

Counseling Corner

Week of 4/20/2020

What is Mindfulness?

Mindfulness means that you focus your attention on the present moment. It can help reduce your stress and improve your happiness.


This is how you do it! You need to focus on the here and now and don't think about the past or the future. There has been research that has supported that mindfulness can help in depression and anxiety. So while you are at home if you are feeling anxious and or depressed here are a few exercises you can practice:

1. Sit quietly and close your eyes and take a deep breath and concentrate on your breathing. Don't think about anything else.
2. Concentrate on air flowing through your nose down into your lungs, hold it for 5 seconds. Now exhale through your mouth and just concentrate on your breathing. Don't think about anything but your breathing.
1. If your mind starts to wander redirect your thoughts to concentrating on your breathing.
2. Start with trying to do this for 5 minutes a day!

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

BlessingManifesting

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

Dinner Discussion:
What are you grateful for?

Activity for your quarantine:

Start a journal. Describe what is happening during your quarantine. This is going to be an event that is going to be an important part of history. You will be able to tell your children about your experience. So write things down. It will be a great resource about what you have gone through. It will also help you to write down your fears and concerns. Talk to someone you can trust about your concerns. If you want to talk to one of the counselors, just email us.

If you need to contact one of the counselors here are the emails:

Melba Holloway: mdholloway@pelhamcityschools.org

- 6th grade
- 7th grade (last names) A-L

Laura Cochran: lcochran@pelhamcityschools.org

- 7th grade (last names) (M-Z)
- 8th grade