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| Mental Health World Day  From: Project AWARE Department of Conecuh County Schools | | |
| 10/10/20 | | |
| STORY HEADLINE | | |
| Keeping Mentally Healthy While At Home | | |
| At a time like now when our daily lives have changed dramatically as a result of COVID-19, our mental well-being is the most important thing to maintain. The past few months have definitely been very challenging, very difficult, and even traumatic for many. Therefore, it is vital for all of us to be conscience of our own feelings and emotions. You as students have had to adjust to adapting to taking your classes online, having little contact with your teachers and friends, not being able to socialize, or you may even be anxious thinking about your future and what the future holds when you actually do return to school in person. Fortunately, there are a variety of things that you can do to look after your own mental health and to help others, such as your friends that may need a little extra help as well. You can do the following to ensure you are keeping your own mental well-being at heart: keep a routine, minimize use of social media to ensure you are limiting your use, keep in regular contact with your friends and loved ones by telephone or other ways of communication, try to eliminate any feelings of stress and anxiety by meditating/journaling/deep breaths, and other relaxation techniques that do not involve toxic consumption or interaction. Make sure you are wearing a mask and always use good sanitation habits like washing your hands or using hand sanitizer if you do not have access to soap and water. Limit handshaking when possible and abide by the 6ft social distancing rule. Fear is a normal reaction to situations where there is uncertainty or when things are unknown, but keep in mind that you are not the only one who is faced with dealing with this pandemic and it has greatly impacted the entire country. However, it does not mean that you cannot function and that you cannot be provided the support you need to help you through these transitions or difficult moments. If at any time you feel overwhelmed, make sure you talk to a trusted adult, a mental health worker, your school counselor, or your school social worker. Develop a plan to know where you can go for support to help with your physical and mental health needs if required. |  | WHO | WHO Family of International Classifications (WHO-FIC)  Looking after your mental health during the coronavirus outbreak - The  Express Newspaper |
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