

# Counselor's Corner

Greetings, my wonderful Immaculata family! I want you to know that you are in my thoughts and prayers daily. While we are away from one another, I plan to communicate with you daily during my **office hours from 10:00-11:00am and 1:00-2:00pm**, via email or video chat. Also, I will be sharing messages and videos weekly on ways to support students' social and emotional needs during the COVID-19 outbreak.

Worry is an important topic right now. Adults and children are worried about staying safe, being out of school/work, family members, and the whole idea of the unknown. Listed below are 5 ways to help you and your children who are worried about novel coronavirus.

1. Be available to talk. 
2. Limit exposure to news. 
3. Establish and keep to routines. 
4. Start mindful practices. 
5. Practice controlled breathing. 

Please feel free to utilize the links below:

- Student Handout on Coronavirus - <https://counselorkeri.us15.list-manage.com/track/click?u=3f28f2684c49eec24e57ac250&id=53d5ac7752&e=8a2889b061>
- Parent Handout on Coronavirus - <https://counselorkeri.us15.list-manage.com/track/click?u=3f28f2684c49eec24e57ac250&id=c14767ea85&e=8a2889b061>
- Article on Supporting Kids who Worry - <https://counselorkeri.us15.list-manage.com/track/click?u=3f28f2684c49eec24e57ac250&id=72b950c86f&e=8a2889b061>
- Worry Warriors video (by colleague) - [https://www.youtube.com/watch?v=dA54Nbv3\\_M&list=PLI8YAZ\\_ezKNFELLp8KjMEmcn8A0YbKyRt&utm\\_source=Counselor+Keri%27s+Newsletter&utm\\_campaign=816e35d49a-EMAIL\\_CAMPAIGN\\_2020\\_03\\_16\\_06\\_52&utm\\_medium=email&utm\\_term=0\\_91899b3296-816e35d49a-90008755&mc\\_cid=816e35d49a&mc\\_eid=8a2889b061](https://www.youtube.com/watch?v=dA54Nbv3_M&list=PLI8YAZ_ezKNFELLp8KjMEmcn8A0YbKyRt&utm_source=Counselor+Keri%27s+Newsletter&utm_campaign=816e35d49a-EMAIL_CAMPAIGN_2020_03_16_06_52&utm_medium=email&utm_term=0_91899b3296-816e35d49a-90008755&mc_cid=816e35d49a&mc_eid=8a2889b061)

Remember to reach out if you need me.

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