

Welcome (virtually) back to school Farnsley Wildcats! Please use the resources below to help you during this unique and stressful time (and beyond).

Stay well! - Ms. Downs

Stress Reduction/Mindfulness/Calming Apps- Download these apps on your personal phone/tablet. Find a few that you feel will work best for you. Use them on a daily basis or when you feel the need to! All apps are free and should be available on the Apple App Store and Google Play.

- **Breathr** - Teaches you easy and fun ways to practice mindfulness
- **Stop, Breathe, and Think** - Check in on your emotions and practice meditation and mindfulness
- **Calm** - Guided meditations and mindfulness activities to lower stress, anxiety, and more restful sleep
- **Insight Timer** - Guided meditation, music, and talks to help with anxiety and sleep
- **Headspace** - meditation and mindfulness in just a few minutes a day
- **Mindshift** - Mindfulness meditation and mood tracking
- **Relax Melodies** - Sleep better with sleep sounds, calm music, and meditation

How you can protect your mental health during Coronavirus (COVID-19)

1. **Recognize that your anxiety related to coronavirus is completely normal** - Anxious feelings alert us to threats and help us protect ourselves especially during these types of situations. Get information from reliable sources. Remember what is in your control and not in your control. If your anxious feelings are overwhelming you speak to your parent/guardian or trusted adult.

2. **Create distractions** - Participate in activities to take your mind off the current events. Do school work/homework, watch a movie, play a game with your family, read a book, etc. Help yourself find relief and find balance.

3. **Find new ways to connect with your friends** - Social distancing doesn't mean you can't socially interact with your friends. Use social media and video chat to connect. Get creative: Join in a Tik-Tok challenge like **#safehands** (with parent/guardian permission of course). But too much screen time can be unhealthy so try not to over do your phone usage.

4. **Focus on you** - *Have you been wanting to learn how to do something new? Now is the time to do that. Focusing on yourself and finding ways to use your new-found time is a productive way to look after your mental health.*

5. **Feel your feelings** - Missing out on events with friends, hobbies, or sports matches are disappointing. The best way to deal with this disappointment is to let yourself feel it. Processing your feelings looks different for everyone. Do what feels right to you.

6. **Be kind to yourself and others** - Remember words matter. Remember to be thoughtful about what we share or say that may hurt others.

More Information: How teenagers can protect their mental health during coronavirus (COVID-19)

If you need to reach me during Non-traditional Instruction (NTI) email me ashlee.downs@jefferson.kyschools.us and I will get back with you via email or Google Hangouts by the end of the next scheduled school day (non-emergencies only).