



Helpful Information

1 message

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To: parents <parents@stbenedictnj.org>, classroom_teachers@stbenedictnj.org, classroom_aides@stbenedictnj.org

Dear Parents,

Happy Feast of St. Joseph's! St Joseph is the protector of the family, and we can certainly call on his intercession to protect us during this uncertain time.

I came across another article that might be helpful to you about coronavirus and mental health.

<https://www.aljazeera.com/indepth/features/doctor-note-coronavirus-mental-health-200318064257416.html>

One note made in the article refers to a technique I often teach to students who are anxious to help them reduce the amount of time spent on worrying. This technique calls for setting aside a specific time and a specific amount of time for worrying: *Worry Time*. Because worries can grow like weeds that are watered, limiting the time spent on worrying can help keep the anxiety from growing out of control. This is helpful for both children and adults. If you find that your younger child is becoming very anxious, a good book to get for them is [What to Do When You Worry Too Much](#) by Dawn Heubner. She also wrote another book for older students titled [Outsmarting Worry; An Older Kid's Guide to Managing Anxiety](#). Both can be purchased online.

On my school website, I listed some apps that can be helpful for stress reduction. Check them out to see if any might appeal to you or your children.

- Apps for stress release and relaxation: RelaxApp, Antistress, Relaxing Sounds
- Apps for Meditation: Headspace, Breathe+, Breathe, Aura, Calm, Smiling Mind

Finally, the Pope has invited Catholics around the globe to unite spiritually in praying the Luminous Mysteries of the Rosary today on this feast of St. Joseph. It is 4:00 pm in our time zone. While we may feel that things are out of our control, praying is something we all can do to help. The power of prayer is extraordinary!

Take care, and stay well,

Noreen Potterton

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