

A Message from Ms. McGean, Student Assistance Counselor

Office hours: Monday-Friday 7:30am-3:00pm

We are facing significant disruption in our lives. Feeling isolated, anxious, and overwhelmed are all normal experiences. Despite the change of pace and restrictions in place, there are ways for us to stay present and take care of ourselves using positive and healthy coping strategies. Please check out the resources listed below.

Some apps that you may find helpful:

- Headspace (30-day free trial, for mediation, reducing anxiety, sleep)
- Relax Melodies, Calm (for meditation, relaxation, sleep)
- ClearFear (to help manage anxiety)

Other suggested activities:

- Create and maintain a routine and schedule
- Stay connected to family, friends and support systems virtually (Zoom, Google Hangout)
- Exercise and stay active (look for free livestream or app-based workouts online)
- Create a daily gratitude list (list 3 things/people/hobbies you are grateful for)

Helpful web-sites for teens and parents:

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

<https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html

If you wish to speak with me about any of the above or are looking for support/resources specific to substance use please feel free to contact me at amcgean@yonkerspublicschools.org

Stay safe,

Ms. McGean