Haldane High School

Find all kinds of information to support you during this time away from school

We are Connected; We are Here; Only an Email Away

9th Grade School Counselor:

Lisa Kahan, <u>lkahan@haldaneschool.org</u>

10th - 12th Grade School Counselor:

Amanda Cotchen, <u>acotchen@haldaneschool.org</u>

High School Social Worker:

Scott Many, <u>smany@haldaneschool.org</u>

Your counselors are available via Google Hangouts, phone, or email during regular school hours.

Email them to make an appointment.

MANAGING CORONA VIRUS (COVID-19) ANXIETY



- -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

-Reassure them that they're safe

about their worries
-Share your own
coping skills

-Limit their news

- Create a routine

& structure

exposure

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



WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS

@HOLISTICALLYGRACE

INFORM

LIMIT EXCESSIVE, CONTINUOUS EXPOSURE TO MEDIA. INFORM, WITHOUT OVERWHELM. SET BOUNDARIES AROUND TIME.

TRUSTED SOURCES.



CONNECT

REACH OUT FOR EMOTIONAL SUPPORT, CONTACT LOVED ONES, ISOLATION IS DETRIMENTAL TO OUR HEALTH



👺 SOOTHE

DEEP BELLY BREATHING, GROUNDING TECHNIQUES, GUIDED IMAGERY, PRAYER, CALMING SOUNDS, LAUGHTER, SINGING



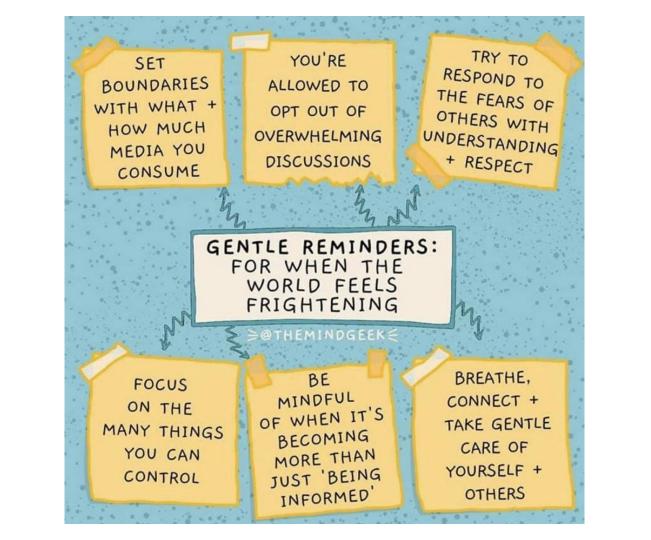
CONTROL

FOCUS ON THINGS WE CAN CONTROL: WASH HANDS, HYDRATE, NOURISH, CONTACT HR REGARDING WORK POLICIES, ADJUST FINANCES



HONOR + DISTRACT

ACKNOWLEDGE FEAR, ANXIETY. FIND ACTIVE WAYS TO DIVERT ATTENTION: PUZZLE, READ, CRAFT, ETC.



ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify













Distance Learning: Remote/Digital Instruction

- Teachers will be communicating with students via Google classroom and school-issued email.
- Content or assignment-specific questions? Email your teachers directly using school-issued email.

AP Classes: What to Know

- "The AP Program is developing resources to help schools support student learning during extended closures, as well as a solution that would allow students to test at home, depending on the situation in May. Additional information will be posted by March 20."
 -CollegeBoard, March 16, 2020
- Click, <u>here</u>, for more information and updates from CollegeBoard

College Classes: What to Know

- Each college has provided parameters for teachers. Your teachers will contact you via Google Classroom with updated information. This relates to all courses taught in conjunction with:
 - Dutchess
 - Albany
 - Syracuse
 - Dominican

Things to Do While Away from School

Journal!

- Write a Letter to a Friend or Family Member!
- Read a Book or Magazine...for fun!
- Have a Dance Party with Friends via FaceTime!
- Disconnect from Social Media...even if it's just for 30 minutes!

Virtually Tour Museums: Google Arts and Culture

Practice for the SAT

Center Yourself When Things
Get Overwhelming
By Practicing
Mindfulness Techniques

Search Colleges & Take a Virtual Tour!

- Login to <u>student.naviance.com/haldane</u> to search for colleges
- While many colleges are cancelling their campus tours, open houses, and preview days, you can take a virtual tour on their site.
- Reach out to college admissions reps via email with any questions you may have.
 Even though you cannot visit campuses this spring, you can still connect with admissions rep!
- Apply for Local, State, and National Scholarships, here.

Above all else, Remember to:

Take care of yourself.
Take care of your family.
Do something kind for someone else.
Reach out for help when you need it.

We are all in this together.