

I shall stay calm in moments of stress and anxiety, so as to allow positive thoughts and actions to manifest from me.

.....LEON BROWN.....

Hello, Lorain High School Titans. This is a unique and possibly stressful time in your lives. You may be feeling anxiety or possibly increased stress. Listed below are tips from your School-based Mental Health Provider, Beech Brook, to manage your thoughts and feelings.

STRESS AND COPING

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones. (What if Grandma gets sick? She is alone and could be scared.)
- Changes in sleep or eating patterns. (Teens/children are sleeping most of the day and up all night.)
- Difficulty sleeping or concentrating. (I can't sleep at night, and I am struggling to do my schoolwork because I am worried. Are we going to be stuck in the house forever? Will I ever see my friends again?)
- Worsening of chronic health problems. (Are these allergies or do I have the virus? I am starting to cough and feel a little warm; now I am worried that I will get sick.)
- Worsening of mental health conditions. (I feel scared and anxious; all of this feels outside of my control. I feel so depressed because I am disconnected from friends and family.)
- Increased use of alcohol, tobacco, or other drugs; this could also include excessive television, internet, or phone usage. (Maybe if I'm numb, I won't be so scared.)

Ways to cope with stress:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
 - Take care of your body. Take deep breaths, stretch, or meditate. There are some wonderful apps for meditation that can be downloaded free on your phone or tablet. Examples are:
 1. Calm
 2. Headspace
 3. Aura
 4. Breathe
 5. Insight Timer
 6. Mindfulness



- Try to eat healthy, well-balanced meals.
- Exercise regularly, get plenty of sleep.



- Make time to unwind. Try to do some other activities you enjoy.



- Connect with others. Talk with people you trust about your concerns and how you are feeling.



Improve Your Sense of Control and Adaptability

- Accept circumstances that cannot be changed and focus on what you can alter. (What is it I have control of? The things out of my control I will not focus on.)
- Modify your definition of a "good day" to meet the current reality of the situation. (Spending time with family or getting out to take a walk may be the definition of a "good day" in this new normal we are living.)
- Problem-solve and set achievable goals within the new circumstances in your life. (Set small goals for the day that are attainable. This will give you a sense of accomplishment.)
- Evaluate the absolute risk of contracting the virus and recognize the benefits of accepting a certain level of risk in order to maintain as much of your normal routine as possible.

Informational Link: <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home>

Remain Hopeful

- Consider the stressful situation in a broader context and keep a long-term perspective. (This too shall pass. Find the positives in the situations even when they look bleak.)
- Look for opportunities to practice being more patient or kind with yourself, or to see the situation as an opportunity to learn or build strengths. (What can I learn about myself during this time?)
- Celebrate successes, find things to be grateful about, and take satisfaction in completing tasks, even small ones.
- Give yourself small breaks from the stress of the situation by doing something you enjoy every day.
- Draw upon your spirituality, those who inspire you, or your personal beliefs and values.



Although this is a very difficult time for us all this will also be a very important part of our history. One day someone will look at you and ask, "Where were you during the Covid-19 pandemic of 2020?" Use this link to build your own time capsule to one day share with your children and grandchildren. So, when they ask you, can show them exactly what you went through.

Link: <https://kidsactivitiesblog.com/137490/printable-helps-your-kids-make-a-quarantine-time-capsule/>

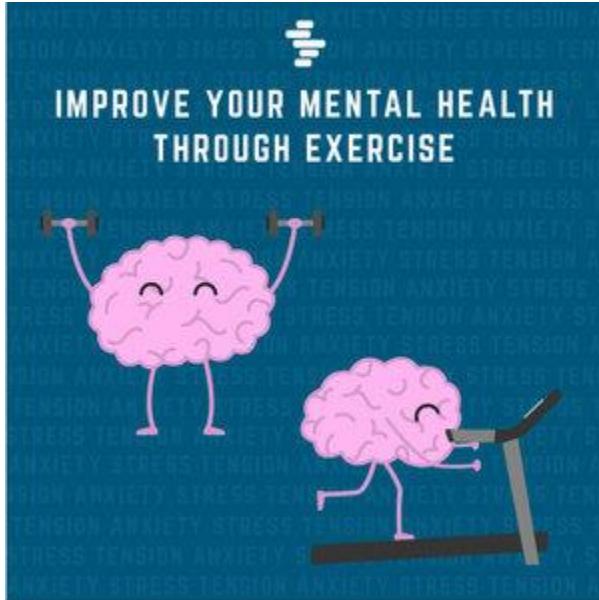
Family fun Link: <https://childmind.org/>

Virtual Field Trips: <https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html>

If you have additional questions about the suggestions listed above and/or are interested in behavioral health services, please contact Clinical Supervisor, Amanda Nowak at anowak@beechbrook.org or 440-781-8806.

Exercise for Mental Health

Beech Brook Therapeutic Behavioral Specialist, Tanautica Bush



Benefits of Exercising

- Helps reduce stress levels
 - Exercise helps with medical conditions correlated with stress
- Boost self-confidence/ esteem
 - Exercise can improve physical appearance that can make you happy
- Boost memory and brain power
 - Helps with synthesis of new brain cells
- Adequate sleep
 - Improves sleep patterns
- Increases energy output
- Helps with depression
 - Exercise helps hormones with reduces anxiety and increases mood

<https://www.ukgymequipment.com/blog/benefits-of-exercise-to-your-mental-health/>

Examples of at home workouts for both kids and adults

- Meditation exercises/ yoga

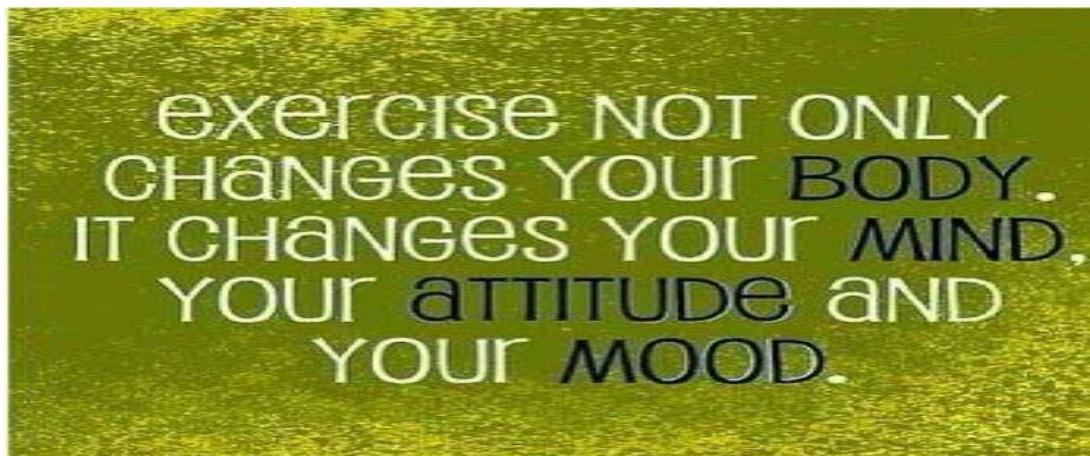


- Sit-ups
- Push-ups
- Squats
- Lunges



- Planks
- Leg raises
- Jumping jacks

And REMEMBER.....



Resource videos for workouts

<https://www.youtube.com/watch?v=dhCM0C6GnrY>

<https://www.youtube.com/watch?v=5if4cjO5nxo>

<https://www.youtube.com/watch?v=xlg052EKMtk>

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HEY TITANS!!!

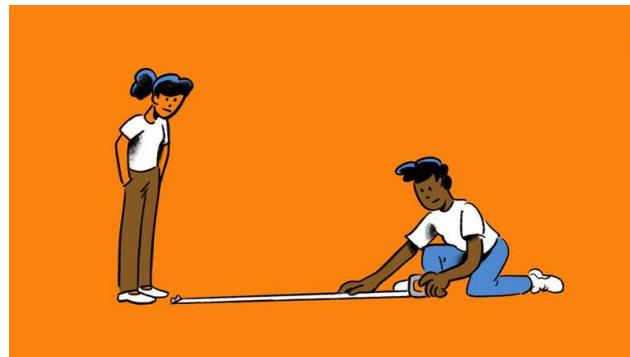
I hope everyone is healthy, happy, and practicing Physical Distancing. Physical Distancing NOT social distancing. Being social is what we all need right now. Here are some tips to stay safe while being social.

Beech Brook, School-based, Mental Health Provider

We may be six feet apart, but we can still reach out with love!



TIPS FOR PHYSICAL DISTANCING & STAYING CONNECTED



- Maintain a daily routine and healthy lifestyle.
- Follow good distancing and hygiene habits when you are in public.
- Spend time outdoors as much as possible.

- Stay virtually connected with people you can't visit in person.
- To avoid cabin fever, keep your mind and body active.

Physical distancing can make you lonely. Here's how we can all stay connected during these difficult uncertain times!

We are all social beings so **STAY CONNECTED**



TIPS TO REMAIN CONNECTED:

- Think about how you can interact with others without putting your health (or theirs) at risk. Can you speak to your neighbors from over a fence or across balconies?
- If you have a smartphone or an IPAD use the video capabilities. When we can't see people in real life, we can still see them. FaceTime, Google Hangouts, Zoom, or Houseparty can all help us stay connected. Instead of texting words, start sending voice memos to friends and family.
- Check in with your friends, family, and neighbors regularly. Using text chains is also a great way to communicate with friends you cannot hang out with.
- Send fun items—postcards, letters, care packages. It's always fun to get something in the mail. And making loving gestures for others will lift our spirits, too.
- Spend time connecting with people in your home. Use this time to improve your existing relationships
- Manage your stress levels by exercising, meditating, and keep to a daily routine as much as you can.

A GREAT ARTICLE ON SOCIAL DISTANCING: <https://parade.com/1011597/nicolepajer/ways-to-stay-social-coronavirus/>

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Establishing and Maintaining A Routine



Hello, Lorain High School Titans! This is a profound time in our country, and we are all trying to figure out how to move forward, stay connected, and reestablish our routines. As one of your school-based mental health providers, I wanted to provide you with some info and tips on the importance of establishing and maintaining a routine!

School-based Therapist, Stephen Bond, LSW



Routines can anchor us

Routines are like our anchors. No matter what is going on in our days, knowing when we will be eating dinner, going to bed, calling our best friend, or practicing our hobbies, can be very comforting. This is true during quarantine and in our regular daily lives. Coping during unpredictable times can feel much easier when we have a little structure! Routines make us feel better.

Routines reduce stress

Trying to remember everything we must do every day can be overwhelming and stressful. When we have a routine, we get used to our schedules, and become less overwhelmed by what to do next. This allows us to feel more in control and less stressed! **TIP!** Use Your School Planner

Routines promote healthy daily habits

Routines help us develop healthy habits and take care of ourselves. Organizing time allows us to create time for ourselves. Routines are for more than just our responsibilities; routines make sure we have the time to do what we love!

Routines help us sleep

Sleep is so important for our mental health. Our bodies get used to our "sleep-wake cycles." Going to bed around the same time and waking up around the same time every day puts us in a better mood. It allows our bodies and minds to rest.



Don't forget the important things!

Building a routine allows us to make time for ourselves. It's not perfect, and there will always be days with too much homework, someone coming over unexpectedly, or our rides running late to pick us up. Having a routine helps us have the time to relax and have fun.

The predictability of routine can provide some comfort in an unpredictable time!

Go Titans!

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