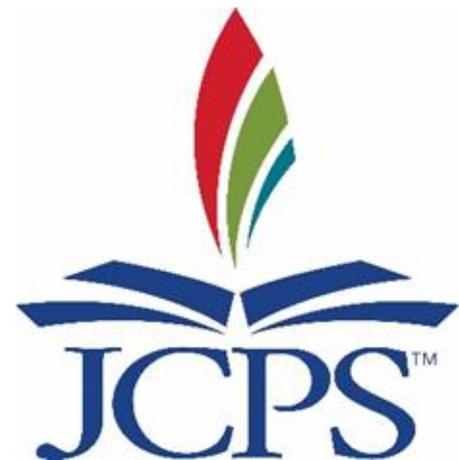


# Coping While Quarantined

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**Social Emotional Learning**  
**Jefferson County Public Schools**  
**502-485-3318**

# Social Emotional Learning Department

Contact Information:

Dr. LaMesa Marks: [lamesa.marks-johns@Jefferson.kyschools.us](mailto:lamesa.marks-johns@Jefferson.kyschools.us)

Dr. Jennifer Driscoll: [Jennifer.driscoll@Jefferson.kyschools.us](mailto:Jennifer.driscoll@Jefferson.kyschools.us)

Mrs. Christina (Shay) Johnson: [Christina.Johnson@Jefferson.kyschools.us](mailto:Christina.Johnson@Jefferson.kyschools.us)

Ms. Lisa McGarry: [Lisa.McGarry@Jefferson.kyschools.us](mailto:Lisa.McGarry@Jefferson.kyschools.us)

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# Training Goals

## **Participants Will:**

- **Learn how to manage stress and anxiety through the pandemic**
- **Learn how to create a self-care plan**

# Self-Care Alert

- **Take a break**
- **Talk to someone (ask questions, phone a friend)**
- **Do something relaxing**

**The coronavirus (which causes the disease officially named COVID-19) has been declared a public health emergency by the World Health Organization (WHO), which brings feelings of uncertainty, fear and worry to many of us and to our families.**



## **Please understand...**

**It is important that we remain alert to evolving information about the virus and the public health response, but we also need to manage our reactions to the developing news.**

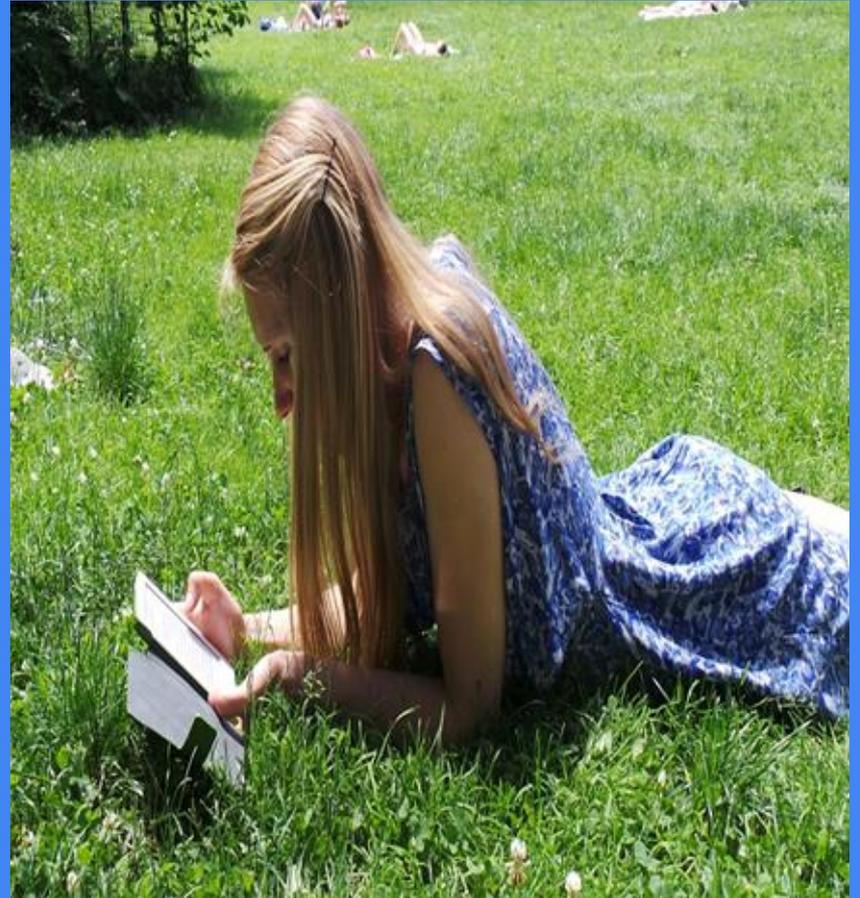


# Why are people feeling anxious?

**Feeling anxious and nervous during the epidemic is normal. Having some anxiety can motivate you to maintain good hygiene habits, like washing your hands more frequently and minimizing contact with other people.**

**This is an anxious and stressful time for everyone, and it's okay if you feel more anxious than usual.**

# Managing Stress and Anxiety



# **Tips for managing STRESS & ANXIETY**

- 1. Rely on trusted sources of information like your state department of public health and the CDC for updates.**
- 1. Do not fall for false information online. It's very easy for inaccurate or even dangerous information to be shared rapidly on social media.**
- 1. Follow guidelines for avoiding the spread of any virus, such as hand washing, sneezing or coughing into an elbow, and staying home from work if you are not feeling well.**

# Tips for managing **STRESS & ANXIETY**

- 4. Prioritize usual strategies for managing anxiety - use relaxation techniques, mindfulness apps, and exercise.**
- 5. Stay informed, but don't read about the pandemic all day every day. Pick a few trusted sources of information and decide when you're going to tune in and check them. Then stick with that schedule. Constant news consumption is more likely to fuel your anxiety than to be helpful.**



**Taking Care of  
You!**



## Some thoughts...

- **Usually when people think about self-care, they think about:**
  - **Self-pampering (getting nails or hair done)**
  - **Quiet moments**
  - **Mindfulness, yoga, exercise**



# Self-Care

**The practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.**



# Take Care of things you Can Control

**Focus on the aspects of your daily routine that you can still follow — or create a new routine that suits your current situation. This can help you stay on track throughout the day, as well as allow you to continue progressing toward your bigger life goals. Look for opportunities to catch up on the backlog of things you always wished you had more time for, like learning a language, reading novels or reorganizing your closets. Find new routines that make you happy. Exploit the positive opportunities.**

GOALS



# Have Fun!

**It's a serious situation, but taking time to do the things that make you smile and laugh can make daily life more enjoyable. Find the small joys in the situation, like getting to spend more time with loved ones, cooking or watching funny movies.**



# Find Reasons to LAUGH!



**Laughter can be the best medicine. And in a crisis, it can be a powerful coping mechanism. Laughter is a symbol of hope, and it becomes one of our greatest needs of life, right up there with toilet paper. It's a physical need people have. You can't underestimate how it heals people and gives them hope.**



# Benefits of Laughter

- 1. Relaxes the whole body**
- 2. Boosts the immune system**
- 3. Triggers the release of endorphins**
- 4. Protects the heart**
- 5. Enhances resilience**
- 6. Improves mood**
- 7. Lowers blood pressure**
- 8. Eases anxiety and fear**
- 9. Gives you more energy**
- 10. Promotes better sleep**



# Be Grateful...

**Spend time thinking about the things that make you feel grateful. Then express your gratitude to others. Tell your friends and family how much you appreciate them. When they reciprocate, accept their messages of appreciation and gratitude. Sharing these feelings can make us feel cared for — and make us feel good.**



# CREATE your own PLAN

3 things I'm grateful for...	3 things that bring me laughter/joy...	3 things that I can do to have fun...

# Mindfulness

**Maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. ... When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future.**



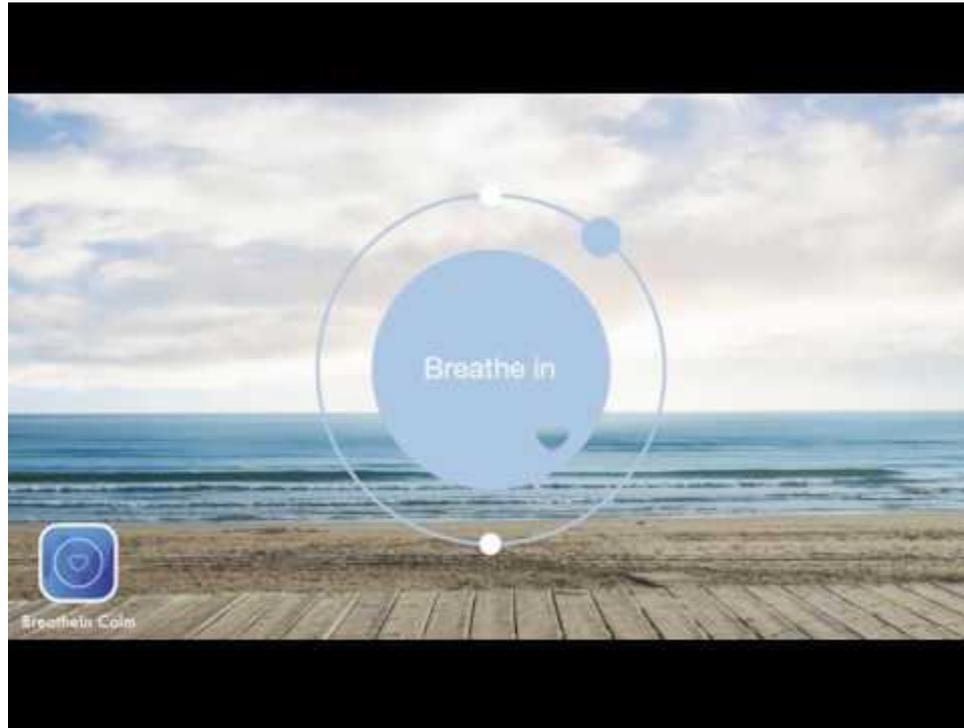
# Practicing Mindfulness through a Pandemic...Breathing

**The next time you're feeling anxious try this simple relaxation**

- 1. Sit comfortably.**
- 2. Take a long, deep breath and exhale it slowly while saying the word "relax" silently.**
- 3. Close your eyes.**
- 4. Let yourself take ten natural, easy breaths. Count down with each exhale, starting with "ten."**
- 5. When you reach "one," open your eyes again.**



# Let's Practice Mindful Breathing



# Activities to do as families



# Fun family activities

- **Have a dance party-** each child chooses a song.
- **Create a fashion show for the family-** fun wear, evening wear, summertime, party wear etc.
- **Go on a scavenger hunt!** Have an older sibling create a list of items that younger siblings have to find in or outdoors. If you have an only child or young children, you'll have to make up the list yourself.
- **Indoor picnic.** Whatever food you have at home, enjoy an awesome picnic, without the ants!
- **Write a letter to someone you love!** Break out the markers, crayons, and pens!

# More fun family activities

- **On a beautiful day, go for a nature senses walk. Talk about things you hear, see, and even smell.**
- **Start a diary. What better time to document the pandemic than now! Discuss your feelings, thoughts, and how you're passing the time.**
- **Interview time! Get to know each other even more. Come up with 10 or more questions to ask each other face to face.**
- **Start a book club. Choose a book from around the house, read and discuss thought-provoking questions.**
- **Practice mindfulness. Sit quietly 10 minutes a day (or twice a day) and meditate on beautiful thoughts.**

# Words from the Mayor Greg Fisher

**“This COVID-19 situation is stressful to the entire community, and the nation, and the world,” the Mayor said. “We’ve always stood strong in the face of these challenges and emerged better for it, and we will this time too. Things will be different for a time, but there’s no reason we can’t try and enjoy ourselves, learn something new, and keep our minds and bodies active and healthy during this crisis.”**



# Questions...

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