

Counseling Connections

Volume 1, Issue 2

April 6, 2020

Message from Your School Social Worker

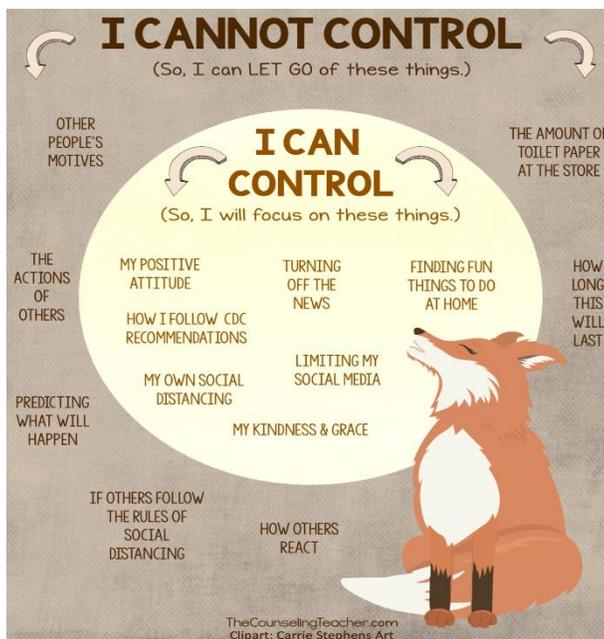
This week, we wanted to focus on providing you with the very best information on our weekly topic. **Keeping ourselves SANE during the "stay at home orders."**

With most places closed until the end of April, it's very important for us to focus on our mental health for the long haul. We believe it's how you look at things that matter in most situations. For instance, you can look at this situation as, **"I have to stay home for this WHOLE month" or "I get to stay home this whole month and I want to make the best of it!"** There's so much we can do at home, if we choose to look at this situation the second way!

This week, we challenge you to **"make the best of it"**! Take time to pamper yourself, read your favorite book, video call a loved one, get outside, practice yoga, listen to your favorite CD, or re-discover a hobby. Remember, this won't last forever!

Perspective Is Everything

If we focus on the things we're able to control (the inner circle in the below image), and use our energy to change those things we're unhappy with, it will help reduce stress and anxiety.

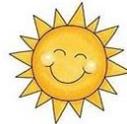


Practicing Self-Care

Doing things that make us happy and feel better will, not only, help to improve our mood it will help pass the time.

Self-Care Strategies

During the Coronavirus Pandemic
www.thepathway2success.com



List 5 things you are grateful for



Take one day at a time



Take a break when you need one



Use positive self-talk



Go for a walk or spend time outside



Read a good book



Video chat with family and friends



Stay active and eat well



Make memories with family at home



Spend less time on social media



Accomplish something on your to do list



Turn off the news

Inspired by Kate Hadfield & Sarah Pecorino

Daily Journaling:

COVID-19 Personal Time Capsule

https://drive.google.com/open?id=1-gKveKJx5M0qE0tBDgOLNoo9-l_TuiG1

Friendly Daily Journals for all ages

<https://www.friendly.co/friendly-freebies/daily-journals>

Journal Prompts for Teens

<https://drive.google.com/open?id=1MeFDpxT4RM3KZkQ14E0o6qbosDUOyuT>

Self-Esteem Journal

<https://drive.google.com/open?id=1VzQGvA5JKZ8fIAYWvxkRNV6bQK4YRN-r>

Joke Of The Week: Humor is one of the best ways to improve your mood during stressful or difficult times.

Have we tried unplugging 2020, waiting 10 seconds, and then plugging it back in?

Freebies!

Stop, Breathe, Think – free Mindfulness site/app

www.stopbreathethink.com

Headspace App – free mindfulness and meditation content available "weathering the storm"

Happify – free app with engaging games to train your brain to overcome negative thoughts