

# Thoughts from the Counseling Department at WAHS

Resources and information to  
support you during this time  
away from school.

# We are connected! We are here!

# We are just an email away. Reach out to us!

**Lead Counselor:** [Steve John](#)

**College and Career Counselor:** [Sue Fowler](#) and [Stacey Enslin](#)

**Ambition House Counselors:** [A-Bq-Mr. Kaiser](#)  
[Br-Con & SC-Mrs. Schrope](#)

**Character House Counselors:** [Coo-F-Mr. Stanley](#)  
[G-Gre & EL-Mrs. Orchard](#)

**Honor House Counselors:** [Grf-J-Mrs. Winslow](#)  
[K-Ma-Mr. Janca](#)

**Pride House Counselors:** [Mb-Pai-Mrs. Vander Veen](#)  
[Paj-Rod-Mrs. Baker](#)

**Tradition House Counselors:** [Roe-Ta-Mrs. Chitwood \(Cochran\)](#)  
[Tb-Z-Mr. Gatbunton](#)



Check-in with your  
counselors!

Email them to make an  
arrangement to chat.

Make sure to stay informed of all the latest news and announcements:

*Follow us:*



*@WAcounseling129*

# IF YOU NEED IMMEDIATE ASSISTANCE:



**EMERGENCY - Call 911**



**AID (Association for Individual Development) Counseling**

1230 N Highland Avenue, Aurora, IL 60506

(630) 859-1291

[www.the-association.org](http://www.the-association.org)

**Depression Hotline-(630) 482-9696 or (800) 273-8255**

**NATIONAL SUICIDE PREVENTION HOTLINE**

**24-hour hotline: 800-273-8255**

**Mutual Ground**

P.O. Box 1911

Aurora, IL 60506

[www.mutualground.org](http://www.mutualground.org)

**Suicide Prevention Services**

528 S. Batavia Avenue, Batavia, IL 60510

General Agency: (630) 482-9699

Hotline: (630) 482-9696

[www.spsamerica.org](http://www.spsamerica.org)

# MANAGING CORONA VIRUS (COVID-19) ANXIETY



## For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

## For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

## For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

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# WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS

@HOLISTICALLYGRACE

## INFORM

LIMIT EXCESSIVE, CONTINUOUS EXPOSURE TO MEDIA. INFORM, WITHOUT OVERWHELM. SET BOUNDARIES AROUND TIME, TRUSTED SOURCES.



## CONNECT

REACH OUT FOR EMOTIONAL SUPPORT, CONTACT LOVED ONES, ISOLATION IS DETRIMENTAL TO OUR HEALTH



## SOOTHE

DEEP BELLY BREATHING, GROUNDING TECHNIQUES, GUIDED IMAGERY, PRAYER, CALMING SOUNDS, LAUGHTER, SINGING



## CONTROL

FOCUS ON THINGS WE CAN CONTROL: WASH HANDS, HYDRATE, NOURISH, CONTACT HR REGARDING WORK POLICIES, ADJUST FINANCES



## HONOR + DISTRACT

ACKNOWLEDGE FEAR, ANXIETY. FIND ACTIVE WAYS TO DIVERT ATTENTION: PUZZLE, READ, CRAFT, ETC.

SET  
BOUNDARIES  
WITH WHAT +  
HOW MUCH  
MEDIA YOU  
CONSUME

YOU'RE  
ALLOWED TO  
OPT OUT OF  
OVERWHELMING  
DISCUSSIONS

TRY TO  
RESPOND TO  
THE FEARS OF  
OTHERS WITH  
UNDERSTANDING  
+ RESPECT

GENTLE REMINDERS:  
FOR WHEN THE  
WORLD FEELS  
FRIGHTENING

≥@THEMINDGEEK≤

FOCUS  
ON THE  
MANY THINGS  
YOU CAN  
CONTROL

BE  
MINDFUL  
OF WHEN IT'S  
BECOMING  
MORE THAN  
JUST 'BEING  
INFORMED'

BREATHE,  
CONNECT +  
TAKE GENTLE  
CARE OF  
YOURSELF +  
OTHERS



# Things to do while away from school

Here's a link to 450 FREE  
college courses from 8 Ivy  
League Colleges!

[Click HERE!](#)

\*You will not get high school credit for this but some of these courses are quite interesting.

# Things to do while away from school

- Journal!
- Write a Letter to a Friend or Family Member!
- Make a List of Things You're Grateful For!
- Read a Book or Magazine...for fun!
- Have a Dance Party with Friends via FaceTime!
- Disconnect from Social Media...even if it's just for 30 minutes!

Practice for the  
SAT/ACT

Center Yourself When Things  
Get Overwhelming  
By Practicing  
Mindfulness Techniques

# Things to do while away from school

**Virtually Tour Museums:**  
[Google Arts and Culture](#)

[Watch Broadway Plays and Musicals](#)

**Explore Live Cams:**

[Explore is a multimedia organization that documents leaders around the world who have devoted their lives to extraordinary causes. Both educational and inspirational, explore creates a portal into the soul of humanity by championing the selfless acts of others.](#)

# Explore College Options!

(For all grade levels)

- While many colleges are cancelling their campus tours, you can take a virtual tour on their site, at [CampusReel](#) or [YouVisit](#).
- Look at their majors...do they have what you are interested in? What are the costs? Any scholarship opportunities?
- Explore the college planning features available on [Naviance](#) by using the new “Show Me How” tool located on the bottom right of your homepage. (email your counselor if you have log-on issues)

# For Athletes interested in playing sports in college - NCAA/NAIA

(For all grade levels)

Student athletes who want to continue sports in college...create your accounts for NCAA/NAIA.

NAIA

<https://www.naia.org/student-athletes/future-student-athletes/index>

NCAA

<https://web3.ncaa.org/ecwr3/>

Above all else, remember to:

Take care of yourself.

Take care of your family.

Do something kind for someone else.

Reach out for help when you need it.

We are all in this together.

Go Blackhawks!