



Dear GWE Family,

Although I will miss seeing you in person for the next few weeks, I'm still here for you! Please don't hesitate to reach out. This is a difficult time for everyone, but I firmly believe we will be stronger and more resilient as a result.

During the school closure, LSR-7 School Counseling Department will be operating virtually. Email will be the best way to reach me (mindijones@lsr7.net). I will consistently check my voicemail (816-986-1326) during my office hours. My office hours are Monday - Friday 9:00 - 11:00.

Below you will find some tips to take care of you and your students as well as available resources. If you need anything, please don't hesitate to contact me.

Stay healthy,

Mindi Jones
Professional School Counselor

Tips for Taking Care of Your Mental Health During Coronavirus Closures

- Take breaks from watching, reading, or listening to social media and news stories about COVID-19. It's okay to stay informed, but overexposing ourselves to too much information can be stressful and overwhelming.
- Make sure you are still taking care of your body! Getting enough sleep, eating healthy, and making sure we are still moving around can help us take care of our mental health. Some ideas to consider:
 - Practice mindfulness and/or meditation.
 - Make sure to get some fresh air and sunlight, maybe sit by a window while doing homework/or reading, do a quick workout in your own yard, etc.
 - Use home workout videos to keep moving and exercising.
 - Find some healthy recipes and try your hand at cooking, not only are you fueling your body with healthy food, but it could also be a fun experience!
- Make time to connect with others who live in your home or with friends through phone calls or video chats. Talk with people you trust about your concerns and how you are feeling.
- Practice hobbies and activities you enjoy. It's important to keep up on school and work, but fun and enjoyment are also factors that promote positive mental health. This could also be a good time to try something you've never had the time to do. Sites like Youtube have plenty of free how-to videos that can help you learn new skills, such as new dance moves, cooking techniques, or how to crochet.

Local Resources

[LSR-7 District Community Resource Guide](#)

Additional Resources

[LSR-7 COVID-19 Website](#)

[Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#) (SAMHSA)

[Care for Your Coronavirus Anxiety](#)

[Helping Children Cope with Emergencies](#)

[Children and Youth with Special Healthcare Needs in Emergencies](#)

[10 Things To Do With Your Teens While 'Social Distancing' During the COVID-19 Pandemic](#)

If you or someone you know is in crisis, please dial 911, go to the nearest emergency room, call 1-800-273-TALK (8255) to reach a 24-hour crisis center or text MHA to 741741 at the Crisis Text Line.