

COUNSELORS' CORNER



| NOVEMBER 23, 2020 | Follow us on Twitter @COUNSELORSTMHS



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REMOTE LEARNING TIPS

Struggling with distance learning? See Northeastern University's top strategies for successful online learning [here](#).

CHECK YOUR GRADES

Need to activate your parent/student portal? Click [here](#) for instructions or call (361) 903-6785 for assistance.

MENTAL HEALTH MATTERS

Every day is full of emotions.



Your counselor is here to help.

Click [here](#) to check in with your school counselor.

If your mental health has been impacted by the COVID-19 pandemic, you are not alone. Practicing healthy coping skills and engaging in regular self-care activities can be highly beneficial in managing stress and anxiety.

Students, reach out to your school counselor or another trusted adult if you are struggling to cope during this time.

**If you or someone you know is experiencing extreme emotional distress or having suicidal thoughts, contact 911 immediately.*

Self-Care During COVID-19



Adapted from a resource created by the Regents at the University of Michigan

GrieveWell.co

What are you doing for self care today? Need more ideas?

Students, click [here](#) for the University of Michigan's Ten Things You Can Do for Your Mental Health.

Teachers, click [here](#) for Understood.org's 5 Tips for Teachers on Practicing Self-Care During the Coronavirus or [here](#) for TEA's Educator Wellness Guide.

OVERWHELMED? A HELPFUL CHECK LIST

- ☐ RELAX SHOULDERS
- ☐ TAKE A BREAK
- ☐ THREE BREATHS
- ☐ GO FOR A WALK
- ☐ RECONNECT TO WHY
- ☐ ADJUST SCHEDULE
- ☐ LIST TOP 3 PRIORITIES
- ☐ ASK FOR HELP

& REMEMBER YOU CAN HANDLE THIS!

xo @heyambereac

UPCOMING EVENTS

NOV 25-27

Thanksgiving Break

Research shows that expressing gratitude is good for your mental health.

DEC 5

TSI Test

Call (361) 903-6785 to sign up or for more info.

DEC 08-11

EOC Retests

Be sure to get a good night's sleep before test day!

DEC 21-JAN 19

Winter Break

Stay safe and rest up for spring semester!

