

LMACS Health and Wellness Update

Ms. David, LICSW and Ms. Lamboy, LICSW

LMACS Students:

We have officially been social distancing and subsequently, out of school for one month. As we begin to adjust to the temporary “norm”, it is helpful to remember those routines that you participated in during school that helped keep you on track. One of those habits is the Mindfulness practices that we engaged in daily. For many, this was a moment in time that helped us regroup, quiet our thoughts, and regain focus on our goals. We encourage you to continue exploring Mindfulness and to find a time that works for you; this may be first thing in the morning, before you start your academic work, or at the end of the evening. And remember, be kind to yourself, and accept your wandering thoughts!

Mindfulness Tip

Be Gentle With Yourself by Gina Spiegel

Think of 5 strengths or positive qualities
And remember them throughout the day.

You don't have to feel guilty, bad, or judge yourself
For thinking positively about 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 resources:

Crisis Numbers:

1. www.crisistextline.org

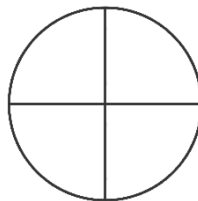
Text 741741: 24/7; Text anything to start (Hi, Start, etc.). First two responses are automated, to tell you that you are being connected to a volunteer and to invite you to share what is going on. Typically takes less than 5 minutes to connect you to a trained volunteer. Then you can text for as long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

The 2nd piece of the pie focuses on physical activity. Exercise helps because it releases endorphins, the natural feel good hormones. Exercise is also a healthy way to release emotional stress, and clear the mind. Most people go to a gym to meet their exercise needs, but that's not an option for us right now (though we know this is temporary). What are other options? During nice weather a walk, jog or bike ride is a great choice. Youtube has excellent free exercise videos. The app store offers a variety of free workout apps such as 30 Day Fitness – No equipment needed. So remember “exercise not only changes your body. It changes your mind, your attitude and your mood.” What physical exercise will you do this week?

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Mrs. Hendl, RN, School Nurse

Hi Everyone,

This week, my letter includes information about the symptoms of COVID- 19. It is important for us to be aware of the symptoms and seek medical attention when necessary. What happens if we begin to feel like we are getting sick? Be prepared and keep the following in mind if you don't feel well:

- Talk to your parent or trusted adult about your symptoms or how you are feeling
- **Call** your primary care doctor if you have COVID- 19 symptoms-
 - Fever (it is important to have a thermometer on hand to check your temperature)
 - Cough
 - Trouble getting a breath
- Often the symptoms of COVID- 19 are mild and many people are able to recover at home
- The COVID- 19 symptoms can also be symptoms of other illnesses so it is important to **call** your primary care doctor **first** (doctors don't want people just going to the office, call first and they will advise you on what to do next)
- Many doctor's offices are not seeing patients in the office but instead they are using telemedicine (like a video chat) to speak with and assess their patients
- Only go to the hospital emergency rooms for emergencies

Here is a short silent video on the symptoms of COVID- 19 and what to do:

https://www.youtube.com/watch?time_continue=5&v=oGruT7Fd54E&feature=emb_title

It is important to be aware of these symptoms, be informed and prepared. Please contact me with any health related questions or concerns.

Stay well,

-Ms Hendl

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Office hours - Monday through Friday 9am to 10am and 2pm to 3pm