

Avon Middle School

Support Services Virtual Resources



#bettertogether

“Resilience is accepting your new reality, even if it’s less good than the one you had before. You can fight it, you can do nothing but scream about what you’ve lost, or you can accept that and try to put together something that’s good” - Elizabeth Edwards

We are still connected. We are still here for you.

Remember...we are all in this together!

Ms. Boland, 8th Grade School Counselor:
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Ms. Gooding, School Psychologist:
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Ms. Abate, School Social Worker:
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Mr. Franco, 7th Grade School Counselor
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EMERGENCY Call 911

Crisis and Support

2-1-1 is your one-stop connection to the local services you need for crisis intervention and much more. 2-1-1 is always ready to assist you to find the help you need. Dial 2-1-1 from your phone or search online. If you are outside of Connecticut or have a problem using the 2-1-1-number, dial 1-800-203-1234.

During this time, anxiety might be high and some families might want to seek outside services. The Bridge Family Center remains open and is seeing families. In addition, most local therapists who normally see families in person are now meeting with families via video conferencing. These teletherapy services are normally covered by insurance.

Tips For Success

- **Attendance:** logging into google classroom daily is the equivalent of attending school daily.
- **Create a Schedule:** your schedule should be balanced and set aside time for schoolwork, breaks, food, water, fresh air, and self-care!
- **Track:** keep track of tasks by writing down what you need to complete.
- **Chunk:** break down work into manageable chunks of time.
- **Use a Timer:** set a timer on your phone for how long you will work. Put your phone down when the timer goes off and take a break.
- **Ask for Help:** ask questions when you are unsure and confused. This is all new for everyone so you will not be the only person to have questions.

Sample AMS Daily Schedule

A/B	TIME
1	10:00 - 10:20 AM
2	10:22 - 10:42 AM
3	10:44 - 11:04 AM
4	11:06 - 11:26 AM
5	11:28 - 11:48 AM
6	11:50 - 12:10 PM
7	12:12 - 12:32 PM
8	12:34 - 12:54

This is a great time to connect with your teachers!

Healthy Heroes - Covid19 Video

Click the link above to watch an informational video about Covid-19, wellness strategies, and helpful reminders.



**Remember, it
is normal to
feel anxious...**

Anxiety serves a purpose, acting as our bodies natural alarm system. It alerts us and then helps move us towards safety. Feeling anxious is an appropriate response to the emerging news and changes in our everyday routines.

The most important thing is to remember we are navigating this new normal together. Take care of yourself and take care of each other.

Coping Skills

Coping skills can be used for many different reasons. Sometimes we might have worried thoughts or our bodies might feel tense and nervous. There are different types of coping skills you can use depending upon what you need in the moment.

When you need to feel calm...

- Practice mindfulness (2 great apps - Calm & Headspace)
 - Take deep breaths (picture breathing in the scent of a flower then blow out a candle)
 - Count to 10 slowly in your head
 - Take a simple break- lay down and close your eyes for about 10 minutes
 - Listen to calm music
 - Color/paint
-

When you need something physical...

- Go for a run, bike ride, walk
- Exercise (push ups, lift weights)
- Dance
- Sing
- Play soccer, basketball, etc.
- Squeeze a stress ball

**You can also try
the following...**

When you need a distraction...

- Play a game
 - Color/paint
 - Call a friend
 - Watch a funny movie/show
 - Cook/bake
 - Engage in a hobby of interest
-



***When you need to think through how
you are feeling...***

- Journal
 - Write someone a letter or write a letter to yourself
 - Talk with a parent, friend, trusted adult
 - Go on a walk to think things over
-

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WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS

@HOLISTICALLYGRACE

INFORM

LIMIT EXCESSIVE, CONTINUOUS EXPOSURE TO MEDIA. INFORM, WITHOUT OVERWHELM. SET BOUNDARIES AROUND TIME, TRUSTED SOURCES.



CONNECT

REACH OUT FOR EMOTIONAL SUPPORT. CONTACT LOVED ONES. ISOLATION IS DETRIMENTAL TO OUR HEALTH



SOOTHE

DEEP BELLY BREATHING, GROUNDING TECHNIQUES, GUIDED IMAGERY, PRAYER, CALMING SOUNDS, LAUGHTER, SINGING



CONTROL

FOCUS ON THINGS WE CAN CONTROL: WASH HANDS, HYDRATE, NOURISH, CONTACT HR REGARDING WORK POLICIES, ADJUST FINANCES



HONOR + DISTRACT

ACKNOWLEDGE FEAR, ANXIETY. FIND ACTIVE WAYS TO DIVERT ATTENTION: PUZZLE, READ, CRAFT, ETC.

MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify

5 things
you can
see



3 things
you can
hear



4 things
you can
touch



2 things
you can
smell



1 thing
you can
taste



Above all else, remember to:

Take care of yourself.

Take care of your family.

Practice good hygiene (wash your hands)!

Do something kind for someone else.

Reach out for help when you need it.

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