

Counseling Connections

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Message From Your School Counselor

Our AMITA Health School Based Services (SBS) team is thinking of you during this difficult time. With school closings and Governor Pritzker's stay-at-home order, we are missing you more than we can express! All the questions, silly things you say and do, and just being able to connect with you are some of the things we miss!! Lucky for us, there has never been an easier time to stay in touch electronically than right now.

One way we are staying connected is through a weekly newsletter from Mrs. Proctor and the whole AMITA SBS team. We will share tons of helpful web links, activities, coping skills and much more! We hope you find the information and resources provided each week helpful and can use them in your daily life. We will get through this difficult time together, and I know we will come out stronger and with a greater appreciation for the small things in life.

#AloneTogether

I will also offer phone sessions for your student(s) during this time. This additional service can be offered to students in need to help them, and you, get through this time successfully. For more information and details contact Mrs. Proctor at: Karen.Proctor@AmitaHealth.org.

COVID-19 From A Social Perspective

This time is challenging for everyone, and children have different and unique perspectives on what's going on in their world. They also have tons of questions about everything. For all children, the best thing you can do is be open and available for them; listen, talk, and work to understand their perspective. Please take a few minutes to read the attached resource from University of California Berkley on talking to children to help them manage their fears and anxiety surrounding COVID-19.

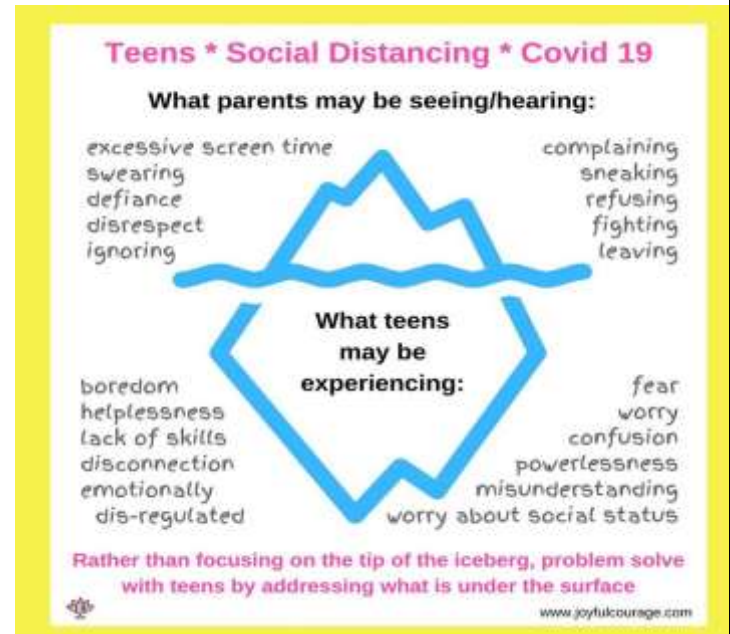
<https://uhs.berkeley.edu/sites/default/files/fearsanxiety-coronavirus.pdf>

Tips For Mental Wellness

- ✓ Maintain daily routine (i.e. bedtime and morning routine)
- ✓ Focus on healthy habits (i.e. healthy diet, exercise, and screen time limits)
- ✓ Practice Social Distancing habits, but stay connected in other ways (i.e. phone/video calls, social media, etc.)
- ✓ Avoid fake news by only using reliable sources for the latest up to date information (i.e CDC, WHO, or FDA)
- ✓ Disconnect and Reconnect by taking time to reconnect offline with each other

Special Considerations for Tweens and Teens

Social connections are the most important part of your tween/teen's life, and they're trying to process all the ways this pandemic has changed their social world.



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

Want to hear something funny? Quarantine. It's an inside joke!

Freebies!

Caribu App – interactive video calling for kids to stay connected with family and friends

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

GoNoodle - movement activities through dance-alongs, yoga videos, and mindfulness activities

Amazon – free streaming access to children's titles

Time for Kids – free access to digital content

ABC Mouse – free Pk-2nd grade academic learning at www.ABCmouse.com/redeem with code SCHOOL2547

ReadingIQ – free Pk-6th grade literacy program at www.ReadingIQ.com/redeem with code SCHOOL2547

Adventure Academy – free 3rd-8th grade educational games at www.AdventureAcademy.com/redeem with code SCHOOL2547