

Resources for Dealing with Stress:

- ◆ School Website: www.cgcsd.org Facebook: Canisteo-Greenwood Central School
- ◆ Steuben County Mental Health: Hornell (607) 324—2483 . After hours (607) 937—7800
- ◆ Disaster Distress Hotline: Phone: 1-800—985-5990 Text: "TalkWithUs" to 66746
- ◆ CrisisTextLine.Org: Text "CONNECT" to 741741

Keep in Mind:

- Remember you are a role model for your student.
- Make sure your student has breaks from media input. Time outs from social media platforms can help students manage their feelings more proactively.
- Shift expectations and priorities to focus on what gives your student meaning, purpose or fulfillment.
- How you handle stress will impact how your students manage their stress.

Guidelines for How to Help:

- Focus on what you can accomplish rather than the limitations. Make time to do things at home that make you and your family feel better. (reading, movies, music, etc.)
- Stay positive
- Keep connected to your support network through e-mail, texts, and phone calls.
- Keep your family's schedule consistent when it comes to bedtimes, meals, and exercise.

Home Routine Example:

Before 9:00	Wake—Up	Take care of personal needs (eat, shower, clean up)
9:00	Exercise	Be active, remember physical exercise is a great way to deal with stress.
10:00	Academic work	Break up any academic work into smaller activities that include both doing activities and thinking activities .
11:00	Creative work	Be creative—build something new, play games, art and crafts.
12:00	Lunch/ Break	Take care of your personal needs (eat, clean up, chores).
1:00	Self-directed engagement	Do something that you like to do that interests you. Try a virtual tour, try a new hobby, look into something new that interests you.
2:00	Academic Work	Break up any academic work into small actives or set aside some time for quiet sustained reading.
3:00	Fresh Air	If you can go outside and get some fresh air—take a walk play outside