

Brooks School Counseling Support During COVID-19 Crisis

As information relating to Covid-19 unfolds, and we adapt to our normal routines being disrupted, there can be a wide range of thoughts, feelings and reactions. There are many effective strategies to manage your fears and anxieties. Many of these strategies are essential ingredients for a healthy lifestyle; remembering them, especially during a crisis, can help improve your overall emotional and physical well-being.

Following the guidelines of physical distancing can be difficult, but remember this does not mean to socially isolate. Social connections are important especially in challenging times. Now, more than ever, it will be important to find ways to stay connected to friends and family. And remember, offering and accepting support and connection are among the most important actions we can take to help ourselves and each other.

Common Reactions

There can be a wide range of emotions and reactions including:

- Worry, anxiety, panic
- Boredom, sadness, depression
- Irritability, anger, frustration
- Difficulty concentrating
- Feeling a lack of control
- Loneliness, social withdrawal
- Changes in your eating and sleeping patterns
- Blaming or stigmatizing others

Healthy Strategies for Coping

- Stay informed from reliable news sources but limit your consumption - take breaks from reading, listening to, or hearing news from others.
- Take care of your physical health - try to eat healthy balanced meals, exercise regularly and get plenty of sleep.
- Stay socially connected to others. Communicate openly and talk to people you trust about your feelings and concerns.
- Create and follow a daily routine as best as you can.
- Make time to unwind doing activities you enjoy.
- Practice relaxation techniques - breathing exercises, mindfulness, yoga.
- Get outside and enjoy nature if you can!
- Examine worries, name emotions; try not to catastrophize; recognize what is in your control and what is not - and be aware not to add guilt and shame about having feelings that are generated by the crisis.

Counseling Support

- Students and parents can contact **Judy Werner**, Director of Psychological Counseling, or **Steph Holmes**, Director of Student Wellness, who are available to support the mental health and emotional well-being of all Brooks students.
- Contact your physician for local counselor recommendations.
- [Psychology Today: Find a Therapist](#) can be used to search for counselors in your area.