

Click:



App of the week:



Relaxing Sound of the Week: (click the picture)



Self Care Tip of the Week:

Start a journal– write about things you are doing in quarantine each day. Reflect on the positives of the situation. Brainstorm ways to cope with the negatives.

Keeping Calm Through Covid

We are here for you during this challenging time. Here are some ideas for self care and mindfulness. Enjoy!

- WHS School Counseling

"I can be changed by what happens to me, But I refuse to be reduced by it"

- Maya Angelou