



Austin Prep

March 30, 2020

Dear Austin Prep Families,

We hope this letter finds you and your children healthy and well. Relationships and social connections are the heart of our work, so naturally, we have been spending a lot of this time at home thinking about how to best support students and families during these challenging weeks. The good news is that there are lots of proven effective ways to take care of ourselves both emotionally and physically while social distancing. Here are some key areas to consider as we prioritize not only physical health, but also mental health and self-care.

Be Mindful of Media Consumption

During times of crisis, it is important to stay informed. However, overloading ourselves with multiple resources and news sources can increase anxiety and make it more difficult to weed out the real facts. Help kids by identifying reliable sources for news and facts by using sites like the [CDC](#) and [WHO](#). We also recommend this helpful resource from [Harvard](#) about supporting kids' intake of news and media, including some myth busters about the virus.

Manage Anxiety in Healthy Ways

For some students and parents, this may be the first time they are experiencing anxiety in a different way from daily stress. For others who already experience anxiety, fears about the coronavirus may worsen symptoms. Here are some helpful articles which offer strategies to manage anxiety and strategies for self-care:

[CDC: Managing Stress and Anxiety](#)
[8 Ways to Manage Your Coronavirus-Related Anxiety](#)

Stay Connected

We feel grateful to be forced to practice social distancing in a time where technology still allows us to connect and see one another. Being away from school and our normal

are lots of wonderful ways to maintain relationships, support each other and be creative with our time. Check out our [Wellness News](#) for ideas and inspiration.

As always, we are here to help and answer any questions you may have. Please feel free to reach out to us by email.

Stay well,



Jessica Lenci
Middle School Counselor
jlenci@austinprep.org
781.944.4900 ext. 844



Sarah Holch
Upper School Counselor
sarah.holch@austinprep.org
781.944.4900 ext. 719



Kimberly Esakof
School Nurse
kimberly.esakof@austinprep.org
781.944.4900 ext. 816