

Take Care of Yourself and  
Others

# Emotional Support During E-Learning Days

- On E-Learning Days Social Workers will also be available during the 8-1 school hours.
- Elementary School - Ms. Lagerhausen - [hlagerhausen@ah19.org](mailto:hlagerhausen@ah19.org)
- Ms/Hs - Ms. Brosh - [nbrosh@ah19.org](mailto:nbrosh@ah19.org)
- Parents or students can reach out for support

# Support Outside of E-Learning Hours

- If you or your student need support outside of the E-Learning hours -
- McHenry County Crisis Line - [800.892.8900](tel:800.892.8900)
- You can also download the McHelp App -  (Looks like this)  
Here you will find access to text based support or other community resources for food or other essentials.

# Keeping your student on a schedule

Keeping kids on a schedule / in a routine is so important for their success and for their (and your) mental health. Here is an example for a way to help your student fill their days and find success. Remember that breaks are an important motivator! 😊

7 AM	Wake up, shower, have breakfast
8 AM	Sign into your school work
9 AM	School work / 15 min break
10 AM	School work / 15 min break
11 AM	School work / 15 min break
12 PM	½ hour for lunch / School work
1 PM	School work / 15 min break
2 PM	Free Time / Choice activity

3 PM	Play Outside (while still keeping distance from others)
4 PM	Free time / Finish up any homework that was not completed during the school day.
5 PM	Dinner
6 PM	Chores around the house
7 PM	Spend time with family
8 PM (depending on age and sleep needs)	Prepare for / go to bed
9 PM	Prepare for / go to bed

# Protecting Your Mental Health During the Coronavirus Outbreak



*Separate what is in your control from what is not.* There are things you can do, and it's helpful to focus on those. Wash your hands. Remind others to wash theirs. Take your vitamins. Limit your consumption of news (Do you really need to know what is happening on a cruise ship you aren't on?).

*Do what helps you feel a sense of safety.* This will be different for everyone, and it's important not to compare yourself to others. It's ok if you've decided what makes you feel safe is to limit attendance of large social events, but make sure you separate when you are isolating based on potential for sickness versus isolating because it's part of depression.

*Get outside in nature-even if you are avoiding crowds.* I took a walk yesterday afternoon in my neighborhood with my daughter. The sun was shining, we got our dose of vitamin D, and it felt good to both get some fresh air and quality time together. Exercise also helps both your physical and mental health.

# Protecting Your Mental Health During the Coronavirus Outbreak



*Challenge yourself to stay in the present.* Perhaps your worry is compounding—you are not only thinking about what is currently happening, but also projecting into the future. When you find yourself worrying about something that hasn't happened, gently bring yourself back to the present moment. Notice the sights, sounds, tastes and other sensory experiences in your immediate moment and name them. Engaging in mindfulness activities is one way to help stay grounded when things feel beyond your control.

*Stay connected and reach out if you need more support.* Talk to trusted friends about what you are feeling. If you are feeling particularly anxious or if you are struggling with your mental health, it's ok to reach out to a mental health professional for support. You don't have to be alone with your worry and it can be comforting to share what you are experiencing with those trained to help.



# Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

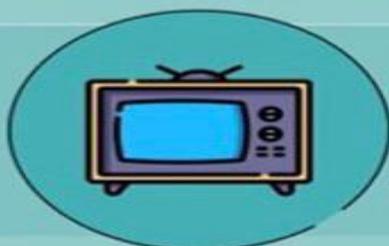
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

