

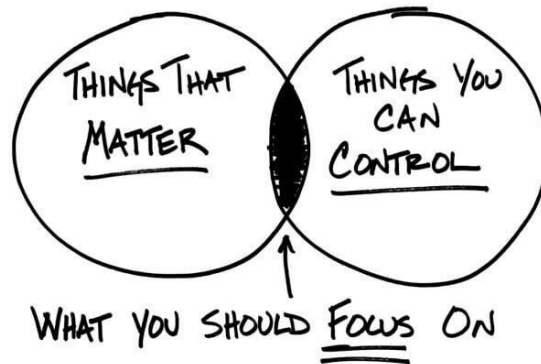
KEEP CALM AND RES ON

Information to support you and bring a smile to your face during this time away from school

A note from the counselors...

After the recent announcement that we will not be returning to campus this Spring, you may be feeling many emotions: sad, angry, alone, frustrated, or in denial. It is okay to feel this way. And it's important that we acknowledge and accept our feelings instead of ignoring them. This uncertain time can make us feel uncomfortable. But think about all the uncertainty we experience on a daily basis. We have tolerated uncertainty long before the Coronavirus came along! Your mindset is key to coping with difficult times and facing the unknown. We can't control our feelings, and sometimes we can't even control our thoughts, but we can control what we focus on.

This week's mantra: **I choose to focus on what I can control.**



Counselor Virtual Check-in Day

This Thursday and Friday counselors are hosting virtual check ins! Sign up for a 10 minute time slot to catch up with your counselor over Google Hangouts. We can't wait to see your faces!! 😊

Ms. Manso's sign up: <https://www.signupgenius.com/go/9040B49AAAC2EA2F49-counselor>

Ms. Lamick's sign up: <https://www.signupgenius.com/go/9040B49AAAF2CABFA7-counselor1>

Class of 2020

We can't wait to celebrate you! Please take 5 minutes to complete the senior survey posted on your Schoology and in your email from Ms. Rogers.



Keeping it Normal! Helpful tools to manage anxiety during quarantine:

- What you are doing is enough! Be kind to yourself during this unusual time
- Separate weeks from weekends
- Shower, dress up, put on makeup, style hair, be glamorous!
- When you feel like you've gone too far in your head, try *GROUNDING*: take deep breaths and find 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 emotion you feel
- Meditation is a helpful tool to reduce stress and anxiety.
- Set boundaries with your phone. The constant urge to check our phones can be anxiety provoking. It's OK to disable alerts to protect your mental health.



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.**