

# Charlotte Wood Middle School

Student Support Resources:  
Information to support you during this time  
away from school

Make sure to stay informed of all the latest news and announcements

San Ramon Valley Unified School District

Charlotte Wood Middle School



For students who qualify for the Federal Lunch Program, John Baldwin Elementary School and Walt Disney Elementary School are staffed to serve lunch from 11:30am to 1:00pm beginning on Monday, March 16th. The menu will be limited and all items will be prepackaged.

# If you need immediate assistance...

Emergency: Call 911

Crisis and Support

YouthLine: Call (877)968.8491 Text: teen2teen to (839)863

Crisis, Support, LGBTQ

The Trevor Project: Call (866)488-7386 Text: START to (678)678

Drugs and Alcohol Education, Treatment and Referral

National Drug Helpline: Call (844)289-0879

Physical and Mental Health Resources

California Youth Crisis Line (800)843-5200

Contra Costa Crisis Center (800)833-2900

Peer help: Teen Line National Runaway Switchboard (800)786-2929

Child Protective Services (to report child abuse/neglect) (925)646-1680



# MANAGING CORONA VIRUS (COVID-19) ANXIETY



## For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

## For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

## For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

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# WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS

@HOLISTICALLYGRACE

## INFORM

LIMIT EXCESSIVE, CONTINUOUS  
EXPOSURE TO MEDIA. INFORM,  
WITHOUT OVERWHELM. SET  
BOUNDARIES AROUND TIME,  
TRUSTED SOURCES.



## CONNECT

REACH OUT FOR EMOTIONAL  
SUPPORT, CONTACT LOVED  
ONES, ISOLATION IS  
DETRIMENTAL TO OUR HEALTH



## SOOTHE

DEEP BELLY BREATHING,  
GROUNDING  
TECHNIQUES, GUIDED  
IMAGERY, PRAYER,  
CALMING SOUNDS,  
LAUGHTER, SINGING



## CONTROL

FOCUS ON THINGS WE CAN  
CONTROL: WASH HANDS,  
HYDRATE, NOURISH,  
CONTACT HR REGARDING  
WORK POLICIES, ADJUST  
FINANCES



## HONOR + DISTRACT

ACKNOWLEDGE FEAR,  
ANXIETY. FIND ACTIVE  
WAYS TO DIVERT  
ATTENTION: PUZZLE,  
READ, CRAFT, ETC.



WE DON'T  
NEED TO  
UNDERSTAND  
THE WORRIES  
OF OTHERS IN  
ORDER TO BE  
RESPECTFUL

ONLINE  
ANXIETY IS  
CONTAGIOUS.  
BE MINDFUL  
OF DIGITAL  
DISTORTION

IT'S  
OKAY TO  
MUTE THE  
GROUP CHAT  
FOR A  
WHILE

**MORE GENTLE  
REMINDERS:  
WHEN THE  
WORLD FEELS  
FRIGHTENING**

≧@THEMINDGEEK≦

YOUR  
OTHER  
CONCERNS  
AREN'T SELFISH,  
TRIVIAL OR  
INSIGNIFICANT

REST  
ISN'T AN  
INDULGENCE.  
IT'S A  
NECESSITY

SOLIDARITY  
IS SPREADING.  
FOCUS ON HOW  
YOU SHOW  
YOURS

# Managing Anxiety Through Mindfulness

When your mind is racing and you feel overwhelmed, bring yourself back to the present with these mindfulness exercises:

[13 Minute Body Scan Meditation for Teens and Adults](#)

[10 Meditation Apps](#)

[New Horizon: Meditation and Sleep Stories](#)

[Calm Blog - Let's Meet in this Moment Together](#)

[Five Sense Meditation with a Clementine](#)

# Things to Do While Away from School

Learn to Code!

[Free Coding Apps, Websites, and More](#)

Get Active!

Go for a walk or run

YouTube “Just Dance” or other workout videos

Practice yoga using YouTube videos

Learn Something New from a Podcast!

For science lovers - [RadioLab](#) or [Science Friday](#)

For history buffs - [Forever Ago](#)

For biographies - [Goodnight Stories for Rebel Girls](#)

For storytelling - [This American Life](#)



# More Things to Do While Away from School

- Journal
- Write a letter to a friend or family member
- Make a list of things you're grateful for
- Try a new recipe
- Chat with friends via Facetime
- Learn new tik-tok dances
- Read a book or do a puzzle
- Disconnect from social media for at least 30 minutes
- Virtual field trips - [Google Arts and Culture Museum Tours](#) , [Waterford Virtual Field Trips](#) , [Common Sense Media Virtual Field Trips](#)
- Character Strong: Join [30 Days of Kindness](#)



Above All Else, Remember To...

Take Care of Yourself

Take Care of Your Family

Do Something Kind for Someone Else

Reach Out For Help When You Need It

We're all in this together. We are Chargers!

