

COUNSELORS' CORNER

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REMOTE OR IN PERSON
YOUR SCHOOL COUNSELORS
ARE HERE FOR YOU

Check in with your school counselor [here](#) at any time or call our office at (361) 903-6785 to set up an appointment.

*For emergencies, call 911.



PLAN AHEAD...

NEED A TRANSCRIPT?

Click [here](#) to fill out the online transcript request form. Processing time is 7-10 days.

Please call Mrs. Stark at (361) 903-6784 if you need assistance.



STAY INFORMED WITH
REMIND 101

Don't forget to join your Counselor CLASS REMIND!

Text 810810 then type your class code below in the message box.

Class of 2021 @242d4k
Class of 2022 @be69bk
Class of 2023 @hk74k4h
Class of 2024 @8dcfek



Coping with COVID-19

Take breaks from the news



Make time to unwind



Set goals and priorities



Take care of your body



Connect with others



Focus on the facts

For additional resources from the National Institute of Mental Health (NIMH), please visit their [website](#).

Staying Connected... at a Distance

Maintaining social relationships is vital to your mental health. If COVID -19 restrictions have you feeling isolated, see the Canadian Pediatric Society's tips for safely interacting with friends during the pandemic (right). More info can be found [here](#).



I miss my friends ... what do I do?

Thanks to technologies that you probably know very well already, there are lots of things you can do with your friends without being with them physically. Here are some examples:

- ❖ Video chats, email, social networks.
- ❖ Watch the same film, show, or listen to the same music at the same time and talk over a group video chat.
- ❖ Organize a virtual party via Skype, Facetime or another app.
- ❖ Invite a friend to practice activities like yoga or do a workout at home at the same time as you, and talk about it afterwards (there are tons of free videos online).
- ❖ Your school will likely be sending you work to complete. Contact your classmates and do it together.
- ❖ As for screen time, it's often a topic that causes tensions between adolescents and their parents. Your parents will probably be more flexible than usual, knowing that this is how you're staying connected with your friends. But it's best to avoid using devices too late at night, (you should try not to change your sleep schedule too much). A good compromise would be to find a sleep schedule that is a balance between your typical school-day schedule and your typical weekend schedule.
- ❖ Many adolescents have a strong social conscience: Now is the time to show it! You can help neighbors with groceries, for example, as long as you follow government recommendations (physical distance, handwashing for at least 20 seconds, isolating yourself if you feel sick).
- ❖ This is also the time to develop those many talents that lie within you: art, room decorating, room organizing, writing, music...

Tips for a Safer Holiday Season



Host a virtual party



Decorate your home



Spread holiday cheer



Go caroling outdoors



Have a feast



Enjoy your TV traditions

Be Festive, Stay Safe!

Due to COVID-19, holiday celebrations may look a little different this year for many people. It is important to find ways to enjoy the holiday season while practicing appropriate safety protocols. Check out the NYC Health Department's Tips (left) for a safer holiday season. More info can be found [here](#).

The holidays can be a stressful time, especially during our current pandemic. If you or someone you know is experiencing anxiety, stress, or emotional challenges due to the COVID-19 pandemic, call the Statewide COVID-19 Mental Health Support Line at 833-986-1919. Available 24/7.

**For emergencies, call 911.*