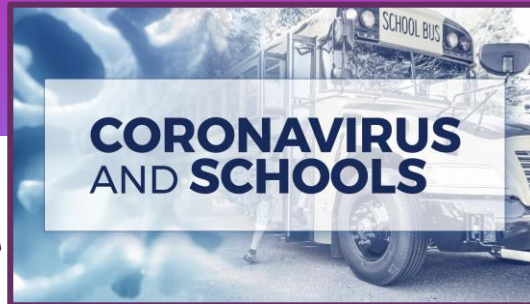


# Mental Health Newsletter

Volume 6



## Managing COVID-19

- PREPARE, don't panic
  - Useful sites for information include:
    - Center for Disease Control and Prevention
    - World Health Organization
- Take care of your mental health
  - One day at a time - don't overthink or try to predict the future
  - Do things for yourself - think face mask, take a bath, read that book!
  - Partake in activities that bring you joy
    - Take an online yoga or exercise class, paint, draw, color

- 1 STAY OPEN TO QUESTIONS**  
There is a new virus a bit like a cold, not many kids are getting it but the Dr's are helping everyone.
- 2 WASH YOUR HANDS**  
Sing the Happy Birthday song twice every time you wash your hands, rub them together with soap!
- 3 KIDS ARE STRONG**  
Eat healthy foods, sneeze into your elbow, drink lots of water and try not to touch your face!
- 4 IT CAN IMPACT ANYONE**  
It doesn't matter where you or your parents come from, be caring to everyone. It's not your job to worry.

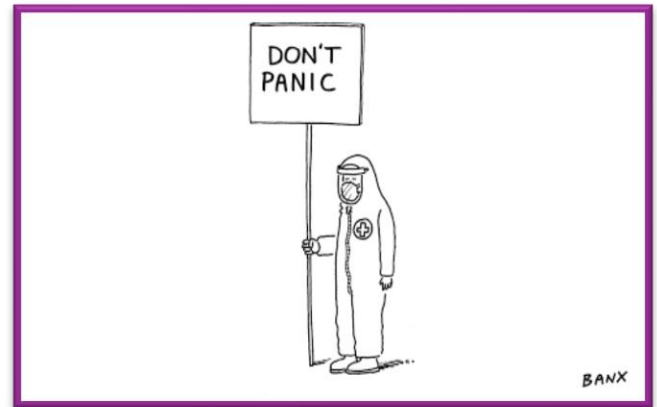
**FOR A TOOLKIT OF RESOURCES**

★★★★★  
Beverly Hills Unified School District

VISIT [BHUSD.ORG/COVID19/](https://www.bhUSD.org/COVID19/)

## More Useful Ways to Manage COVID-19

- Check in with your students
  - Encourage your students to try new things while at home, like cooking a new meal, sewing a button onto a shirt, virtual museum tours...etc.
  - Update students on ways you have been keeping busy
- Check in with colleagues - we're all in this together



## Things You Can Do to Support Yourself

- Take breaks from watching, reading or listening to news stories, including social media - separate yourself from the chaos
- Take care of your body
  - Take deep breaths, stretch your body or meditate
  - Eat healthy well-balanced meals, exercise regularly and get plenty of sleep and water
- Make time to unwind
- Connect virtually with others about your concerns and how you are feeling

**MANAGING CORONA VIRUS (COVID-19) ANXIETY**

**For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

**For Kids**

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

**For Quarantine/Isolation**

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

*BlessingManifesting*