



Mind, Body, Spirit

Supporting the Academic, Physical, and Emotional Health of Your Students



John McDevitt

Director of Counseling and Wellness

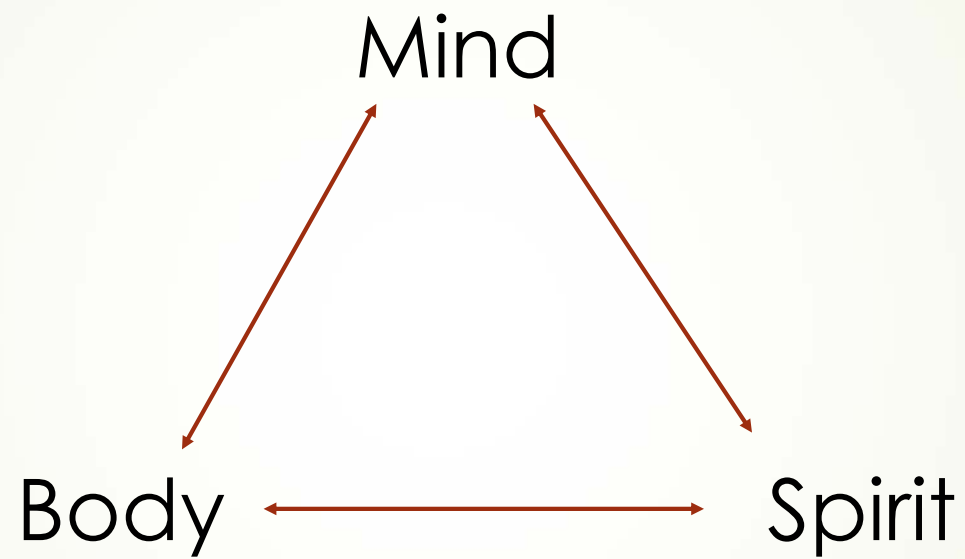


Neil Webb

@neilmwebb

"You are not working from home; you are at your home during a crisis trying to work."

I've heard this twice today. I think it's an important distinction worth emphasising.



Balance



Mind

The Academic Health of our
Students



Routine, Routine, Routine.

A regular schedule is the best way to support academic success

SAMPLE DAILY SCHEDULE

7:30-8:55: Breakfast, dress, relax
(possibly walk dog)

8:55-9: [GoNoodle](#) or walk to move
before work

9-9:30am: Writing

9:30am-10am: Art project

10-10:30am: Snack break

10:30-11:30am: Math workbook + Zearn

11:30-12:30: Lunch/recess

1230-1pm: Science project

1-2pm: Go Noodle, Free reading + jotting

2-2:30pm: Snack

2:30-3:30pm Baking/art/self-driving interest project (child must also
clean up)

3:30-4:30pm: Educational tablet time (kid choice)

4:30pm onward: Freeplay/screen time at will



Find your spot

Pick a spot for school work that's orderly, free of clutter, and NOT your bed!
That means classes, independent work, clubs, advisory meetings, assemblies,
etc





Communicate,
Communicate,
Communicate.

With teachers. With advisors. With coaches. With Grade Level Deans.



Body

The Physical Health of our Students



Move your body!

Every day. No exceptions.

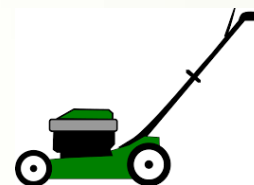
Exercise that's not "Exercise"

Walking the dog



Organizing the garage

Mowing the lawn



Throwing a frisbee around



Washing the car

Going on a bike ride





Go outside

Vitamin D promotes overall health and fresh air just does a body good
Sunlight helps your body wake up naturally





Be Mindful of your diet

Balance, balance, balance.

Cheetos are a great comfort food snack, but shouldn't be your lunch





Spirit

The Emotional Health of our
Students

Empathize,
Empathize,
Empathize



And...

Validate,
Validate,
Validate



Empathy vs. Sympathy



Teenagers are not designed to be at home all day

They crave autonomy and independence

School has become all vegetables and no dessert.

All work and no play, missing the social aspect of school



Productivity probably looks different

Parkinson's Law- Work expands so as to fill the time available for it's completion.



We feel better when we are accomplishing tasks

It can feel good to lay around on the couch but you're going to feel better if you can knock off even small tasks



The teenager that shows up is the one that you talk to

Recruit the problem solving, autonomous teenagers that you know they can be

Bark orders, infringe on autonomy, and you'll get resistance



Be the example

Model behavior but use this charge as an opportunity to practice your own self care

Show your students how to cope positively



Perspective building

This is big but you will get to the other side of this

This shared experience will forge unforeseen bonds



Class of 2020...

Grieving the loss of milestones and events they've been working towards



Mental Health does NOT mean feeling good and happy all the time

It means feeling appropriate emotions at appropriate times for appropriate durations



Lack of Control

Results in feelings of anxiety, helplessness, and frustration

I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS
FOLLOW THE
RULES OF SOCIAL
DISTANCING

THE AMOUNT
OF TOILET
PAPER AT THE
STORE

I CAN CONTROL

(So, I will focus on these things.)

THE
ACTIONS
OF
OTHERS

MY POSITIVE
ATTITUDE

TURNING
OFF THE
NEWS

FINDING FUN
THINGS TO DO
AT HOME

HOW
LONG
THIS
WILL
LAST

HOW I FOLLOW CDC
RECOMMENDATIONS

LIMITING MY
SOCIAL MEDIA

MY OWN SOCIAL
DISTANCING

MY KINDNESS &
GRACE

PREDICTING
WHAT WILL
HAPPEN

HOW
OTHERS
REACT

OTHER
PEOPLE'S
MOTIVES




Clipart: Carrie Stephens Art
TheCounselingTeacher.com



Managing Anxiety

Short term strategies

- 
- Focus on the present moment, mindfulness
 - 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste
 - Make a list and make it difficult to complete
 - List your favorite movies, all 50 states
 - Use all of that anxious energy
 - Vigorous exercise helps process all the hormones related to anxiety
 - Journal
 - Honor your emotions by writing honestly about them



If everything goes haywire
and you just can't manage...



REACH OUT!!!

Friends, family, teachers, anyone you trust

Counselors here at school

Referrals to mental health professionals

FAMILY HELPLINE

The Family Helpline allows parents facing difficulties to reach out for support to prevent a crisis before it occurs.

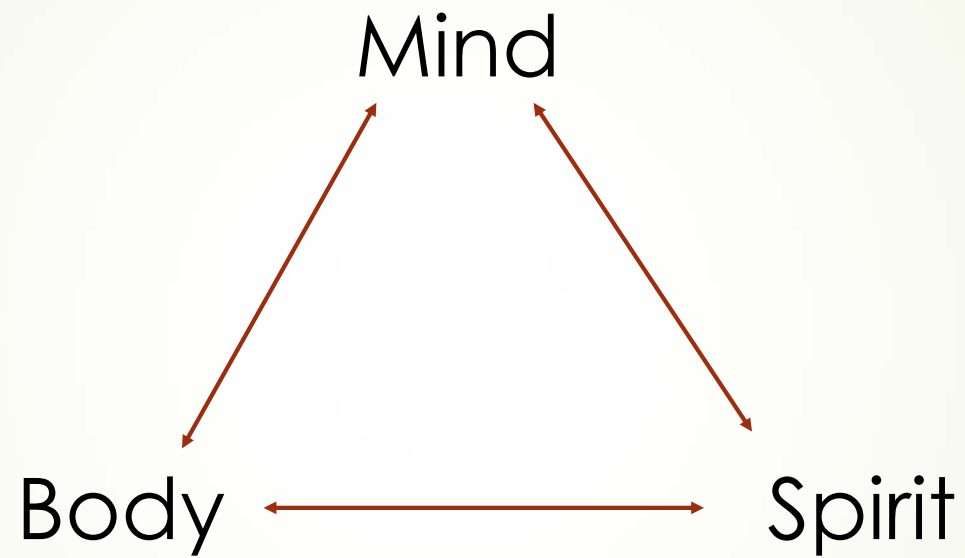


Trained counselors will listen and connect you to supports and resources that are available in your own community.

OPEN 24/7

1 (800) 843-5437

1 (800) THE-KIDS



It's all connected



Questions/Comments