

TALKING WITH CHILDREN AND HOW TO SUPPORT THEM AT HOME

KIS COUNSELORS

HELLO KIS FAMILIES,

WITH SOME STUDENTS HAVING TO BE QUARANTINED AND THE RECENT POLITICAL EVENTS HAPPENING IN UKRAINE, YOU AND YOUR FAMILIES MAY BE FEELING STRESSED WHICH IS NORMAL. AS YOU LOOK TO SUPPORT YOUR STUDENTS DURING THIS TIME HERE IS SOME INFORMATION THAT MAY BE HELPFUL.

WHAT IS STRESS?

STRESS IS A FEELING OF TENSION. THE TENSION MAY BE CAUSED BY EMOTIONS OR SOMETHING PHYSICAL. IT CAN COME FROM THE FEELINGS OF BEING FRUSTRATED, ANGRY, NERVOUS AND OVERWHELMED.

HOW DO I HELP SOMEONE WHO IS STRESSED?

MONITOR THE STRESS. SOME STRESS IS HEALTHY, BUT TOO MUCH IS NOT. IF YOUR STUDENT IS STRESSED, TRY HELPING THEM RELIEVE THAT STRESS.

HOW TO REDUCE STRESS DURING ONLINE SCHOOL

Stress looks like:

- Sleeping too much or too little
- Feeling or wanting to be alone
 - Angry outbursts
- Feeling worried, sad or guilty
 - Eating more/less
 - Aches & pains
- Moodiness and irritability
 - Anxiety

Here are some ways to relieve stress:

- Breathe fresh air
- Take a hot shower or bath
- Make time for a hobby
 - Journal
- Listen to music
 - Read
- Exercise
- Call a friend
- Do something social

Here are some tips that will help:

- Attend your online classes on time
- Write down your assignments so you don't forget them
- Email your teachers if you need help
- Attend office hours for your teachers
- Follow Zoom expectations for your classes
- Set up a routine

Watch for signs of stress and see how long they last. If they are lasting for a long period of time, are impeding everyday life, or there seems to be no relief to the stress, it is time to talk with a counselor.

"It is ok to not be ok. It is not ok to not ask someone for help." - Kevin Hines

KIS has three qualified school counselors on staff. They are happy to help. They are here to help students and find resources for them to be successful. If you need help, please reach out to a counselor:

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