

# Wellness Wednesday: Weekly Newsletter



By: Cathy King (School Psychologist, Hamden High School)  
Donna Nolan (School Psychologist, Spring Glen Elementary)  
Susan Paluzzi (School Psychologist, Hamden Middle School)

With contributions from the Hamden Public Schools School Psychology and Social Work Departments  
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## Positive Quote of the Week

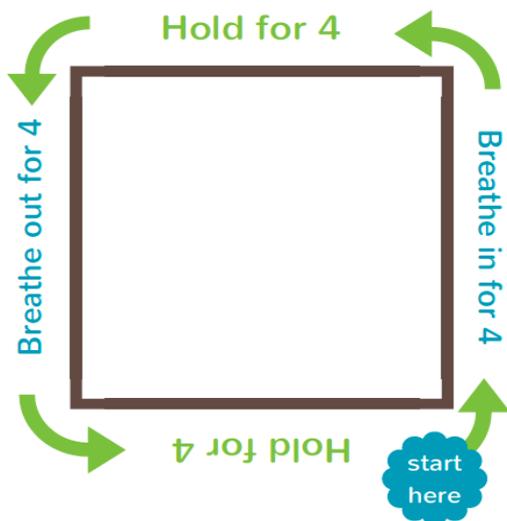
“We will come out of this storm. In the coming days, we have to stay calm and confident. And for sure, we will overcome this moment of despair. How long this will last cannot be ascertained. But the one thing that we can be sure of is that we will not be the same anymore. Hopefully, we would have changed for the better. This is the way of life This is how life teaches us its lessons.”

– Avijeet Das

## Coping Skills Corner

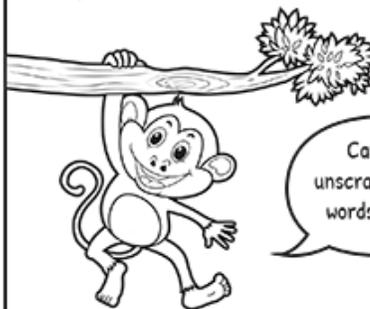
Coping skills are the ways that we problem solve tough situations. When we are feeling stressed out, angry, very sad, or maybe even so excited that we are having a hard time focusing on what we need to do we use coping skills. They help us to face a tough situation, be flexible with our thinking, and keep trying (be persistent). Try the Square Breathing (below) or the Word Scramble (right)

for more coping skills ideas!



## WORD SCRAMBLE

Use this workbook to help you feel better whenever you need it. Talk with your parents about how you feel. And always remember, what happened is not your fault!



- |                |             |
|----------------|-------------|
| EBHRTAE _____  | INSG _____  |
| OROLC _____    | LISME _____ |
| CDANE _____    | AKLT _____  |
| RADW _____     |             |
| IFENLSEG _____ |             |
| PLHE _____     |             |
| SGHU _____     |             |
| SLETIN _____   |             |
| PYAL _____     |             |
| EDAR _____     |             |
| SERT _____     |             |



Answers: breathe, color, dance, draw, feelings, help, hug, listen, play, read, rest, sing, smile, talk

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## Helpful Information

### There are many things you can do to support your child

- Take time to talk with your child or teen about the COVID-19 outbreak. Having factual knowledge about this pandemic can assist in calming fears of the unknown.
- Inform your child or teen that it is okay to have strong feelings around this crisis and that their feelings are normal. Assure them that your family is practicing safety precautions around the virus.
- Limit your family's exposure to news coverage (Social Media/Television) of the pandemic. Constant talk about the virus can cause fear.
- Create daily routines, assist your student with the learning process as necessary and plan family activities that support social distancing such as doing puzzles, watching a movie together, creating dinner as a team.
- Caregivers need to care for themselves in order to efficiently support others. Do something everyday that makes you smile, feel successful, or productive!

### Self-Care in the Time of the Coronavirus *(Article, Child Mind Institute)*

Self-care is essential. Somehow, when we are stressed and need it the most, actually practicing self-care tends to become less of a priority as other things rise to the top. This article from the Child Mind Institute (link below) offers 5 tips to help prioritize well-being.

<https://childmind.org/article/self-care-in-the-time-of-coronavirus/>

## Community Spotlight: Look for the Good!

Hamden's kids and teens are channeling their talents in many ways to help our community stay safe and healthy. Click the links below to see the full stories!



<https://www.nbcconnecticut.com/news/coronavirus/billboards-by-hamden-students-send-social-distancing-messages/2250282/>

<https://www.nbcconnecticut.com/news/local/hamden-high-school-student-helping-fill-ppe-shortage/2248800/>