



Counselor Connection

FIRST FLIGHT HIGH SCHOOL, VOL 1

REMOTE LEARNING

STUDENTS, YOUR COUNSELING OFFICE UNDERSTANDS REMOTE LEARNING CAN BE CHALLENGING, WHICH IS WHY WE'VE DEDICATED OUR INAUGURAL QUARTERLY NEWSLETTER TO TOPICS AROUND TIPS AND TOOLS TO HELP YOU STAY FOCUSED, HEALTHY, AND BALANCED!

TIME MANAGEMENT APPS

NEED HELP STAYING ON TASK AND BEING PRODUCTIVE? [CLICK HERE](#) TO FIND THE TOP 14 TIME MANAGEMENT AND ORGANIZATION APPS!



*just
breathe*



HELP LINES

MOBILE CRISIS: 1-866-437-1821

PORT HEALTH: 252-830-7540

NATIONAL SUICIDE PREVENTION: 800-273-8255

MINDFULNESS

WHAT IS MINDFULNESS? [CLICK THE LINK TO WATCH A SHORT VIDEO.](#)

MINDFULNESS ACTIVITIES TO TRY:

- [MINDFUL COLORING](#)
- [MEDITATION SPOTIFY PLAYLIST](#)
- DOWNLOAD FREE MEDITATION APPS
 - SMILING MIND
 - STOP, BREATHE & THINK
 - UCLA MINDFUL



HOW TO DECOMPRESS

NEED A BREAK BETWEEN CLASSES OR RIGHT WHEN YOU LOG OFF SCHOOL? TRY THESE QUICK ACTIVITIES!

1. STEP OUTSIDE - TAKE A WALK AROUND THE BLOCK
2. CLOSE YOUR EYES AND TAKE 10 DEEP BREATHES
3. LISTEN TO MUSIC
4. STAND UP AND STRETCH
5. EAT A HEALTHY SNACK
6. DRAW A PICTURE
7. DECLUTTER YOUR WORKSPACE
8. TALK WITH A CLOSE FRIEND, FAMILY MEMBER, OR SCHOOL COUNSELOR