



*Keep Looking Up Red
Raider Nation*

We are all in this together TOGETHER!

We are here for you. Please reach out to us if you need to talk or ZOOM!

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Suggestions for our NEW school day!

Rise and Shine:

- *Make your bed*
- *Eat breakfast*
- *Brush your teeth*
- *Get dressed out of your pajamas*

Suggestions for our NEW school day!

School Day:

- ODD Day Classes: ROTC, English, Science, Health, World Language, Music, FCS
- EVEN Day Classes: Math, Social Studies, Phys. Ed, Tech Ed., Art.
- Remember your ZOOM times with teachers
- Make sure you take a break and get some fresh air
- If you have completed your work, do the required Career and College Exploration through the High School
Guidance Google Classroom
- If you are done your class work for the day, remember to do some SAT Prep on Khanacademy.com or browse Collegebaord.com for the resources they offer!

Suggestions for our NEW school day!

Free Time:

- *Read a book or magazine*
- *Listen to some music*
- *Socialize with social distancing*
- *Work out or take a walk*
- *Spend time with your family.*
- *Do your chores.*
- *Do not forget to shower!*

Taking care of yourself during COVID 19



WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS

@HOLISTICALLYGRACE

INFORM

LIMIT EXCESSIVE, CONTINUOUS EXPOSURE TO MEDIA. INFORM, WITHOUT OVERWHELM. SET BOUNDARIES AROUND TIME, TRUSTED SOURCES.



CONNECT

REACH OUT FOR EMOTIONAL SUPPORT, CONTACT LOVED ONES, ISOLATION IS DETRIMENTAL TO OUR HEALTH



SOOTHE

DEEP BELLY BREATHING, GROUNDING TECHNIQUES, GUIDED IMAGERY, PRAYER, CALMING SOUNDS, LAUGHTER, SINGING



CONTROL

FOCUS ON THINGS WE CAN CONTROL: WASH HANDS, HYDRATE, NOURISH, CONTACT HR REGARDING WORK POLICIES, ADJUST FINANCES



HONOR + DISTRACT

ACKNOWLEDGE FEAR, ANXIETY. FIND ACTIVE WAYS TO DIVERT ATTENTION: PUZZLE, READ, CRAFT, ETC.

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

BlessingManifesting

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

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

Managing Anxiety

Grounding Ourselves

8 Grounding Techniques For When You're Feeling Overwhelmed

(Physical)



Breathe



Stretch



Exercise



Mindfulness



Senses

Mental Health Resources

Valley Creek Crisis Center
610-280-3270

Pennsylvania Mental Health Crisis Line
Text "PA" to 741-741

Suicide Prevention Hotline
1-800-273-8255

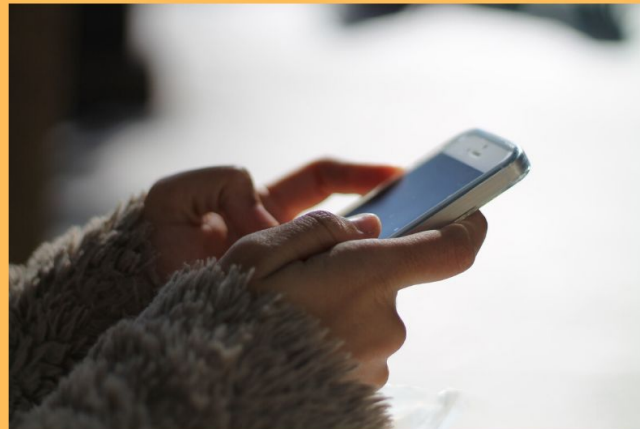
Safe2Say Something
1-844-SAFE2SAY

*Please TEXT
if you need
help!*

Texting works too.

Text "PA" to the National Crisis Text Line











741-741



Chester County Dept. of Mental Health is here for you.
chesco.org/mhidd

What are COVID-19 symptoms?

Here's a list comparing the virus to other common illnesses.

Symptoms	Coronavirus Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms
 Fever	Common	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Cough	Common*	Mild	Common*
 Sneezing	No	Common	No
 Aches and pains	Sometimes	Common	Common
 Runny or Stuffy Nose	Rare	Common	Sometimes
 Sore Throat	Sometimes	Common	Sometimes
 Diarrhea	Rare	No	Sometimes†
 Headaches	Sometimes	Rare	Common
 Shortness of Breath	Sometimes	No	No

* Usually dry cough † For children

Sources: World Health Organization,
Centers for Disease Control and prevention



Symptoms of COVID-19

Getting Along

6 Tips To Keep From Destroying Your Relationship During Quarantine



Make time for
alone time



Create a schedule



Get fresh air



Stay in touch
with the outside world









Learn how to
communicate better






Use this time to
your advantage

SELF-CARE MENU

-  take a few deep breaths 5 MINS
-  stretch your body 5 MINS
-  listen to your favourite song 5 MINS

-  meditate on your purpose 15 MINS
-  read a chapter of a book 15 MINS
-  journal out your thoughts 15 MINS

-  take a walk outside 30 MINS
-  get crafty 30 MINS
-  cook a new recipe 30 MINS

@thefabstory

*Things to
Do.....*

Other things to do

- Take a virtual tour of a College, Museum, National Park, or Zoo
- SAT Prep – [Khanacademy.org](https://www.khanacademy.org)
- Search for Scholarships – [Fastweb.com](https://www.fastweb.com)
- Take an Ivy League College Course:
 - Penn: How to Apply to College at Penn
 - Yale: The Science of Well Being

Career & College Exploration



Please visit our High School Guidance
Google Classroom



Class code p4a7lsg



Complete the 339 Career Readiness
activities before graduation. Please
email your Guidance Counselor to find
out what you still need to complete.

*Red Raider
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