

# ⚡ Creative Technologies Academy ⚡

## Social/ Emotional Support

March 20, 2020

### **Dear CTA FAMILIES:**

While we may currently be practicing physical social distancing, now is an important time to be looking out for and supporting each other emotionally. Please know that your CTA family, including School Counselor Mrs. Dille, is here for your student(s) as needs or questions arise. We welcome any concerns or communication you have and will continue to check our email as we are able. Please do not hesitate to reach out!

#### Things you can do for your child:

- ★ Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child or teen can understand. Here is a valid resource:  
[www.cdc.gov/](http://www.cdc.gov/)
- ★ Reassure children and teens that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- ★ Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- ★ Try to keep up with regular routines. With school closed, create a schedule for learning activities as well as relaxing and fun activities.
- ★ **Be a role model.** Take breaks, get plenty of sleep, exercise, and eat well. Connect (electronically) with your friends and family members.

#### Things you can do for yourself:

- ★ 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. Try to eat healthy, well-balanced meals; exercise regularly; and 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.
- ★ **The following is an awesome link that gives you strategies to help you with anxiety and take care of your mental health. It also shares help for your child's anxiety:**  
<https://www.virusanxiety.com/take-care>