



Importance of self care

Information for students and families



This is a time to build your resilience

- The staff at GHS miss you and want to see you all well.
- EVERYONE is affected by Covid 19, and there are many things you can do to take care of yourself in this challenging time of isolation.
- Trying to find balance and taking care of yourself are very important.
- Think about ways that you can take charge of your health!

Movement

- Try to find comfortable ways to exercise, lots of creative options
- Shoot for 30-40 minutes of movement a day
 - Dance, aerobics
 - Weight lifting (can use objects in your home) or circuits
 - Yoga (lots of online offerings)
 - Stretching
 - Walking, running, biking
- Alternate modes to keep you from getting stagnant/bored, set up a schedule
- Try and get some fresh air when you can (just keep social distancing!)

Make efforts to sleep regularly

- Stress affects our ability to sleep well
- Try and stick to a routine
- Use relaxation techniques to fall asleep
 - Listen to calming music
 - Stay off phones for an hour prior to falling asleep
 - Use visualizations to think about relaxing
 - Give yourself a reminder that tomorrow is a new chance for learning and connection with others

Goal Setting

- Keeping your mind engaged in day to day activities helps reduce stress, and can help you get back into a routine.
- Growth - acknowledging and accepting that you can have control over new learning. You can choose new areas to explore and communicate.
- Maintain focus on the present, while visiting the future.
- Think about ways you can make things better for others, see beyond yourself.

Limit yourself with social media

- Be aware of the amount of time spent on personal devices
- Give yourself breaks, and recognize how you are feeling after you leave the device
- Remember that this is such an important time to lift others up and exercise restraint when you see others being unkind. Jumping into negative comments/actions impulsively can makes things worse.

Utilize/Build your coping skills

- Work on your emotional expression - write, draw, journal
- Listen to or create music
- Talk/connect with someone you trust
- Pick up a new strategy for wellness like yoga or meditation, lots of resources online
- Immerse yourself in a new project - rearrange things in your house, clean out things you no longer need, focus on your future, be creative.
- Read or reread a book
- Exercise

Continue (or start) to connect with people

- Be creative about staying in touch
- Reach out to family and friends, remember those who may have more limited contact (relatives far away or are isolated alone)
- Make sure you have trusted adults that you can talk about your feelings with
- Remember that communication can mean sending a note, letter, photo or piece of art in the mail.
- Use call lines as needed - when feeling hopeless or in need of help
 - Youthline for support text 839863 or call 1-877-968-8491
 - LGBTQ students can call the Trevor Project 1-866-488-7386

Intellectual Goals

- Great timing to push yourself in a new realm, you can explore an area you have considered and attain new skills
 - Cooking
 - Coding
 - Yoga
 - Music
 - Research

Use time to explore your future opportunity

- Research and explore future plans and paths
- Dive into options for a career, training or coursework
- Get to know our college and career website
<http://gladstonecollegeandcareer.weebly.com/>
- Think about ways to explore new interests
- Follow our college and career instagram and facebook pages: GHS Bright Futures

Volunteering

<https://www.dosomething.org/us/articles/9-places-to-volunteer-online-and-make-a-real-impact>

Great ideas above such as helping at a Smithsonian, translating or write letters for a non-profit

You can still help others, build your resume and make an impact from home!

Additional support

- Please review the list of resources posted on our GHS page to note important places to access assistance. Phone numbers and websites are listed for things like:
 - Internet access
 - Medical/mental health care
 - County assistance (food stamps, housing, utilities)