

MARCH 25, 2020

SUSD SUPPORT SERVICES NEWSLETTER



Scottsdale *Unified*
SCHOOL DISTRICT

WELLNESS WEDNESDAY

How do I regain some positive self-control when I feel so out of control during this time?

What do you need support with?

Please take a moment to complete a short survey. There is one for parents/guardians and one for 4th-12th grade students. Your support team is here to assist you during this time- let us know how we can best meet your families needs during school closures.

[PARENT SURVEY](#)

[STUDENT SURVEY](#)



Mindfulness Matters

Take a Break, Keep Perspective, Be Kind in
Uncertain Times

*Mindful Schools offers 3 Mindful Practices for Uncertain Times
(click on link to video below)*



Take a Break, Keep Perspective, Be Kind in Uncertain Times

Educators, parents, and students are experiencing anxiety and overwhelm in the face of school closures and uncertain times. Here are 3 mindful practices fo...

Mindfulness Apps

Download any of these free apps to help support you in regaining a sense of peace, calm, and clarity during this time of change & uncertainty.

Calm

Head Space

Insight Timer

Smiling Mind

Stop, Breathe & Think

COPING SKILLS TIPS

Ideas on how to cope

Manage Information Intake – Notice what happens inside of you as you take in & share information. **Ask yourself:** *Is this bringing my anxiety & stress up or calming me down?* And then make a choice to take a break and know you have everything you need to know in this moment.

Keep Perspective – Under stress, the mind starts to focus on one thing as truth. Try and hold multiple truths “yes this is happening and also this.” **Encourage yourself:** *To find one good thing that is going well in the world around you, one thing you’re grateful for, a funny moment you remember, etc...* The mind can hold both – the good things & the challenges that are present.

Practice Kindness – Be kind to yourself & others, realizing we’re all in this together! **Ask yourself:** *What’s one thing I can do for myself to show some kindness & what’s one thing can do to show someone I care about kindness?*



Seek out a Trusted Adult...

Reach out to your support team

Arcadia

Prevention Coach/Social Worker:
Whitney Hess, Whess@susd.org

Guidance Counselors:
Kelley Ender, kender@susd.org
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Desert Mountain

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Saguaro

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