



LMS and HHS Social Emotional Newsletter



Supporting Children's Emotional Well-being During the Pandemic

- Reassure children about their safety and the safety of loved ones.
- Maintain routines to provide children with a sense of safety and predictability such as regular bedtimes and meals, daily schedules for learning and play.
- Allow your kids to express their feelings & ask questions. Encourage them to engage in activities, such as exercise, mindfulness, and regular routines for sleeping and eating that help regulate their bodies.
- Increase your child's sense of self-control by allowing them opportunities to play an active role in helping themselves, your family, or around your home.
- Keep children busy by engaging in safe activities (e.g., outdoor activities, music, games, art) or other learning experiences without worrying or talking about the pandemic.
- Seek professional help if children show signs of trauma such as nightmare, excessive focus on anxieties, increased aggression, or self-harm.
- Take care of yourself as the caregiver! Engage in self-care activities such as staying connected to social supports, getting enough rest, and making time for restorative activities such as exercise.

Childtrends.org, March 19, 2020

Healthy Boredom Busters for Your Child

Ride your bike
 Read a book
 Journal
 Video chat a friend
 Play a board game
 Bake
 Do an arts and craft activity
 Listen to music
 Do a puzzle
 Write a letter
 Help with home projects
 Create your own! ☺

Resources to Help Your Child Manage Stress or Emotional Concerns

VIDEOS:

<https://www.youtube.com/watch?v=Wdbbtgf05Ek>

<https://www.youtube.com/watch?v=g5sXaLzAhGO>

BOOKS:

Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and Get Along with Others by Sheri Van Dijk, MSW

Little Ways to Keep Calm and Carry On: Twenty Lessons for Managing Worry, Anxiety, and Fear by Mark Reinecke, Ph.D.

"Why Do I have to Stay Home?" (a social story for kids with communication disorders)

<https://drive.google.com/file/d/1Dwj3vFr9O8AUarn8KhvpmHiRD64aAE/view>

Calmclassroom.com and Mindfulnessforteens.com

Crisis Support

- Contact your child’s pediatrician or mental health provider
- Kanihelp.org/resources
- In the event of an emergency, call 911 or call your local emergency room

For more information, email your building mental health support clinician:

- Limestone Middle School: Kristina Hubly, hublyk@hcsd2.org
- Herscher High School: Julia Daly, dalyj@hcsd2.org

FOUR CORE STRATEGIES FOR MANAGING STRESS AND ANXIETY

1. ATTENTION - CENTERING TECHNIQUES

To neutralize anxiety, it can often help to use techniques designed to focus attention beyond anxious thoughts.



MEDITATION



BREATHING



VISUALIZATION

2. EXPRESSIVE, CREATIVE STRATEGIES

To channel anxious thoughts or feelings in more productive ways, we might identify specific outlets to express creativity, such as working on a project, drawing, and athletics.



WORKING ON A PROJECT



ARTS



PHYSICAL MOVEMENT

3. REFLECTION EXPLORATION STRATEGIES

To monitor where anxiety arises, become more aware of anxiety triggers, and reflect on anxious thoughts and feelings, we might try strategies that foster self-observation.



JOURNALING



SELF-MONITORING



COMMUNICATION

4. HEALTHY LIFESTYLE VALUES

To reduce residual feelings of anxiety, it could help to turn attention toward healthy habits, healthy relationships, healthy pleasures, and a healthy environment.



NUTRITION



RELATIONSHIPS



EXERCISE

 Adapted from Shelly Harrell, PhD

