

Tuloso-Midway High School
**COUNSELORS'
 CORNER**

December 14, 2020

Follow us on Twitter @CounselorsTMHS

Mental Health and the Holidays...
During the Covid-19 Pandemic

Connections with friends, family, and community play a large role in maintaining mental health- and in holiday celebrations. The Covid-19 pandemic may present challenges for celebrating the 2020 holiday season. However, physical distancing does not have to mean disconnecting from friends and family. See below for tips on staying connected from the Coalition to End Social Isolation and Loneliness.

Staying Connected
 During the Holidays



**UPCOMING
 EVENTS**

Each Monday of Winter Break

Dec. 21 & 28, Jan. 4 & 11

A counselor will be available via Zoom at 2 PM to address mental health concerns. Stay tuned to social media and the TMHS website for more info.

TSI

January 15, 2021

See Mrs. Casarez in the counseling office or call (361) 903-6785 to sign up. For more info about the TSI, click [here](#).

PSAT

January 26, 2021

Sign up with Mrs. Casarez in the counseling office or call (361) 903-6785 for assistance. Fee is \$17. Click [here](#) for more info about the PSAT.



**HOW TO STAY CONNECTED
 DURING PHYSICAL DISTANCING.**

@EndSocialIsolation
 #isolatedNOTlonely
 www.endsocialisolation.org/covid19

COVID-19: Preventing Loneliness During Intentional Isolation

CONNECT VIRTUALLY

Making sure you stay connected with colleagues, family, and friends can ease feelings of loneliness. Social media, video chat platforms, and telephone calls can all be used to keep in-touch with others during physical distancing.



HELP A NEIGHBOR

Running an errand for a neighbor not only helps them, but will also make you feel more connected to your community. Make sure to take extra precautions when coming into contact with others.



MAINTAIN A WELL-BALANCED LIFESTYLE

Eating healthy, exercising, meditating, and maintaining a daily routine can all help reduce stress levels and help one cope with social isolation.



STAY POSITIVE

Focusing on the altruistic reasons for physical distancing can help mitigate anxiety or stress. By physical distancing yourself, you are preventing others from getting sick and stopping the spread of COVID-19 to vulnerable individuals.



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.



Grief & the Holidays

Holiday celebrations may look different this year, which can cause feelings of stress, anxiety, and depression. Holidays can be especially difficult for those experiencing grief or loss.

If you or someone you know is struggling during this holiday season, Cedars-Sinai Hospital has several resources [here](#) to address grief, loneliness, and other tips for happier holidays and your mental health.



Coping With Grief During the Holidays

Talk about your grief. Don't worry about bringing anyone down. You're allowed to grieve and talk about it.

Create boundaries with your time. If you need to take some time for you, do it.

Find a way to honor them. Start a new tradition that honors their memory.

Set realistic expectations. You will probably be sad or maybe cranky and that's okay.

Allow yourself to feel all of your feelings. Resentment and anger are normal.

Practice self-care. Check-in with yourself on a regular basis and meet those needs.

If you or someone you know is struggling with depression or another mental health condition, reach out for help. Talk to your school counselor or another trusted adult about how you are feeling.

The Texas Health and Human Services department has a Mental Health Support Line to address Covid-19 related mental health concerns (see left).

Call 911 for an emergency.

Texas Health and Human Services

COVID-19 Mental Health Support Line

If you or someone you know is feeling overwhelmed by the COVID-19 pandemic, **help is available.**

Speak with a mental health professional for help dealing with anxiety, depression, stress, grief or worry 24/7.

Call the toll-free COVID-19 Mental Health Support Line at **833-986-1919.**

