

# LMACS Health and Wellness Update

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## We miss our students

and hope you are all doing well during these stressful times. We're all experiencing significant changes and disruption in our lives. These sudden and unwelcome changes to our daily routines may cause stress, anxiety, and depression. The following are some simple tips to help reduce the negative effects of stress.

### Mindfulness Tip

Heart pumps blood to itself first

By Gina Spiegel

You Aren't being selfish by taking care of Yourself.

Just think, for the body to work, the heart Has to pump blood to itself first before sending It to the rest of the organs in the body.

**What is something you can do today to take care of yourself?**

## Important Numbers

LMACS Family - During this time, if any of you are struggling with increased feelings of anxiety, sadness, or a combination of difficult emotions, please remember support is available. If needed, here are three resources:

*Crisis Numbers:*

1. [www.crisistextline.org](http://www.crisistextline.org)

Text 741741: 24/7; Text anything to start (Hi, Start, etc.). First two responses are automated, to tell you that you are being connected to a volunteer and to invite you to share what is going on. Typically takes less than 5 minutes to connect you to a trained volunteer. Then you can text for as long as you need.

2. Lahey Behavioral Health: 1-800-830-5177  
They are available 24/7.

3. National Prevention Suicide Hotline: 1-800-273-8255

4. Samaritans of Merrimack Valley Crisis Help Line: 978-327-6607 and/or 1-888-912-4673  
Call 24/7, there are trained individuals available to talk and provide support

5. For information about COVID 19 call 211

### Structure and Routine

Netflix? Hulu? Social media? Gaming? During social distancing there are so many options for entertainment today. But beware, gaming or being on cell phones for long periods of time may increase anxiety and depression. That's why it's important to develop positive structure and routines during these stressful times. Creating a routine helps to keep the mind busy; providing a sense of purpose and direction. Routines may include activities such as cleaning, reading, hobbies, self-reflection, talking to friends via FaceTime or other social platforms. What's always important to remember is **balance**: no one activity should overtake your day.

