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)

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

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