

**FINDING OUR POWER TOGETHER**

# **Supporting Youth & Young Adults through COVID 19**

Presented by Nicole Ineese-Nash & Lauren Akbar





**Waciye! Hello!**



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# **FINDING OUR POWER TOGETHER**

Supporting Indigenous Young People  
Leadership training and capacity building  
Mental health/preventative programming  
Community-Based Research and Advocacy  
Crisis Response (COVID-19)

[www.findingourpowertogether.com](http://www.findingourpowertogether.com)



# AGENDA

- Approaches to working with adolescents and young adults
- Participatory Strategies
- Questions

# OBJECTIVES

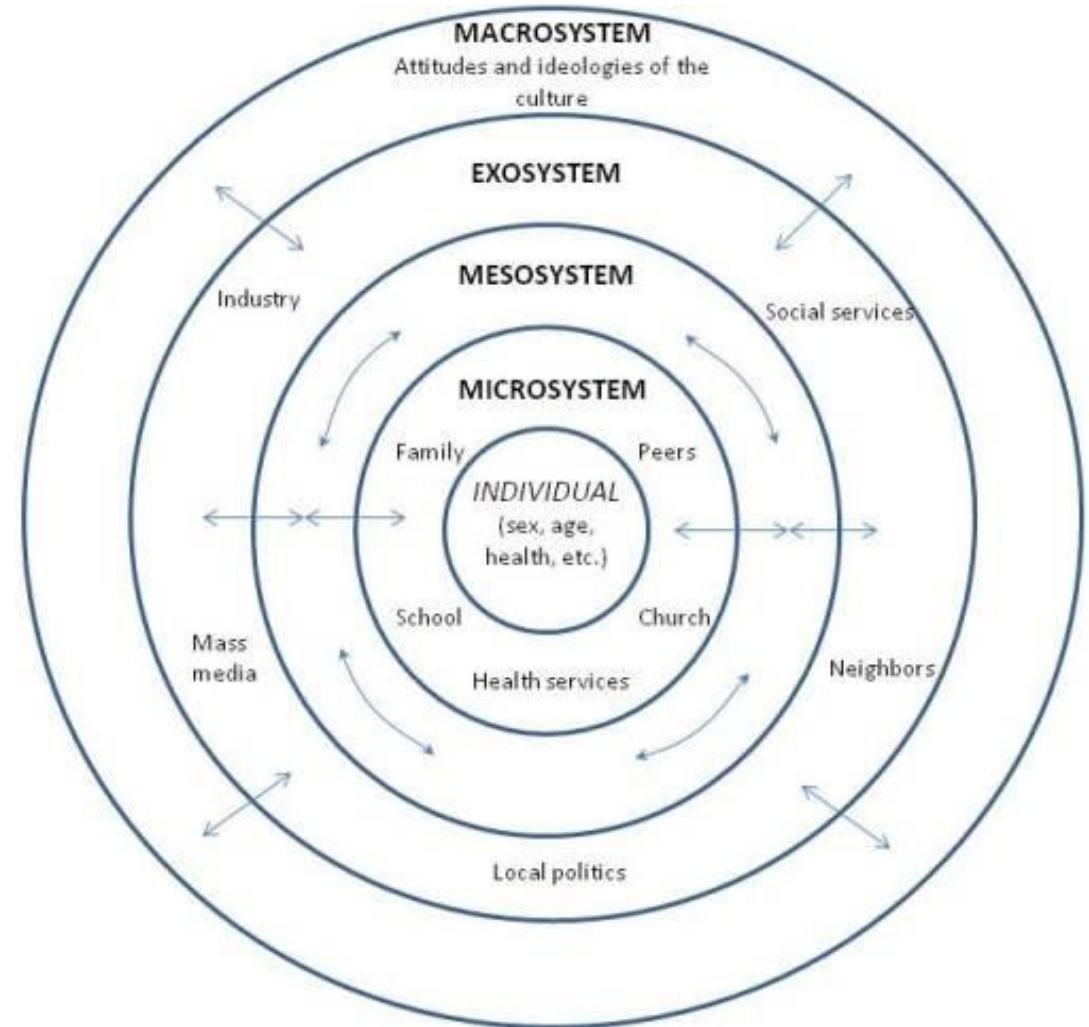
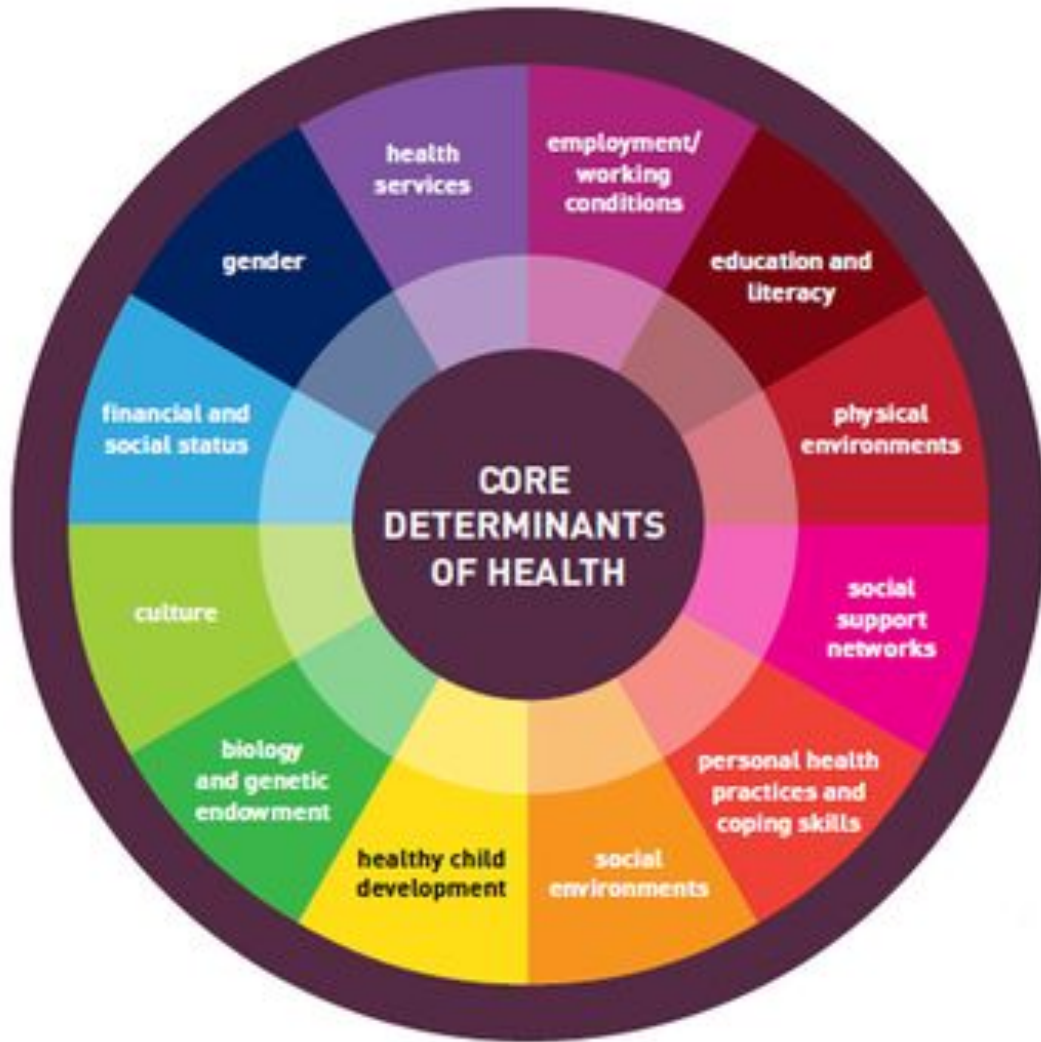
Identify and address challenges that youth are facing during COVID-19 in order to better support them

Provide tangible approaches and strategies for managing stress and anxiety for parents and their children

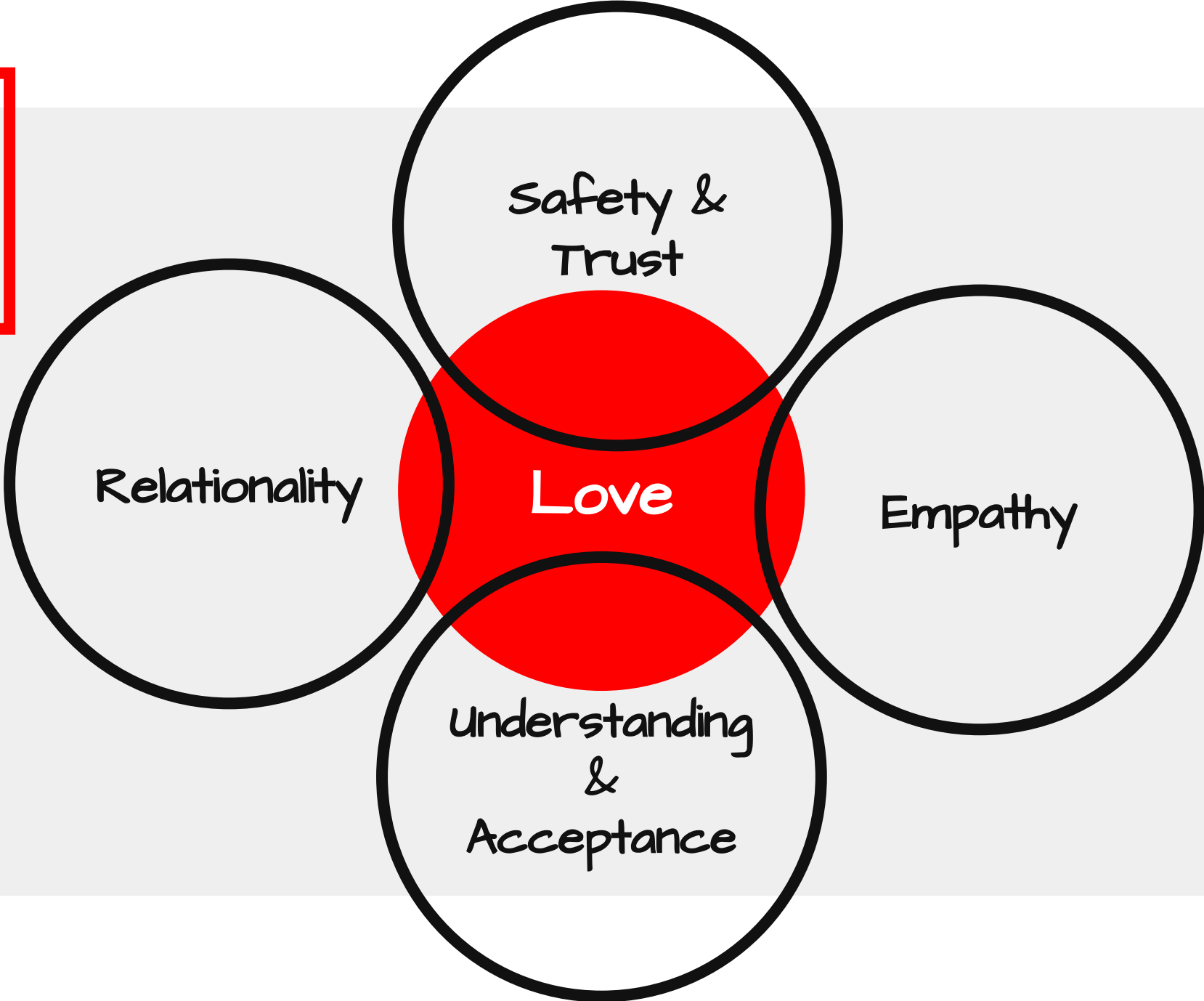
Share resources for further support

# ECOLOGICAL SYSTEMS

Understanding our life spaces in context



Principles to Supporting Youth



# Participatory Strategies

*Let's try together*





# Identifying Feelings

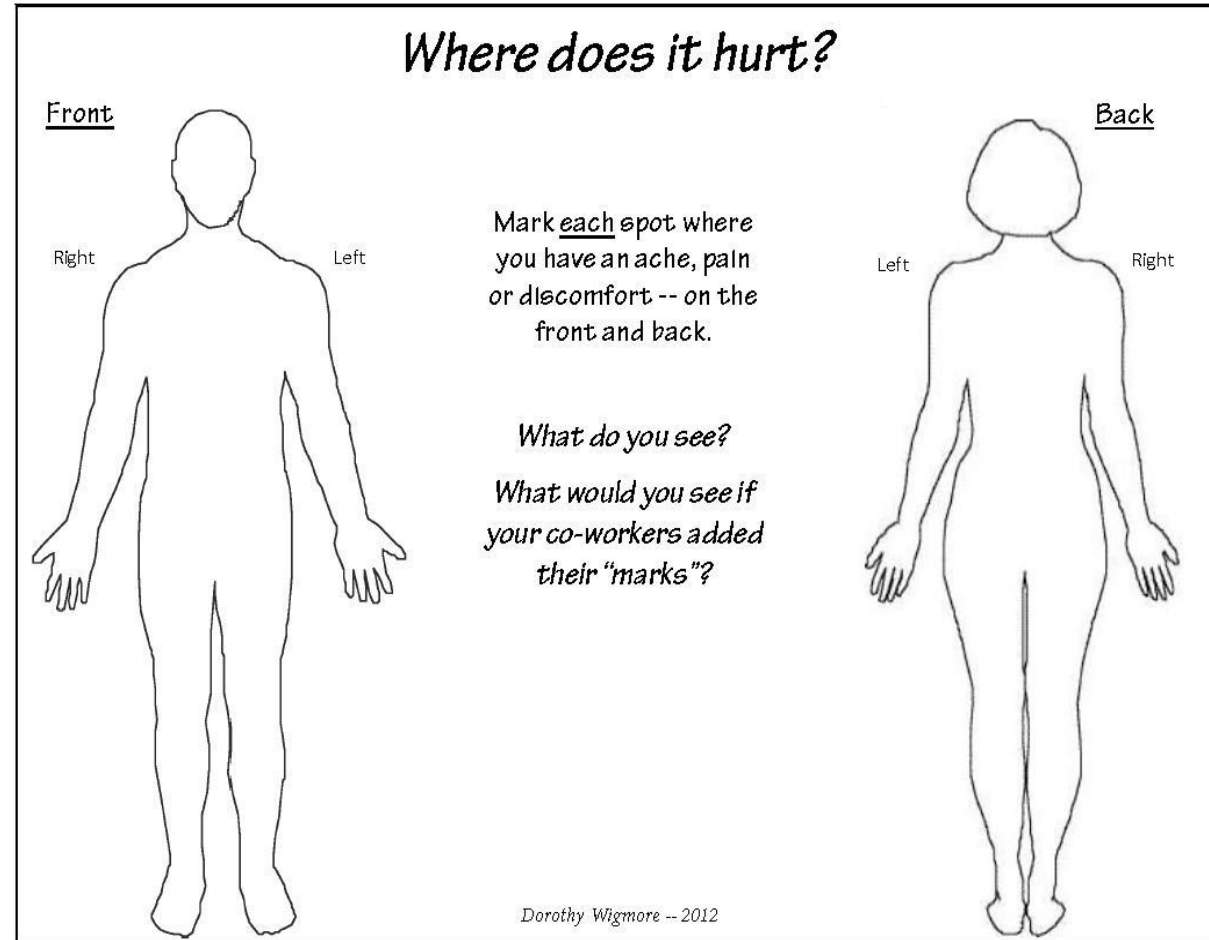
Let's take a moment now to tune into how you're feeling. Jot down the emotions that you identify with currently, if there are some emotions that come to mind that aren't listed, write them down:

Anxious	Happy	Angry	Worried
Joyful	Uncertain	Stressed	Tired
Relaxed	Fearful	Drained	Alone
Mad	Low	Powerless	Exhausted
Content	Lonely	Frightened	Awkward
Guilty	Uncomfortable	Helpless	Overwhelmed
Vulnerable	Nervous	Frustrated	Calm

It's okay to feel discomfort. Accepting how you're feeling is a good way to start to feel better.

# Body Scanning

Understanding how **stress** manifests in our bodies



# Naming Thoughts



1.

*The one thing I wish I could do right now is...*

Mourning for life before COVID-19 is common. Naming the aspects of our lives we miss is an important step in allowing us to let go of those emotions.

2.

*One thing that is helping me feel calm these days is...*

Identifying our go-to moves when we feel frustrated helps us de-escalate

3.

*The one thing that I'm really enjoying doing right now is...*

It's not all bad! Bringing attention to the positives can help shift our perspective to more balanced thoughts

4.

*The one thing I wish I could change right now is... Something I can change right now is...*

It's important to feel like you have some control. Identifying what is within and beyond your control can help your mind focus its attention.

5.

*What I'm hoping to let go of moving forward is...*

Are there things that we don't want to bring back from our life pre-COVID? (expectations, stress, etc.)

6.

*One thing I'm hoping to do more of in the coming weeks is...*

Setting priorities helps us move forward with intention and make habits that make us feel good.

7.

*One thing that I am grateful for right now is...*

Practicing gratitude can help us remain grounded in the moment and not spiral into the unknown. We all have something to be thankful for, even in the worst of scenarios.

8.

*One person who I can call or text when I'm feeling down is...*

It's important to feel connected even when we are apart.

# Tips for Parents Starting Conversations with the young people in their lives

**Openness**

**Communication**

**Check in regularly**

**Practice empathy and acceptance**

**Practice self-care**

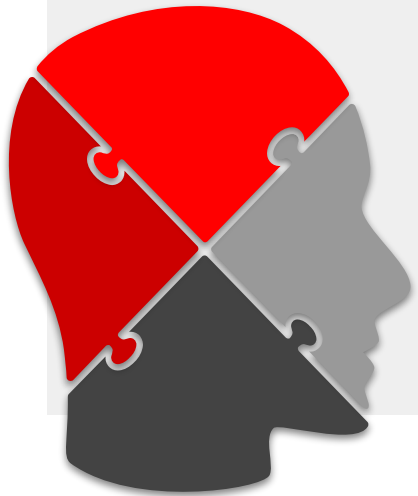
**Seek guidance from experts**

# *Reflect.*

*How did this exercise affect you?*

*How could you adapt this with the young people in your lives?*

*How can you model these principles in your home?*



# Question Period

for other inquiries:

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**Miigwetch!**  
**Thank you!**