

LMACS Health and Wellness Update

Ms. David, LICSW and Ms. Lamboy, LICSW

LMACS Students:

This week we would like to take time to acknowledge that social distancing and the closure of schools and nonessential businesses have caused increased pressure on our communities. This has resulted in the loss of income, food, and access to services for countless individuals. If you or anyone in your family are experiencing increased stress due to these circumstances, know that you are not alone. Please email Ms. Lamboy (kuilana@middlesex.mass.edu) or Ms. David (davidt@middlesex.mass.edu) if you would like support or assistance with referrals to resources.

Mindfulness Tip

Kindness To Another by Gina Spiegel

Do or say something nice to someone else today for no reason.

Notice what it feels like when you are kind to another.

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

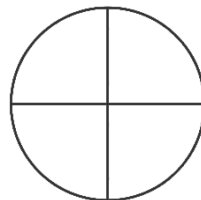
Text 741741: 24/7; Text anything to start (Hi, Start, etc.). First two responses are automated, to tell you that you are being connected to a volunteer and to invite you to share what is going on. Typically takes less than 5 minutes to connect you to a trained volunteer. Then you can text for as long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

Intellectual: The third piece of the self-care “pie” is Intellectual Self-Care. This is not limited to academics, but includes the overall growth of the individual. It is important to find activities or hobbies that stimulate the mind. A healthy, active mind contributes to a healthy body as a whole. Hobbies such as crocheting, puzzles, wood-working, and jewelry making are all examples of intellectual self-care. Other activities include playing Sudoku, tackling a Rubik’s cube, or learning Web Development - the possibilities are endless. We would love to hear some of your intellectual self-care ideas!

Hi Everyone,

Whether or not someone has had sleep problems before the COVID19 pandemic or if they are just recently experiencing sleep problems, we know the value of sleep and the tremendous benefits. Getting the right amount of quality sleep helps our physical, mental and emotional health by boosting our immune system and decreasing the feelings of stress, depression and anxiety. Lately, a good night's sleep has its challenges as many of us lack structure in our day and have concerns of uncertainty. Here are some updated sleep tips:

- Have a daily routine
 - Set a time to get up and go to bed
 - Set times for school work, safe distance socializing with friends, exercise, etc. during the day
- Shower and get dressed every day even if you are not leaving the house
- Limit screen time - not easy with all that we are doing but be aware of taking frequent breaks and limit as much as possible especially in the hours before sleep
- Avoid naps - naps interfere with the longer term sleep we need at night; although, a short cat nap (under 15-20 minutes) in the afternoon can benefit some people
- Get outside when possible (take walks or just sit outside - this also helps with mental health and natural light is helpful in regulating our internal clock)
- Practice kindness & stay socially connected with family and friends - this helps maintain a positive mood and therefore will help with sleep
- Eat healthy - fruits, vegetables, and limit processed foods and caffeine
- Try relaxation techniques such as listening to relaxing music, meditating, yoga, stretching exercises, journaling, etc. during the day and/or as part of winding down at the end of the day

Watch this video from a physician:

<https://news.vanderbilt.edu/2020/04/08/sleeping-through-covid-19-tips-from-a-sleep-expert/>

Stay healthy,

-Ms Hendl

Office hours M-F 9am to 10am and 2pm to 3pm