



CCPS Mental Health Update

Cecil County Public Schools is committed to empowering our staff and families to meet the social and emotional needs of our students, with a focus on behavioral health and trauma-responsiveness, to assure that every student is ready to learn, achieve success, and experience positive relationships.

Did You Know: **Work and Home Life Balance**
In the rush of feeling “super stressed” it is easy to forget when your stress level spikes, productivity plummets.

Stress impacts concentration, impacts emotions to be more irritable or depressed, and can harm personal and professional relationships.

Strategy of the Month: **Strategies to Balance Work and Home Life During COVID-19**

6 Steps to Successfully Working From Home

- 1 Create Your Workspace**
First things first, make sure you have everything you usually need at work on a day to day basis. Laptop, monitor, adapters and a notepad - check!
- 2 Meal Prep**
Avoid the lunch break temptation of cooking up a culinary storm or jumping in the car to drive the grocery store by preparing your lunches before work, just as you used to.
- 3 Get Dressed for Work**
As appealing as working in your pajamas may sound, people are usually more productive and can establish better work life balance when they maintain their get ready for work routine.
- 4 Stay in Contact With Your Colleagues**
Maintaining relationships with your colleagues is essential. Go beyond communicating about tasks and deadlines and make sure you check in with them to see how they are doing.
- 5 Establish Boundaries**
Even though it can be tempting to continue to work through the night, it is so important to establish boundaries. Set your start time, finish time and allow yourself a few breaks throughout the day.
- 6 Stay Active**
Make sure you're moving your body and getting plenty of exercise. A great tip is to go for a walk around the block before and after work to mimic your morning and evening commute.

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Impacts of Feeling “Super Stressed” Adapted from Mental Health America

- Become more irritable or depressed
- Struggles with concentration, creativity, and productivity
- Overtime, weakens immune systems and become more susceptible to colds to backaches, to heart disease
- Can double risk for heart attacks

Strategies for Creating a Work-Life Balance Adapted from Mental Health America

- **Create and stick to a daily schedule-** plan every portion of the day and stick to those routines
- **Create designated areas of certain tasks-** create a separate location for your child to complete school work and for you to complete your professional work. Be sure that it is either cleaned up or in a location that is separate from a family-time space

Some stress is healthy. Our bodies require a certain amount of stress to help us stay motivated and perform better.

When you have a successful work-life balance, people are happier which leads to higher productivity, take fewer sick days, and are more likely to stay in their jobs.

Resources:

- [Mental Health America](#)- Work Life Balance
- [Forbes](#)- 6 Tips for Better Work-Life Balance
- [The Muse](#)- 37 Tips for a Better Work Life Balance
- [Forbes](#)- How to Dramatically Improve Work-Life Balance During Coronavirus Crisis



Managing Work

- **Set manageable goals each day**- when you meet priorities, it helps you feel a sense of accomplishment and control. The more control you have over your work, the less stressed we get. Be sure they are realistic.
- **Ask for help when necessary**
- **Take 5-** taking a break has been encouraged more often from employers. Small breaks help clear your head and improve your ability to deal with stress and make decisions when getting started back into the task
- **Give yourself a break**- remember, no one is perfect! Allow yourself to be human and remember you are doing the best you can

Managing At-Home

- **Unplug**- constant use of technology helps lead to mental fatigue and burn out. Take personal time at home and specify a time where electronics are shut off
- **Divide and Conquer**- responsibilities at home should be evenly distributed and clearly outlined among family members. Be sure to even include toddlers with activities they can complete independently (i.e. cleaning up their play area)
- **Stay Active**- regular exercise reduces stress, depression, and anxiety. It allows a person to better cope with adversity. Take time out of the day (either before work, during lunch, or before dinner to go for a walk). Be sure to also treat your body right by eating right and getting adequate rest.

If you have a child in need of support and/or resources click on the following link.
[Student Support Request Form](#)

The Maryland Coalition for Families is available to provide the following supports

- Parents and caregivers of children with mental health needs
- Anyone who cares for a loved one struggling with substance use disorder
- Anyone who cares for a loved one struggling with problem gambling

Families and others can reach MCF by:

- Calling our statewide intake line at 410-703-8267
- Emailing info@mdcoalition.org

