



# PLUMAS LAKE SCHOOL DISTRICT COUNSELOR'S CORNER

4/29/20

## MR. BABAR - ELEMENTARY SCHOOL COUNSELOR

### "Positive Statement Activity"

Many of our students may be feeling a bit sad, upset, or holding onto negative feelings due to unfamiliar distance learning, not being able to regularly see friends, and big changes at home and the world around them. If your child is experiencing any of these feelings, please remind them that they are not alone. Share with them that most adults have these exact feelings too from time-to-time. In many ways, these strong feelings are normal and to be expected in this strange phase of our lives. Acknowledging our children's feelings while giving them an opportunity to share their thoughts can help them feel appreciated, understand their feelings better, and improve their mood and mindset. This is especially true if we, as parents and adults, can talk about our own strong feelings and model appropriate coping strategies.

Next, I would like to share a fun positive statement activity that you can do with your children. Start off with a conversation about what positivity is all about. For example, you can define positivity as having a positive attitude or optimistic thoughts. Positivity is about looking at the bright side of life by focusing on making solutions and expecting successful results. You can then talk about a positive experience you had over the week and allow your child or children to share a positive statement as well.

For children, in grades K-3, it can be exciting to practice positive statements through art. For example, you can suggest or provide a template of a sun with rays, clouds, a flower with petals, a dinosaur with scales, and so on. Your student can individually, or as a family, record positive statements (ex. "I can do anything!") onto the artwork (ex. the flower petals or the dinosaur scales). See the designs on page 2 of this newsletter for ideas!

For upper-elementary students, or those students who are a little more independent, you can offer journals in which they can draw and/or write about their feelings. Here are links to journals for grades K-3 and 4-5:

<https://static1.squarespace.com/static/5dc5d641498834108f7c46a5/t/5e71a10b06c295622824eab6/1584505100422/Friendly+My+Daily+Journal+K-2.pdf>

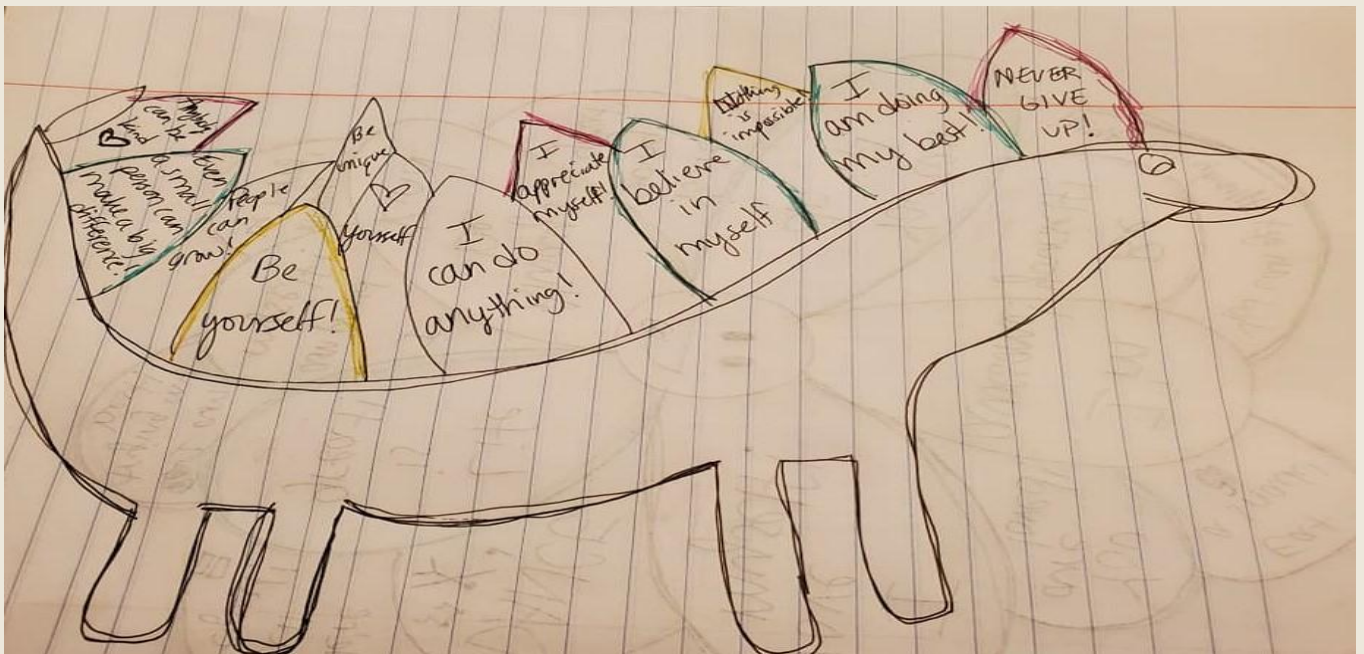
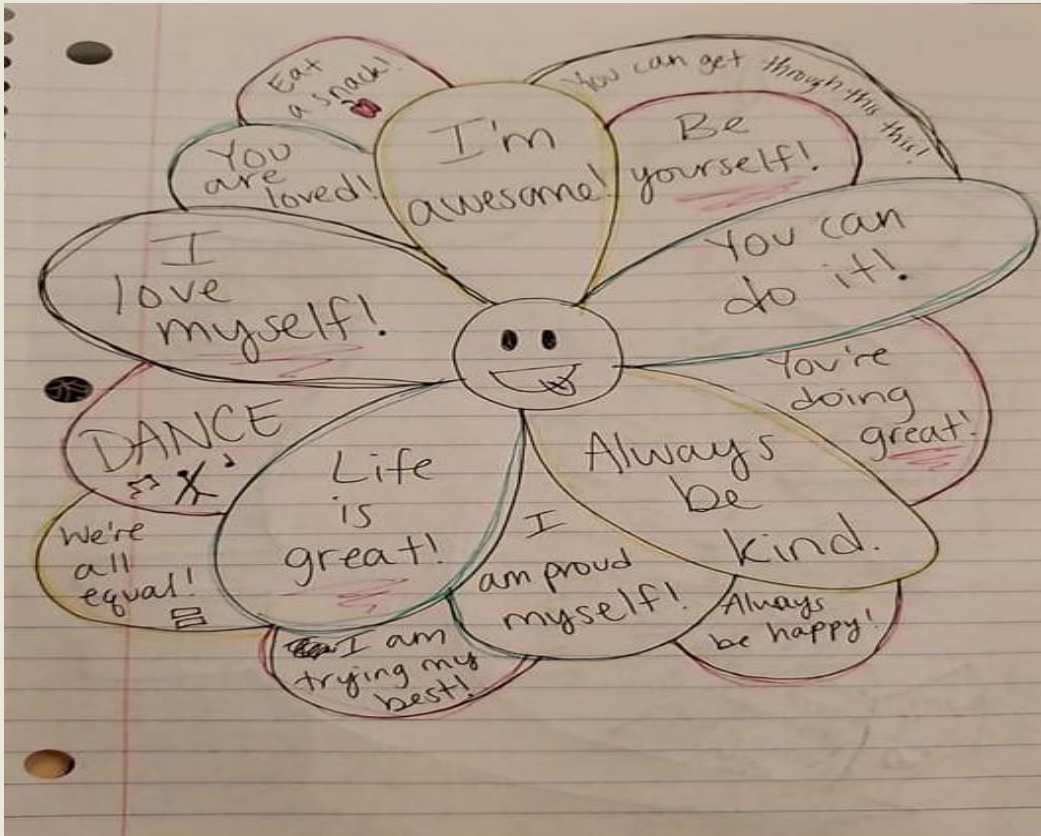
<https://4.files.edl.io/78ba/03/31/20/210559-2f517011-395f-410e-89b1-accaebdc3b57.pdf>



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## Ms. EMBRY - MIDDLE SCHOOL COUNSELOR

# MAY IS MENTAL HEALTH MONTH 2020

Mental health awareness is important because our emotional and mental health is a vital part of our lives and impacts our thoughts, behaviors, and emotions at every stage of life. **Early intervention is the best intervention.** The American Psychological Association (APA) reports approximately one out of every five children in America has a diagnosable mental health disorder. Despite that fact, most individuals don't seek help until adulthood.

To help reduce the Mental Health stigma, We Promote Mental Health Awareness!



mental health  
IS JUST AS  
important as  
PHYSICAL HEALTH

Sources: [The Importance of Mental Health in Schools](#)

[Promoting the Awareness of Children's Mental Health Issues](#)

[Learn About Mental Health](#)

[NAMI- Mental Health Month](#)

### COVID-19 AND YOUR MENTAL HEALTH

While we are familiar with viruses like the common cold and the flu, the coronavirus COVID-19 is new and presents a situation that none of us could have imagined a few weeks ago. The fact that it is extremely contagious has resulted in business closures, social distancing, and quarantine measures which have disrupted our daily lives. It is more important now than ever to pay attention to mental health during this time of isolation and uncertainty.

#### YOUR CONCERNS ARE VALID

There are many reasons that you might be concerned or worried about COVID-19. Some of the most common are:

- Getting sick
- Facing the virus onto others, especially those that are high risk
- Adjusting to a new reality for an uncertain amount of time
- Taking care of and supporting your family
- Concern about the health of your friends and family
- Financial stress
- Not being able to connect with friends and family the way you're used to
- Shortages of certain common supplies

#### REALIZE WHAT YOU CAN CONTROL

One of the most frustrating things about COVID-19 is that so much about this virus and the conditions on which you can go are out of your control. However, there are things that you can control, and focusing on those things can provide you with some comfort. Some of the things you can control include:

- YOUR MIND AND BODY**
  - Keep a healthy diet
  - Exercise at home
  - Get enough sleep
  - Take care of your mental health
  - Maintain self-care and personal hygiene
- YOUR IMMEDIATE ENVIRONMENT**
  - Your house, your bedroom, your closet, your kitchen - now is the time to clean and get organized
  - Make responsible choices about when to leave the house and only go when necessary
  - Limit the number of people you come into contact with
  - Work from home if you are able to
- WHAT YOU CONSUME**
  - Don't overdo your news and information intake
  - Get your information from reliable sources like the CDC or WHO
  - Watch TV, movies, and videos that make you feel good
- HOW YOU PREPARE**
  - Keep 2-4 weeks of food on hand
  - Avoid overstocking on supplies that are in high demand so other people can have enough of the essentials too
  - If you take medication, get refills and keep a month's supply at home if possible
- HOW YOU PROTECT YOURSELF**
  - Regularly wash your hands for 20 seconds with soap and water or use a hand sanitizer with at least 60% alcohol
  - Avoid touching your eyes, nose and mouth
  - Avoid greeting people by shaking hands, hugging or hugging
  - Keep 6 feet of distance between you and anyone who is coughing or sneezing
- HOW YOU PROTECT OTHERS**
  - Stay home if you are sick aside from getting medical care
  - Cover your cough and sneezes
  - Clean and disinfect frequently touched surfaces

#### SIGNS OF ANXIETY

It is normal to be worried and stressed during times of crisis. While worry is a part of anxiety, people with anxiety tend to experience more exaggerated feelings of worry and tension. Some common symptoms include:

- Uncontrollable worry or stress
- Stomach and digestion problems
- Trouble with concentration and thinking clearly
- Increased heart rate
- Changes in energy and difficulty sleeping
- Irritability and/or restlessness

In extreme cases of anxiety, people may experience a panic attack. Panic attacks are often mistaken for heart attacks and first responders should be called to take to someone able to calm their fears and provide other assistance.

#### MANAGING ANXIETY

There are small things that everyone can do while practicing social distancing or self-quarantine to help reduce the amount of anxiety they are experiencing.

- Use resources like online support groups, hotlines, or text lines
- Exercise at home
- Use resources like online support groups, hotlines, or text lines
- Set boundaries with your phone
- Use a medication or medication app
- Set a timer for your attention on tasks at work
- Create a new routine
- Take 10 deep breaths when you feel stressed

#### WHEN ANXIETY WON'T LET UP

If you're taking steps to manage worry and anxiety during the COVID-19 crisis but they don't seem to be helping, there are additional resources you can take advantage of.

- Mental Health Screening**  
If you feel like you are struggling with your mental health, visit [mhareviewing.org](#) to check your symptoms.
- Crisis Hotlines and Textlines**  
If you're experiencing emotional distress related to COVID-19, crisis counselors are available 24/7, 365 days a year.  
Call 1-800-985-5999 or text "MHWAY" to 726-746.  
If you are in crisis or thinking about suicide, get someone you trust to call crisis center and get in touch with someone immediately.  
Call 1-800-273-8255 (TALK) or text "988" to 726-746.

It's free, private, and anonymous. Once you have your results, MHA will give you information and resources to help you start to feel better.

Find more information and resources about COVID-19 and mental health at [mhainformation.org/covid19](#).

**MHA B4Stage4**

[#mentalhealthmatters](#)  
[#mentalhealthawareness](#)  
[#mentalhealthmonth](#)  
[#mentalhealthmatters](#)  
[#mentalhealth](#)

## COVID-19 and Your Mental Health

# Mental Health Awareness Videos

TALKING  
MENTAL  
HEALTH

Dealing with anxiety  
& mental health  
during a pandemic

Coronavirus advice

babylon



**Under Pressure**  
Mindfulness for Teens

www.2bpresent.com

We can break the stigma.



**MENTAL  
HEALTH**



**3 TIPS  
TO BOOST  
YOUR  
CONFIDENCE**

TEDEd

## Resources

[Mental Health Links for Families](#)

[5 Tips to Help Parents Ensure Teen Mental Wellness](#)

[NIMH Children and Mental Health](#)

[Teen Mental Health: Supporting Your Child](#)

[Teen Mental Health](#)

“Don't forget  
to take care  
of yourself.  
Self-care  
is key.”

— Krysta Lee Deranick

The  
**MIGHTY**