



LMS and HHS Social Emotional Newsletter



5 Ways for Students to Manage Anxiety Due to COVID-19

- Normalize Anxiety
 - Feeling anxiety makes sense right now. We're having a reaction to the emerging news about COVID-19 and not being able to attend school. Reassure your child that anxiety is a normal reaction.
- Offer Perspective
 - Help your child make sure they don't overestimate the dangers or underestimate their abilities to protect themselves from that danger. Inform them of healthy hygiene practices like washing their hands regularly for 20 seconds.
- Shift the Spotlight
 - Research suggests that teens feel better when they turn their attention to supporting others. We can remind our children that washing their hands not only protects them, but can help ease the strain on local medical systems.
- Encourage Distraction
 - Fixating on dangers can cause anxiety to grow. Remind your student not to rely on rumors or unreliable resources for COVID-19 information. Limit the amount of time your child gains updates about COVID-19. Instead, have your child spend time doing things they enjoy or something productive.
- Manage Your Own Anxiety
 - Anxious parents are more likely to have anxious children. Your children look at you for guidance, so reducing your own stress and anxiety will be helpful in limiting theirs. Parents can use the same strategies above to reduce their own anxiety.

Full article: <https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html>

Resources to Help You and Your Child Manage Stress or Emotional Concerns

VIDEOS:

<https://www.gaiam.com/blogs/discover/5-yoga-poses-to-relieve-stress>

<https://www.gaiam.com/blogs/discover/5-yoga-techniques-to-reduce-anxiety>

APPS:

What's Up- Helps cope with depression, anxiety, stress, and more.

Mind Shift- Helps teens who experience anxiety.

Calm- Helps relieve anxiety and stress.



Self-care Ideas for You and Your Child!

'SELF-CARE refers to activities and practices that we can engage in on a regular basis to reduce stress and maintain and enhance our short- and longer-term health and well-being.'

<http://socialwork.buffalo.edu/resources>

Create your own Self-Care Plan

_____ 's Self-Care Plan!

MIND

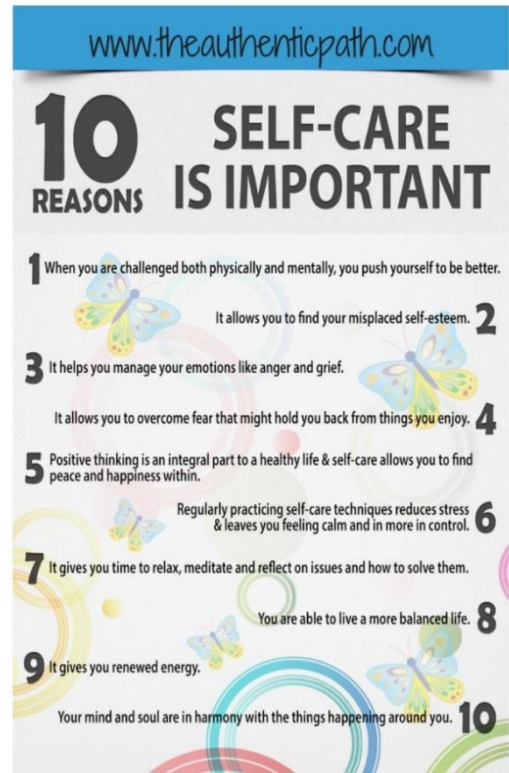
BODY

SUPPORTIVE PEOPLE IN MY LIFE

I WANT TO ACCOMPLISH

SPIRIT

Self Care Plan by Social Work Tech | Ignacio Pacheco
 This work is licensed under a Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License.
 Based on a work at socialworktech.com.
 Permissions beyond the scope of this license may be available at socialworktech.com/about



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@hcsud2.org
- Herscher High School: Julia Daly, dalyj@hcsud2.org

IGNACIO 's Self Care Plan!

Mind

MEDITATE
MUSIC
FUN!
LIFE-LONG LEARNING
TAKE LOTS OF BREAKS

Body

TEA
EXERCISE
EVERYTHING IN MODERATION
NOURISHING FOOD
SLEEP EIGHT HOURS

Supportive People In My Life:

GRETCHEN MOM
MI VIEJO ALBERTO
LYNNE CAROLINE
REED DEBORAH

Spirit

SELF-REFLECTION
HUMAN CONNECTIONS
FULFILLMENT THROUGH USING MY AWESOME SKILLS

I want to accomplish:

PEACE
SERENITY
CONTROL
HAPPINESS
GOOD WORK
BE A GOOD PERSON

<http://socialworktech.com/>

Webinar Resource:

‘MORE THAN SAD’

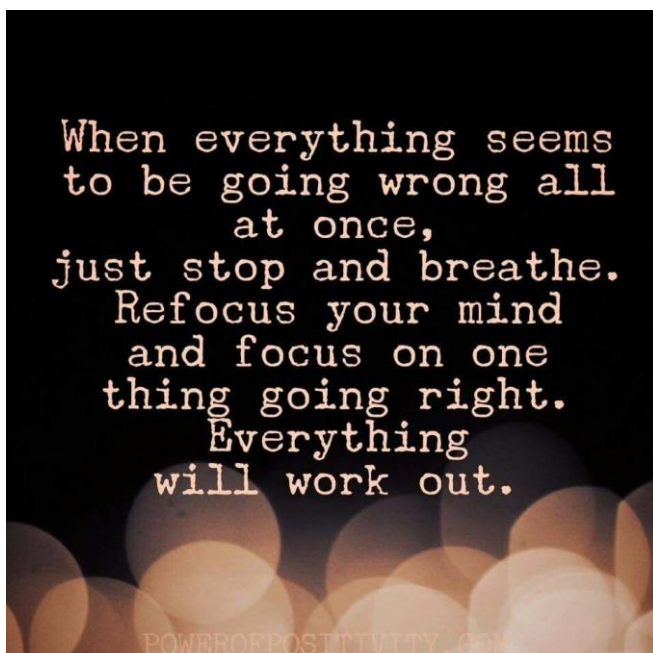
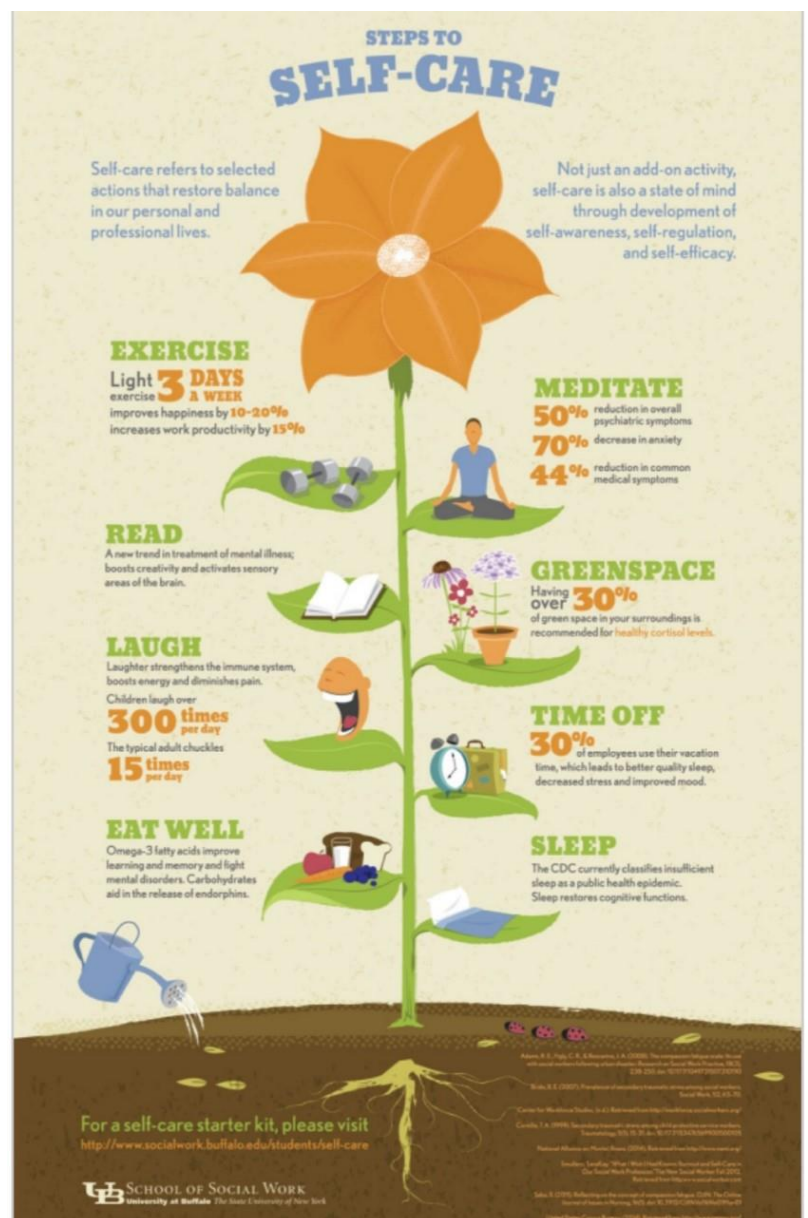
Suicide Prevention Education for Parents

April 23, 5-6:30PM

For more information on More Than Sad, visit the Project SUN Facebook page.

Register for this FREE webinar before April 23 at:

Bit.ly/AprilParentCafe2020



Staying Healthy & Positive

Tips for Parents & Caregivers

Even during challenging times, take steps to be your best for yourself and your kids!

- 1.** Take time each day to do something for yourself, such as exercise, stretching, talking to friends, and reading.
- 2.** If you're feeling overwhelmed, give yourself a timeout, even if it's just stepping into another room for a few minutes of peace and quiet.
- 3.** Keep your sense of humor when things don't go as planned. No one is a perfect parent—or a perfect child.
- 4.** Accept that children sometimes make mistakes, are inconsistent, and act thoughtlessly—this is part of being a child.
- 5.** Count to 10 before you react when you get angry.
- 6.** Ease tension with a smile or joke, or by changing the subject.
- 7.** Listen to your child and show you value your conversations. Good communication can prevent conflict.
- 8.** Schedule in family fun and fitness.
- 9.** Learn how children mature so your expectations for your child's behavior are realistic.
- 10.** Make household chores part of your children's day so less busy work falls to you.



Stay Healthy, Stay Connected

Take care of yourself by washing your hands often, not touching your face, getting enough sleep, eating well-balanced meals, and staying active. Aim for 30 minutes of moderate-level activity five days a week.



Positive social interactions help relieve stress, depression, and anxiety. Maintain a support system of friends and family—keep in touch via phone calls, texts, email, and social media. Open up about how you're feeling. If you're in a relationship, make time for your partner without distractions. And if you need help, ask!