



# LMS and HHS Social Emotional Newsletter



## Support & Care Reminders



### **Establish and maintain a schedule at home**

Instill a routine in your day-to-day activities at home to help create predictability, decrease uncertainty, and feel in control.



### **Engage in activities that support regulation**

Consider sensory-based activities such as:

- Deep breathing
- Listening to music
- Making art
- Dancing to a favorite song or playlist
- Stretching or yoga
- Journaling
- Going outside for a walk



### **Validate emotions and normalize reactions**

It is OK to have and express emotions. Talk about these feelings with a trusted adult, how you are experiencing them, and to develop healthy ways to react to these feelings.



### **Foster relational enrichment and connection**

Create meaningful ways to promote and foster emotional connection with other such as a parent or caregiver, teachers, coaches, therapists, or community group leaders.



### **Be mindful of media intake and exposure**

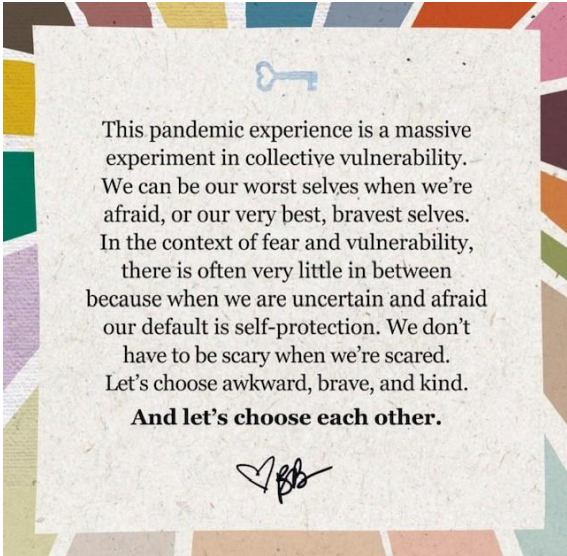
Limit or take intentional breaks from media exposure at home—on television, devices, and online.

<https://starr.org/childrens-mental-health-awareness-in-times-of-covid-19>

### Did you know...



- Sleep is vital to your well-being.
  - It is natural teens to not be able to fall asleep before 11:00 pm.
  - Teens need 8-10 hours of sleep a night.
  - Not getting enough sleep can limit your ability to learn, listen, concentrate and solve problems.
  - Not getting enough sleep can lead to aggressive or inappropriate behavior.
- <https://www.sleepfoundation.org/articles/teens-and-sleep>



<i>I am always important, no matter what.</i>	<i>I've dealt with harder situations and I know it will get better.</i>
<i>This hurts, so I need to be extra kind towards myself.</i>	<i>This is tough, but so am I.</i>
<b>Coping thoughts</b> AVERSTH.COM	
<i>Not everything will go my way, but I will try to be flexible.</i>	<i>It's not that great right now, but it's not the worst thing either.</i>
<i>Everything will get better, sooner or later.</i>	<i>If I stay strong I know I will get through it.</i>

Think about it...

Write it...

Draw it...

- Find something that:
- Makes you happy
  - Surprises you
  - Makes you feel nervous
  - Helps you remember a trip
  - Reminds you of someone you miss
  - You are looking forward to doing
  - Is a favorite gift
  - Makes you happy outside

There are going to be frustration in life. The question is not: How do I escape? It is: How can I use this as something positive?

~Dalai Lama

### Resources to Help You and Your Child Manage Stress or Emotional Concerns

#### VIDEOS:

<https://www.youtube.com/watch?v=MbmLNR89L-A> – TED Talk on Emotional Intelligence from a Teenager’s Perspective

<https://www.youtube.com/watch?v=mcr-OC5kOUE> – Healthy Home Practices during COVID-19

<https://www.youtube.com/watch?v=xzNMABRELPg> – Dealing with Anxiety and Mental Health during a Pandemic

#### BOOKS:

*Connect the Thoughts: Dot Your Life, Free Your Mind* by Chronicle Books

*Do You Know Who You Are?* by Megan Kaye, edited by Allison Singer

*Anxiety Sucks! A Teen Survival Guide* by Natasha Daniels

### Crisis Support

- Contact your child’s pediatrician or mental health provider
- [Kanihelp.org/resources](http://Kanihelp.org/resources)
- In the event of an emergency, call 911 or call your local emergency room

For more information, email your building mental health support clinician:

- Limestone Middle School: Kristina Hubly, [hublyk@hcsud2.org](mailto:hublyk@hcsud2.org)
- Herscher High School: Julia Daly, [dalyj@hcsud2.org](mailto:dalyj@hcsud2.org)



### ONLINE SAFETY CHECKLIST FOR STUDENTS

There are a lot of fun, creative, and exciting things to do online! But it’s important to remember to stay safe in order to continue having fun. Before you post anything, or as you play games with others, use this checklist to keep yourself safe:

- I am not sharing Personally Identifiable Information (PII) like: my name, my address, my birth date, or my school name.
- I am not posting pictures without my parent’s approval.
- My parents know the website I am visiting or the game I am playing.
- I am not talking to anyone I don’t know without my parent’s approval.

How do you know when something online may be unsafe? Here’s when to talk to an adult:

- If someone asks for your personally identifiable information (P.I.I.).
- If someone you don’t know asks to connect over email, in a private message, or over video chat.
- If someone you don’t know asks you to send them pictures.
- If you notice or experience bullying online.
- If anything you see makes you feel uncomfortable. Trust yourself! If it looks scary or strange and makes you feel uncomfortable, stop and tell an adult.

MOVE THIS WORLD



Soon, when all is well,  
you're going to look back on  
this period of your life and  
be so glad that you never  
gave up.

-Brittany Burgunder



## SIX WAYS TO PRACTICE GROUNDING

with anxiety + intense emotions



**body**

lay on the ground, press your toes into the floor, squeeze playdough



**5 senses**

wear your favorite sweatshirt, use essential oils, make a cup of tea



**self-soothe**

take a shower or bath, find a grounding object, light a candle



**observe**

describe an object in detail: color, texture, shadow, light, shapes



**breathe**

practice 4-7-8 breathing: inhale to 4, hold for 7, exhale to 8



**distract**

find all the square or green objects in the room, count by 7s, say the date

## 6 STEPS TO MINDFULLY DEAL WITH DIFFICULT EMOTIONS



**1 Turn toward your emotions with acceptance**  
Become aware of the emotion and identify where you sense it in your body.

**Identify and label the emotion**  
To stay mindful, say to yourself, "This is anger" or "This is anxiety."



**2**



**3 Accept your emotions**  
Don't deny the emotion. Acknowledge and accept that it is there.

**Realize the impermanence of your emotions**  
Even if the emotion feels overwhelming, remember that it will pass.



**4**



**5 Inquire and investigate**  
Ask yourself, "What triggered me? Why do I feel this way?"

**Let go of the need to control your emotions**  
Be open to the outcome of your emotions and what unfolds.



**6**

The Gottman Institute

## SELF-SOOTHING

Self-soothing is a quick and effective way to reduce the intensity of negative emotions.



**Sight**

Low lighting  
Soothing colors  
Sleeping masks  
Coloring books  
Pinterest Collages

**Touch**

Soft things  
Cuddle things  
Massage  
Hot/cold shower  
Heated/weighted blanket



**Sound**

Calming noise  
ASMR videos  
Nature sounds  
Guided meditations  
Binaural beats

**Smell**

Aromatherapy  
Fresh air  
Candles/incense  
Comforting smells



**Taste**

Strong flavors  
Warm drinks  
Eat slowly  
Nostalgic flavors

[www.blessingmanifesting.com](http://www.blessingmanifesting.com)