

LMACS Health and Wellness Update



The building may be closed...

But the learning and LMACS community continue. Though we are physically distant, we are still LMACS. We have 10 ethical values that guide our behavior. So, with that in mind, we want to remind all students to please continue checking in with advisors. Please continue logging on to Google Classrooms. Continue connecting with teachers, social workers, and with each other. Because all the work and connecting we do today, will prepare us for a successful re-opening.

How Do Faculty Stay Healthy? *This week we hear from Ms. David*

To help with staying focused during these times, Ms. David has begun meditating every morning before starting work, with the help of a free app called Insight Timer. She has challenged herself to start baking regularly and often drops off some of her creations to her grandparents. The most successful thus far has been a blueberry dump cake! Ms. David has also been reading and listening to podcasts, which makes the cleaning go by faster.



Important Numbers

1. Lahey Behavioral Health: 1-800-830-5177. They are available 24/7.
2. Samaritans of Merrimack Valley Crisis Help Line: 978-327-6607 and 1-888-912-4673

Mindfulness Tip

Look up from the device - by Gina Spiegel

What are you missing in your surroundings by looking down at your phone or electronic device?

Look up and notice.

Health Highlights from Ms. Hendl

People over the age of 2 years old are required to wear a face mask (or cloth face covering) in places of business and other organizations open to the public. These places include,

- *grocery stores
- *retail stores
- *public transportation
- or other public places where you are closer than 6 feet from people.

The CDC recommends that cloth face coverings should:

- * fit snugly but comfortably against the side of the face
- * include multiple layers of fabric
- * allow for breathing
- * be able to be washed frequently without changing shape

Please click on link below for simple mask making instructions.

<https://www.youtube.com/watch?v=tPx1yqvJgf4>