.

SHARE HOPE IN MANY WAYS by viewing the experience schedule at **mycanopy.org/shinethelight.**

DID YOU KNOW?

Mental and physical health are connected. The VAGUS NERVE is the connection between how we think and how we feel. The nerve connects the brain with most of the major organs of the body and controls the fight-flight-freeze response, as well as, heart rate and other body health.

Low vagal tone is associated with most mental health disorders. Activities that stimulate the nerve, lower heart rate, improve blood pressure, lower inflammation, and improve mental health.

SIMPLE WAYS TO IMPROVE THE MIND + BODY CONNECTION

SLOW, DEEP BREATHING

Laughing

SINGING

WALKING

HUMMING

Yoga

Splashing cold water ON YOUR FACE

MIND FULL, *or* MINDFUL?

Experience personal transformation by practicing mindfulness and focusing on the present moment. Mindfulness involves paying attention to what you are experiencing in that moment with curiosity and without defense or judgement. It is learning how to recognize when your attention has wandered, and being able to shift it back to where it needs to be. Time to give it a try!

Carefully look around.

"Keep in mind that some days and situations will be much easier than others, but remember mindfulness takes practice. Learning how to stay present in tough situations will help you handle difficult parenting challenges with your children in a way that is positive and proactive."

James W. Moore, Ph.D., BCBA-D, LBA, Director of Autism Solutions, Canopy Children's Solutions

Mindfulness Exercise

1. Notice 5 things you see.
2. Close your eyes.
3. Notice 5 things you hear.
4. Notice 5 things you feel.
5. If your mind wanders, take a deep breath. Acknowledge that thought, then let it go.
6. Try the exercise again.
7.

MANY TIMES, CHRONIC TUMMY ACHES IN CHILDREN ARE LINKED TO **ANXIETY**

It is important to promote positive physical and mental health at home. The way a child and an adult react to stress, sadness, frustration and anxiety will often look very different. Rather than seeming overly sad or nervous, the effects of anxiety and depression in your child can be exhibited through physical symptoms, such as stomach aches and headaches. A child may also be uncharacteristically clingy, tearful, moody or aggressive, especially in young children who have not established coping skills. One activity you can do together if you notice a change in your child's behavior or demeanor is to create a Fear Box.

"Our children are looking to us to make sense of their big feelings. When we are able to take care of ourselves and find an inner sense of calmness, our children will follow our lead."

– Hart Wylie, PMHNP-BC, Nurse Practitioner, Canopy Children's Solutions

Create a FEAR BOX *at Home*

SUPPLIES:

- Shoe Box
- Paper *(wrapping, construction, etc.)*
- Decorating supplies *(markers, stickers, glitter, etc.)*
- Tape or Glue
- Scissors
- Pen or Pencil
- Printer Paper

INSTRUCTIONS:

Find an old shoe box and decorate it with items you have at home. You can wrap it in wrapping paper or construction paper, and cover it with your favorite stickers, drawings and more. With help from an adult, cut a hole in the top of the box big enough to drop a paper into. Next, cut out some smaller pieces of printer paper or construction paper. On the small piece of paper, write or draw a fear or worry you have. Now, share what you did with an adult if you feel comfortable. After sharing, put your fear into the Fear Box. If the fear pops up again, you can feel safe knowing that it's already in the Fear Box.

HEY KIDS! FIND YOUR FAVORITE COLORS AND PAPER AND DRAW A PICTURE OF YOU SHINING YOUR LIGHT.

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CANOPY'S MISSION

Canopy Children's Solutions' mission is to help children thrive and families overcome extraordinary challenges by providing a continuum of behavioral health, educational and social service solutions.

OUR CORE VALUES

The Voice
OF OUR CHILDREN AND FAMILIES
ALWAYS COMES FIRST

RELATIONSHIPS
MATTER

WE TAKE GREAT JOY
in
SERVICE TO OTHERS

OUR FAMILIES and
OUR COMMUNITIES
DESERVE
OUR VERY BEST

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To see a full list of Shine the Light sponsors, please visit mycanopy.org/shinethelight

CANOPY DID YOU KNOW?

2 CHILD ADVOCACY CENTERS

(Gulfport & Pascagoula)

Serves children on the autism spectrum via **EARLY INTERVENTION** *and* **CLASSROOM SOLUTIONS**

Works with families in crisis & HAS SAFELY DIVERTED **MORE THAN 3,500** CHILDREN FROM ENTERING INTO STATE CUSTODY SINCE 2017

LAUNCHED IN 2020

LINK

PROVIDING RESOURCES TO FAMILIES IN NEED STATEWIDE

2 FULLY ACCREDITED SCHOOLS

(Jackson & Hattiesburg)

"For more than 100 years, Canopy has innovated solutions to solve the most vexing problems facing Mississippi's children and families. We are honored to serve in this moment as we bring mental health to the forefront for our communities."
– John D. Damon, Ph.D., CEO, Canopy Children's Solutions

MENTAL HEALTH CARE

IN 2019, CANOPY SERVED THOUSANDS OF CHILDREN

2,260 IN CANOPY OUTPATIENT CLINICS

3,762 IN CANOPY COMMUNITY-BASED CARE

200 IN CANOPY INPATIENT CARE

5,423 CHILDREN SERVED IN 2019

Canopy employs approximately **450** MENTAL HEALTH, BEHAVIORAL HEALTH, SOCIAL SERVICES AND EDUCATIONAL EXPERTS serving THROUGHOUT MISSISSIPPI.

CANOPY
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MYCANOPY.ORG
800.388.6247

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LEARN MORE INSIDE