

TAKING CARE OF YOURSELF

DURING COVID-19

HIGH SCHOOL

CFISD MENTAL HEALTH INTERVENTION TEAM

Social

distancing.....

Why is it so important?

Because the coronavirus is less severe for you does not mean that social distancing does not apply to you. It's not about you feeling fine or just keeping you healthy.

Social distancing is about the fact that you can be a carrier and as a carrier you can harm others, including your family, especially your grandparents.

***You just can't know for sure that your friends are well. And while you may not mind taking that risk, you could potentially bring that risk back to your house.**





One day at a time

STAY CONNECTED

You may feel frustrated being cut off from your friends. Not being at school you are at a loss for socializing and routines.

Although you have time on your hands you are unable to hang out with friends like you use to at lunch, after school, at practice or tutorials.

***Reach out and talk to someone who will understand.**

***Text someone.**

***Talk to your parents about how you are feeling. Maybe they will consider loosening rules about time spent on social media.**



DISAPPOINTMENT

YOU MAY BE
DISAPPOINTED
THAT YOU ARE
MISSING
IMPORTANT
EXPERIENCES

GAMES, PROM,
THEATER
PRODUCTIONS,
COMPETITIONS

It is understandable that you may be disappointed during this time. Let someone know how you are feeling and discuss it. Everyone is in transition right now and others may have a good idea of how you feel. If you are overwhelmed, and need help, say so.

***Share that you are struggling with someone you trust.**

***Help is available for YOU!**

Take **CONTROL** of you!

Create a realistic schedule

During this time it is important to focus on your goals. ONE goal is to move forward academically and there is work to do. Developing a routine is important for feeling balanced.

***Create a schedule.**

***Make sure that you build in time for breaks, socializing, exercise and fun. This is important especially if you have anxiety or depression.**

***The key is to do a session of work first, then reward yourself by doing something fun or relaxing.**





infinite seascape, the village seemed compact and claustrophobic, its houses packed close together in the one small corner of the G...
The island...
evacuated...
homes...
might be...

At the time...
where...
in 1910...
out the...
eccentric...
visited...
Seized...
ranch...
very cl...
derelic...
bottle...
than li...
some v...

The...
Blaske...
Wall...
dollars...
battle...
Taylo...
- led...
Icileai...
was st...
boat...
signs...

IT'S ALL ABOUT YOU

If you will make time to take care of yourself mentally, physically and academically, you can maintain overall balance and a positive attitude.

***You are the hero of your story!**