

# A Note from your School Counselor

Students,

We are missing you during this time! New things can be scary and it is okay to feel these emotions. We want to encourage you to move each day, read each day, help others in your house, and to think positive. If your emotions become too big we want to encourage you to use the strategies below to help regulate yourself. We are here to support you as needed and can not wait to return back to school with you.

## 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

## Calm Down Strategies for Kids

Pathway 2 SUCCESS

- Color or draw
- Think happy thoughts
- Take deep breaths
- Talk to someone
- Make a list of choices
- Set the timer and take a break
- Read
- Think of a pet
- Look at photos
- Use positive self-talk
- Take a walk or exercise
- Write in a journal

www.thepathway2success.com  
clipart by Kate Hadfield

## Families,

This time of uncertainty can bring up many feelings for the children in your home as well as the adults.

We want to provide you some easy resources and strategies to help ease these feelings.

We also are available if the need arises for us to schedule a time to talk to your student. Please see the email for your school counselor below.

We are here to help navigate this path alongside you as we are all learning through this time.

Please reach out to any of us or the other attached resources as needed.

Contact Information:

- CENT- [mspann@dcstn.org](mailto:mspann@dcstn.org)
- CES- [hmconnell@dcstn.org](mailto:hmconnell@dcstn.org)
- DES- [gbrooks@dcstn.org](mailto:gbrooks@dcstn.org)
- OES- [braynor@dcstn.org](mailto:braynor@dcstn.org)
- SBES- [mmaddox@dcstn.org](mailto:mmaddox@dcstn.org)
- SCES- [aturk@dcstn.org](mailto:aturk@dcstn.org)
- TDS- [jchristian@dcstn.org](mailto:jchristian@dcstn.org)
- VES- [apalmore@dcstn.org](mailto:apalmore@dcstn.org)
- WBES- [jlankford@dcstn.org](mailto:jlankford@dcstn.org)

Outside Resources:

- Dickson County Help Center: 615-441-0076
- Mobile Crisis: 855-274-7471
- Central Office: 615-446-7571

## Fun Post-Secondary Awareness Activities:

<https://www.youvisit.com/collegesearch/>

<https://www.tn.gov/gearuptn/outreach-resources/path-to-college.html>

## Wellness APPS

