

## A message from the Student Assistance Counselor

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 meditation, reducing anxiety, sleep)
- Relax Melodies, Calm (for meditation, relaxation, sleep)
- ClearFear (to help manage anxiety)
- What's Up-A Mental Health app (to help with stress, anxiety, depression)

### **Other suggested activities:**

- Create and maintain a routine and schedule
- Stay connected to family, friends and support systems
- 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://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html?action=click&module=RelatedLinks&pgtype=Article>

<https://www.psychologytoday.com/us/blog/smart-parenting-smarter-kids/202003/how-talk-kids-and-teens-about-the-coronavirus>

If you wish to contact me about any of the above or looking for resources specific for substance use, please contact me at

[amcgean@yonkerspublicschools.org](mailto:amcgean@yonkerspublicschools.org)

Be well,

Ms. McGean