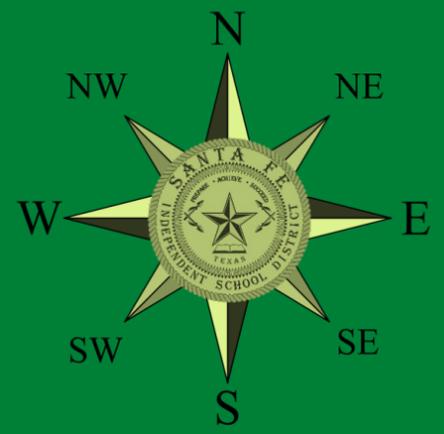


SFISD COUNSELING CONNECTION



Caring about you and your loved ones mental health and wellness during this time.

WE ARE HERE FOR YOU

OUR SFISD COUNSELORS are here for our KIDS

Need to talk to one of our counselors? Send them an email and they will get back with you.

SFISD School Counselors

Laura Timmons, Barnett
Teresa Fatheree, Kubacak
Lindsey Garcia, RJW
Katie Casey, SFJH
Monica McCollum, SFJH
Toni Batiste, SFHS
Melanie Featherly, SFHS
Samantha Weldon, SFHS
Beth Yorlano, SFHS

Region 4 SFISD Counselors

Bertilda Lacy, Barnett
Brina Cash, Kubacak
Brianna Brazle, RJW
Tamisha Daniels, SFJH
Marisol Mendez, SFJH

SFHS Wellness Counselors

LeeAnne Aloutto
Kim Pruitt
Brent Rucker
Sandra Zeringue

TIPS FOR MANAGING STRESS AT HOME



1. Normalize Anxiety
2. Remain Calm and Provide Reassurance
3. Offer Perspective on the Subject
4. Be Available to One Another
5. Avoid Excessive Blaming
6. Monitor Television Viewing and Social Media
7. Maintain a Normal Routine
8. Shift the Spotlight to Doing Something Positive to Help
9. Encourage Distraction
10. Be Open and Honest

11. Exercise
12. Play Games
13. Take Breaks
14. Laugh
15. Call Friends and Chat
16. Listen to Music



PRACTICE MINDFULNESS USING THESE STRATEGIES

COMBAT ANXIOUS
FEELINGS

5-4-3-2-1 Strategy

- Describe 5 things you can see
- Name 4 things you can feel
- Name 3 things you hear
- Name 2 things you can smell
- Name 1 good thing about yourself

Take a Breath Break

- Slowly breath in (deep breath)
- Slowly breath out
- Count your breaths



REACH OUT TO ADDITIONAL COMMUNITY RESOURCES



SFISD AND SURROUNDING AREA RESOURCES

- Gulf Coast Center Crisis Hotline: 1-800-595-0869
- Gulf Coast Center 24-HR: 1-866-729-3848
- City of Santa Fe Resiliency Center: 409-218-7129
- Galveston Sheriff's Office, Mental Health Division: 911 (emergency)
409-766-2322/ 281-534-3515 (non-emergency)

WE ARE HERE FOR YOU!

Santa Fe ISD
www.sfisd.org
409-925-3526