

# MENTAL HEALTH & DISTANCE LEARNING

Living through a pandemic can be stressful and uncertain. You may feel anxious or distressed when you think about it, even if it hasn't affected you directly. It is normal to have feelings of stress during a pandemic. It is important to listen to your mind and body, and know when to reach out for help.

Below are some signs to look for and ways you can take care of yourself during these stressful times.

## Some Signs of Stress



Wanting to be alone



Inability to enjoy activities or have fun



Unnecessary levels of anxiety, stress, or frustration



Excessive fears or worries, especially about getting sick



Problems falling asleep, staying asleep, or waking up



Inability to make decisions

## Ways to Relax and Cope with Stress



Keep as normal a routine as possible



Mindfulness

<https://www.mindful.org/>

YOU CAN DO IT!

Keep a positive outlook (gratitude and thankfulness)



Limit your media exposure



Journaling



Find time to exercise

## Who can you talk to?



Your School Psychologist



Friends



Teachers



Family



Your School Counselor

### References

Centers for Disease Control and Prevention. (2020). Coping with Stress. Retrieved from <https://www.cdc.gov/coronavirus/2019-nCoV/daily-life-coping/managing-stress-anxiety.html>  
La Greca, A. T., & Seviri, S. W. (2020). Helping Children and Families Cope with the COVID-19 Pandemic. Retrieved from <http://www-2-dipply.com/docs/Helping-Children-Cope-with-COVID-19-15-Dipply-Web-Version1.pdf>  
SAMHSA. (2020). Coping with Stress During Infectious Disease Outbreaks. Retrieved from <https://csponline.org/pdf/publications/covid-SAMHSA%20Coping%20with%20Stress%20during%20infectious%20disease%20Outbreaks.pdf>

If you are having Covid related symptoms, you can find your nearest testing site at this link: <https://www.arcgis.com/apps/Nearby/index.html?appid=43118dc0d5d348d8ab20a81967a15401>