

WEEKLY WELLNESS (2/10/21) - Student's Coping with the Stress of COVID

From the Wellness Counselors

Good Afternoon Troubies,

This has been a very difficult and unprecedented year for all of us and many of you have contacted the Wellness Office to get support dealing with Stress and Anxiety. The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. **Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.**

Stress can cause the following:

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty concentrating and making decisions
- Difficulty sleeping or nightmares
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Worsening of mental health conditions

It is natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic. Below are ways that you can help yourself manage stress.

Healthy Ways to Cope with Stress

- **Take breaks from watching, reading, or listening to news stories**, including those on social media. It's good to be informed, but hearing about the pandemic constantly can be upsetting. Consider disconnecting from phone, tv, and computer screens for a while.
- **Take care of your body.**
- Take deep breaths, stretch, or meditate.
- Try to eat healthy well balanced meals
- Exercise regularly
- Get plenty of sleep
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others you trust about your concerns and how you are feeling.
- Connect with your community- or faith-based organizations.

Taking care of yourself can better equip you to take care of others. During times of social distancing, it is especially important to stay connected with your friends and family. Helping others cope with stress through phone calls or video chats can help you and others feel less lonely or isolated.

Mental Health and Crisis

If you are in a crisis, get immediate help by calling 9-1-1 . If you are struggling to cope, there are many ways to get help. Please reach out to the Wellness Counselors via your Mascot Schoology Page or via the StopIt App. We want to support you in any way we can. Here are other numbers and links to help you. Always remember you also have amazing personal resources at hand. Reach out to your parents, family members, guidance counselors, anyone that is a trusted adult. **REACHING OUT IS THE MOST IMPORTANT THING.**

- [National Suicide Prevention Life Line](#) : 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, [Lifeline Crisis Chat](#)[external icon](#)
- [National Child Abuse Hotline](#)[external icon](#): 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- [National Sexual Assault Hotline](#)[external icon](#): 1-800-656-HOPE (4673) or [Online Chat](#) [external icon](#)

Warm Regards,
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