

SW Alternative High School

Distance Learning Tips

From your School
Counselor

Kate Jenkins

COVID-19

It's normal to feel sad, stressed, confused, upset and/or angry during a crisis.

Request Support:

If you need support, we have you covered!

Kate—School Counselor

- kjenkins@sowashco.org

Jess Musynski—School Psych

- jmuynsksl@sowashco.org

Chaunte Teehan—Mental Health Therapist with YSB.

- See below!

Let's Talk About It

- Talking to people you trust to express your feelings and concerns can help
- Try talking to friends, family members, teachers, support staff, your advisor, coaches, community members and more!

Self-Care

Self care is personal. What you choose to do will depend on your personality, preference and needs.

- ◆ If you're hungry, eat
- ◆ If you're tired, sleep
- ◆ If you're upset or stressed
 - ⇒ Take breaks (talking breaks are great!)
 - ⇒ Use breathing, stretching, and movement exercises
 - ⇒ Talk to a trusted person
 - ⇒ Draw, color, paint
 - ⇒ Read a book, watch a movie
 - ⇒ Take a break from the news and social media
- ◆ Self care means paying attention to yourself, understanding how you work and taking action that serves your personal needs!

Mental Health Resources

SWAHS has a partnership with Youth Service Bureau to provide counseling services to students during the school day on Tuesdays. Although in-person sessions are unable to occur at this time, support services is still available through a HIPAA compliant video conferencing system, or phone. Through this program your child is able to meet with Youth & Family Therapist, **Chaunte' Teehan, M.A., LPCC** at **no cost**, during the school year.

If you are interested or have questions about this service, please contact Chaunte' Teehan directly at (651) 458-5224 extension 304 or chaunte.teehan@ysb.net

Academics

Remember: This situation is new for everyone. Be kind to yourself and patient with the new form of learning!

Remote Study Skills

- ◆ Try and study in the same place as much as possible. Pick a place that is clean, clear of clutter and with low distractions.
- ◆ Don't study with the TV on. Soft music is the background can be helpful for some people.
- ◆ Get into a routine: study at the same time everyday.
- ◆ Set aside your cell phone—less distractions!
- ◆ Study when you are the most alert and take breaks!
- ◆ Long study sessions should last about 30-45 minutes and then you can take a 5 to 10 minute break before returning to your work
- ◆ Some prefer short sessions, studying for 15 minutes, followed by a 5 minute break
- ◆ Use your breaks for eating a snack, taking a walk, stretching, calling a friend, social media, web browsing, game playing, texting, or whatever you need to practice self-care!

Crisis Information

Crisis Text Line

- Text MN to 741741

Washington County Children's Mental Health

- 651-430-6484

Immediate Concern

- 911