



Message from the Counseling Department

April 8, 2020

La Reina Students and Families,

I have been thinking a lot about you over these past few weeks. I know this has been an especially challenging time and I hope you have been doing well. As we continue to practice Social Distancing, I wanted to share some resources and tips that I have found helpful.

Please encourage your daughter to look at the Student Life and Counseling "Class" that can be found on their portal. We are trying to address the Social and Emotional Learning of our students while being quarantined and have listed under Assignments and Topics a variety of activities that we hope they will find fun or engaging.

As you are probably experiencing, being cooped up for most of the day can bring its own set of challenges. Below are some tips that I hope may be useful:

- Remember, people are tired of being isolated and some may not be responding as well as others. Give everyone the benefit of the doubt, as most people are not at their best right now, including our family members! Lower your expectations for yourself and others. We keep hearing that we are living through unprecedented times, so there is no "road map" about how we are "supposed" to get through it.
- Create a spot for each family member to retreat to, in order to have some private time. For younger kids, this could be something fun like a fort and for teens and adults, create a space with comfy blankets and pillows.
- Keep a routine - it really is important and can't be said enough! Keep bed times as normal as possible; get up, shower, get dressed. Practice good hygiene, exercise and healthy eating habits.
- It has been proven that left-right movements and repetitive movements can help with stress and depression. Activities such as coloring, painting, knitting, working with clay, jump roping, running etc. all can help with self-soothe our anxiety and help manage our emotions.

If you are looking for more information about talking to your children about COVID, here is a link from the National Association of School Psychologists:

https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf

Please feel free to reach out at any time. I'd be happy to chat via Zoom with you or your daughter.

Wishing you all a safe and blessed Easter and I hope that you have a restful Spring Break.

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