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# RHES Counseling Newsletter

April 2020

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Dear Red Hill Families,

We hope this letter finds you safe and healthy during this stressful time. As we all adjust to the changes and challenges of the pandemic, we are thankful to be part of such a caring and resilient community. Some strategies for coping with the stress of these challenges and continuing to foster resilience include:

- **Create a routine:** Having a routine that includes healthy meals, exercise, and consistent sleep times can help us regulate our mood. Consistency and structure can be calming during times of stress, and kids benefit from knowing what's coming next.
- **Be thoughtful about the information you share:** Be clear and truthful about what is going on, but avoid overwhelming children (and yourself) with unnecessary and worrisome details. Limiting news and social media exposure can be helpful with this.
- **Do Feelings Check-ins:** Kids might not always volunteer how they are feeling. Periodically check-in with your child and give them an opportunity to process any big feelings they might be having.
- **Practice self-care and self-compassion:** Set realistic expectations for yourself. We are in uncharted territory right now, and you are doing your best in a difficult situation! Make time to do things that relax you, and keep in mind that you can't pour from an empty cup.
- Implement some of the **healthy coping strategies** listed on the following pages of this letter.

Please don't hesitate to reach out if there is anything we can do to help support your family!

Sincerely,

Ms. Z and Ms. Ferrer

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## CONTACT INFORMATION

Despite the school closure, you can still contact Ms. Z or Ms. Ferrer! We are still here to support students and families. Please contact us via email. If you would prefer to talk by phone, we are happy to schedule a time once we have received your email. Here is our contact information:

Ari Zlotnick (Ms. Z), School Counselor  
[azlotnick@k12albemarle.org](mailto:azlotnick@k12albemarle.org)

Karen Ferrer, School Psychologist  
[kferrer@k12albemarle.org](mailto:kferrer@k12albemarle.org)

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*Many local service providers are offering virtual counseling sessions! One provider, **Region Ten**, is accepting new referrals for outpatient counseling, crisis management, and case management. For more information, contact **Child and Family Services at 434-972-1800**. In the event of a mental health crisis, you can also contact **Region Ten Emergency Services 24 hours per day, 7 days per week at 434-972-1800 or 1-866-694-1605**.*

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Ride a Bike OR SKATEBOARD



ASK FOR HELP



Blow Bubbles



Color Paint Draw

CREATE ART!

Listen to MUSIC



PLAY a BOARD GAME

MAKE & PLAY WITH SLIME



Practice Gratitude



WEAVE, KNIT OR CROCHET

Use Kind & Compassionate Self-Talk



Make a SCRAPBOOK OR Collage



PRACTICE YOGA



Hug or Climb a Tree

KICK BOUNCE OR THROW a BALL



JOURNAL OR WRITE A LETTER



Take Slow, Mindful Breaths



Cuddle or Play with Your Pet



Drink Water



Smile & Laugh



EAT Healthy

# 50 COPING SKILLS for kids



Forgive Let Go Move On



Use Aromatherapy (Smell something good)



Cook or Bake



Get Plenty of Sleep



TAKE A SHOWER OR BATH



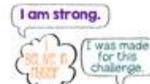
STRETCH



Go on a Hike, Walk, or Run



SING and/or Dance



SAY Positive Affirmations

Take GOOD CARE of the Earth



Look At or Take PHOTOGRAPHS



Garden or Do Yardwork



Visualize a Peaceful Place

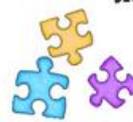


Try or Learn Something New



READ a Book or Magazine

EXPLORE & DISCOVER Nature's Treasures



DO a PUZZLE



Cry



DRINK A WARM CUP OF TEA

USE a STRESS BALL (or other fidget tool)



Get a HUG

EXERCISE



Play Outside



Clean, Declutter or Organize

Create ORIGAMI



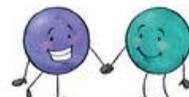
JUMP on a Trampoline



Rest, Take a Break, OR Nap



Do Something Kind



BUILD Something



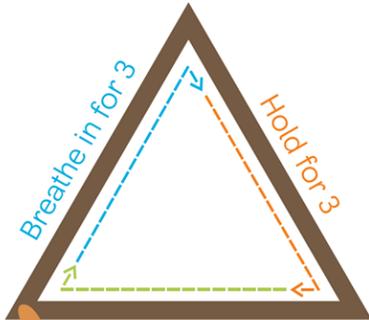
TALK to Someone You Trust



Grab your favorite pen or pencil & get ready to explore. Look way up high and down below to find objects in every color. Draw a picture of what you find (or younger explorers can put a mark in each box) when you find something in that color. Have fun being a color explorer!

RED	ORANGE	YELLOW
GREEN	BLUE	PURPLE
PINK	BLACK	BROWN

Take deep breaths using a triangle.



TRACE THE TRIANGLE, REPEAT AS NEEDED!

For more Mental Health resources go to the **Mental Health** tab under **Specialized Instruction and Support** on the Albemarle County Public Schools At-Home Learning Resources page (pictured below).

*If you have ideas or suggestions for future newsletter topics, please e-mail Ms. Z or Ms. Ferrer. We would love to hear from you about what would be helpful*

