



SOUTH ORANGETOWN
Central School District

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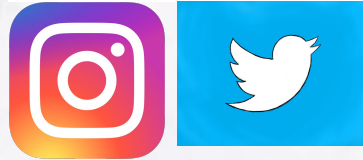
Dr. Katelin Burns
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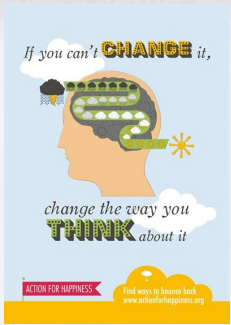
Welcome to
The TZHS
Psychologists'
virtual office!

Click around for
mental health
resources.

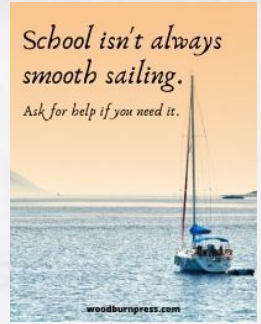




Anonymous Alerts[®] [®]



Resources: Websites and Apps



TED

Click the pictures on the bookshelf and screens for different activities.



Kindness is Stronger than Kryptonite



TED

Next Meeting: TBD

How to make stress your friend

By: Kelly McGonigal

<https://ed.ted.com/on/Z9VuhmhY>



Are you interested in psychology, philosophy, science, technology, entertainment, design...?

Discussion Board



Join Dr. Hercman's TED Talk of the Week group as we discuss ideas worth spreading. You can watch it on your own and share your comments on the Discussion Board (above).

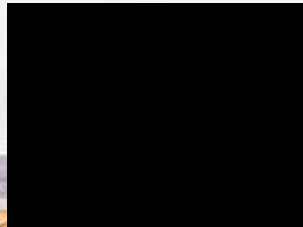
If you are interested, have any questions or suggestions, email me at bhercman@socsd.org

Stress Management Group

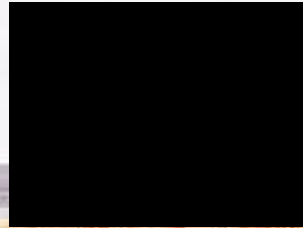
Dr. Burns and Dr. Hercman will be facilitating an ongoing group every Day 6, Period 4. Come to listen, talk, and learn strategies to manage stress. If you have class that period and would like to participate, please email (kburns@socsd.org, bhercman@socsd.org) us for alternative options. If you will be learning remotely, you can participate on Zoom by clicking here:

Current Mood

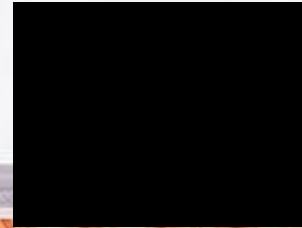
LET'S TACO BOUT IT



What is mindfulness?

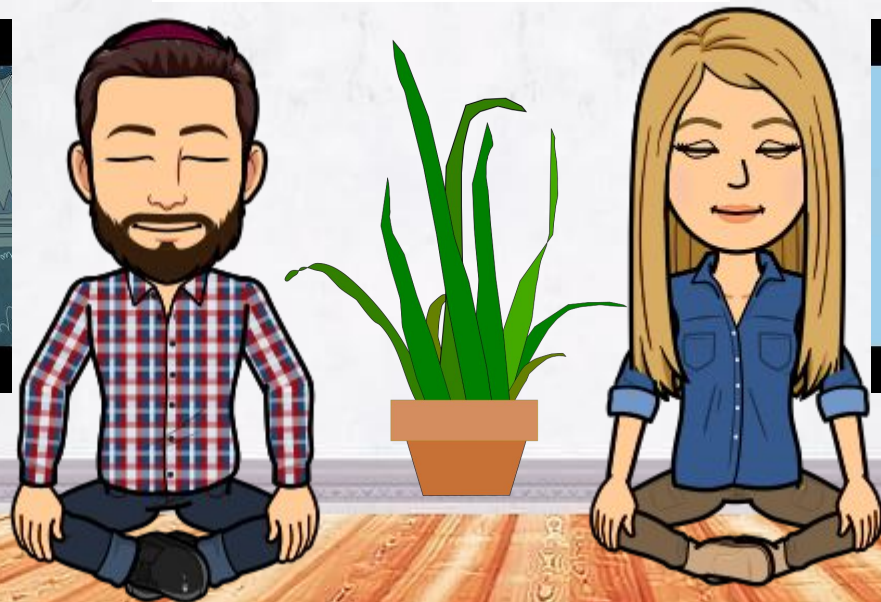
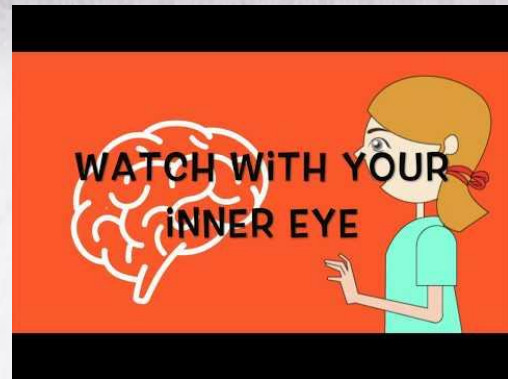


More on mindfulness



Amygdala Hijack:
Strong emotions
and our brains





Teacher Resources

