

LMACS Health and Wellness Update

Ms. David, LICSW and Ms. Lamboy, LICSW

LMACS Students:

We know that you have all been receiving emails from your teachers with academic assignments. For many, this is a welcome invitation to add structure to our days and to help encourage productivity. However, it can also be overwhelming for some of us. Remember to take it *one day at a time*, **breathe**, and reach out to your teachers and advisors for academic assistance! Additionally, the Social Workers are available for support! Please email Ms. David or Ms. Lamboy to schedule a telehealth session.

Mindfulness Tip

An Attitude of Gratitude by Gina Spiegel

Right now, stop and ask yourself:

What am I grateful for?

If you can't think of anything ask yourself,
"Is there any part of my health, family, pets, school or hobbies that I am grateful for?"

Remember to bring an attitude of gratitude to your day.

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 resources:

Crisis Numbers:

1. www.crisistextline.org

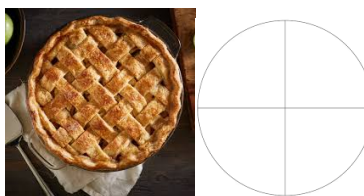
Text 741741: 24/7; Text anything to start (Hi, Start, etc.). First two responses are automated, to tell you that you are being connected to a volunteer and to invite you to share what is going on. Typically takes less than 5 minutes to connect you to a trained volunteer. Then you can text for as long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



Self-Care

Self-care is an important concept even when life is going well because, even at those times, we experience stress. Imagine how much more important self-care is during times like these, "uncertain times," as the news and social media call it. So, for the following 4 weeks Ms. David and I will be focusing on 4 ways to practice self-care.

Think of it as a pie cut into 4 equal pieces. Each piece assigned a label: spiritual, physical, intellectual, emotional. When each part of the self is nurtured equally one feels whole. This week's focus is spiritual. In the dictionary spiritual is defined as "relating to or affecting the human spirit or soul." Spiritual can include keeping a journal, meditating, practicing mindfulness, taking a mindful walk, prayer, listening to inspirational music, and expressing oneself through varying art forms such as photography, drawing, or mixed media journaling, dancing or playing a musical instrument. The list is endless. When we nurture our human spirit, we promote inner peace and positivity even when we can't control our surroundings. ***How will you nurture yourself today?***

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Mrs. Hendl, RN, School Nurse

Hi Everyone,

Because of COVID-19 being extremely contagious and a serious illness, now is the time to be especially cautious about keeping ourselves healthy. Some things to keep in mind to avoid the serious effects of COVID-19 are:

- Avoid vaping, smoking or other drug use (these behaviors lower the immune system and smoking/vaping can harm the lungs)
- Good hygiene -
 - Wash your hands frequently
 - Don't touch your face! Doctors are saying that by touching one's face greatly increases the chance of being infected
- Get the right amount of sleep
- Eat healthy foods
- Take care of your mental health - do something you enjoy, limit time watching or reading the news, video chat with friends and family, get outside for fresh air, if possible, etc
- Continue to practice physical distancing - staying at least 6 feet away from others but continue to socialize in other ways

Here is a video you may find interesting on how COVID-19 affects someone's

lungs: <https://www.wcvb.com/article/doctor-inside-lung-coronavirus-patient/31915109#>

As always, please reach out to me with any health related concern or let me know how you are doing. I would love to hear from you!

Stay well,

Mrs. Hendl

Office Hours (when I will be returning emails promptly):

Monday through Friday from 9am to 10am and from 2pm to 3pm