



LMS and HHS Social Emotional Newsletter



Maintaining Wellness During Social Distancing

- **Reducing Stress During COVID-19**
 - Take breaks from watching the news and using your phone
 - Create a daily routine
 - Setting a breakfast, lunch and dinner time
 - Creating a checklist each morning to stay productive
 - Practicing proper morning and nighttime routines
 - Maintaining a regular sleep schedule
 - Reintroduce old hobbies
 - Practice breathing techniques
- **Physical Activities to Feel Better**
 - Go for a walk
 - Take a bike ride
 - Take short stretch breaks
 - Be resourceful, like taking an online class
 - Practice Yoga
- **Activities Around the House to Keep Busy**
 - Cook/Bake
 - Craft
 - Declutter household areas
 - Read books
 - Video chat with friends and family
 - Look for ways to help others
- **Things to Avoid**
 - Sitting on the couch for hours
 - Listening/watching the media too often
 - Unhealthy foods and drinks
- **Check on Others and Yourself**
 - Everyone is experiencing the same concerns
 - Consider other people's feelings
 - Take time for yourself each day

<https://www.rochesterregional.org/news/2020/03/wellness-during-social-distancing>



Did you know...



Physical activity can help kids cope with stress. It also promotes:

- Healthy growth and development
- Better self-esteem
- Stronger bones, muscles and joints
- Better posture and balance
- A stronger heart
- A healthier weight range
- Better focus and concentration

<https://www.healthyfamiliesbc.ca/home/articles/importance-physical-activity-children>

How to Help Your Kids Stay Connected During Social Distancing

1. Set up a virtual meeting with friends or family. Free programs like Zoom or HouseParty make gathering online easy.
2. Chalk the walk to leave messages for neighbors.
3. Facetime a game of Battleship, Connect 4, Tic Tac Toe or other two-person game.
4. Teach each other a new skill. Make videos of you doing a creative drawing, recipe or science experiment and share it among family and friends!
5. Play a guessing or trivia game via email or a chat. Put each other's skills to the test with a virtual game of Hangman, Trivial Pursuit or something new you make up entirely.
6. Send notes and cards via snail mail. We all could use some little handwritten encouragement.
7. Have a lunch date and chat!
8. Create a shared play list and host a dance party.
9. Organize a team effort and create something to help those in need. Whether you're collecting clothes for Infant Crisis, baking cookies for an elderly neighbor or crafting cards for nursing home residents, you'll feel great doing it together, virtually of course.
10. Embark on a field trip together. Explore a destination virtually and reconnect afterwards to talk about your favorite parts.
11. Call a grandparent or friend and take turns reading aloud to each other.

<https://www.metrofamilymagazine.com/ways-to-stay-connected-virtually/>

The Mental Health Benefits of Art

- Don't Stress, Paint!
 - Art reduces stress for adults and children.
 - Sculpting, painting, and drawing contribute to lower stress levels.
- Get Creative with Art
 - Art encourages creative thinking and imagination, and also enhances problem solving skills.
- Feel Better About Yourself
 - Creating art boosts self-esteem and provides a sense of accomplishment.
 - Release dopamine in the brain which makes you feel good.
- Forget Pain Through Art
 - Creating art can help you focus on a positive experience, gives you a sense of achievement, helps express emotions, and strengthens identity.

<https://scrippsamg.com/managing-illness/the-mental-health-benefits-of-art/>

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

VIDEOS:

<https://www.youtube.com/watch?v=5if4cjO5nxo> – Family Work Out Video

<https://www.youtube.com/watch?v=aXItOY0sLRY> – Deep Breathing Video

<https://www.youtube.com/watch?v=bJJWArRfKa0> – Yoga for Anxiety

BOOKS:

Sketch and Coloring books!

Mental Health Moments: Combining Journaling, Coloring and Reading – Danni Andrew

VIRTUAL SUPPORT GROUPS:

<https://www.onlineparentsupport.org/groups> - This website offers a variety of virtual support groups for parents, and it's FREE!

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

MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

physical self care

- try a new activity
- spend time outside
- drink lots of water
- get more (quality) sleep
- admire yourself
- cook more meals
- dance it out
- have a pamper day
- go for walks or hikes

@theself_carekit

On particularly rough days,
I like to remind myself
that my track record
for getting through bad days
so far is 100%,
and that's pretty good.

PeacefulMindPeacefulLife.org