

## KEEP CALM AND RES ON

*Information to support you during this time away from school*

### A note from the counselors...

“Wow, what a weekend! A lot has happened in the last few days. It is normal to feel a bit overwhelmed right now. We want to make sure that you are doing well during this time of uncertainty. Please see the below tips and resources that we think will be helpful during the next couple of weeks. We look forward to hearing from you all, whether you have a question or just want to say hi! Take a deep breath, and be well!”

-Ms. Manso & Ms. Lamick

**We are connected. We are here. Just an email away!**

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Last names L-Z Ms. Lamick

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### Some of our favorite coping skills include:

- Read a book or magazine
- Listen to music or watch a movie that makes you feel good
- Write a letter to a friend or family member
- Have a Tik-Tok dance party with friends via FaceTime :-)
- Disconnect from social media.. even if it's just for 30 minutes!



**5 WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS**  
@HOLISTICALLYGRACE

<p><b>INFORM</b></p> <p>LIMIT EXCESSIVE, CONTINUOUS EXPOSURE TO MEDIA. INFORM, WITHOUT OVERWHELM. SET BOUNDARIES AROUND TIME. TRUSTED SOURCES.</p>	<p><b>CONNECT</b></p> <p>REACH OUT FOR EMOTIONAL SUPPORT. CONTACT LOVED ONES. ISOLATION IS DETRIMENTAL TO OUR HEALTH</p>
<p><b>SOOTHE</b></p> <p>DEEP BELLY BREATHING. GROUNDING TECHNIQUES. GUIDED IMAGERY. PRAYER. CALMING SOUNDS. LAUGHTER, SINGING</p>	<p><b>CONTROL</b></p> <p>FOCUS ON THINGS WE CAN CONTROL: WASH HANDS, HYDRATE, NOURISH. CONTACT HR REGARDING WORK POLICIES. ADJUST FINANCES</p>
	<p><b>HONOR + DISTRACT</b></p> <p>ACKNOWLEDGE FEAR, ANXIETY. FIND ACTIVE WAYS TO DIVERT ATTENTION: PUZZLE, READ, CRAFT, ETC.</p>



**ANXIETY GROUNDING TECHNIQUE**

focus on your breathing, then identify

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

## Mindfulness

Center yourself when things get overwhelming by practicing mindfulness.

Here is a link with guided meditations!

<http://mindfulnessforteens.com/guided-meditations/>



### Other beneficial activities to stay busy...

- Take a virtual college tour- look on their websites
- Use the SuperMatch feature on Naviance to learn about different schools
- Search for free workouts on YouTube that you can do at home!
- Clean and organize your room
- Practice for the ACT/SAT

### Above all else, remember to:

Take care of yourself.

Take care of your family.

Reach out for help when you need it.

**We are all in this together!**