

SOCIAL DISTANCING CARE GUIDE MRHS COUNSELING TEAM

KEEPING TALKING
KEEP LAUGHING
KEEP CONNECTING
KEEP CREATING

VIRTUAL COMMUNITY IDEAS

WATCH TV "TOGETHER" BY LIVE
TEXTING FRIENDS
START A VIRTUAL BOOKCLUB
SHARE MEMES, PODCASTS, SONGS

PHYSICAL HEALTH

20+ MINUTES OF
MOVEMENT DAILY
YOUTUBE EXERCISE VIDEOS

MENTAL HEALTH

PRACTICE MINDFULNESS
GUIDED MEDITATIONS, YOUTUBE VIDEOS,
JOURNAL PROMPTS
KEEP RESOURCES CLOSE-- HOTLINE NUMBERS,
PARENTS, OUTSIDE COUNSELORS

SCHOOL FROM HOME STRATEGIES:

TIME BLOCKING- USE A KITCHEN TIMER SO
YOU WON'T BE DISTRACTED BY YOUR PHONE
SET THE ENVIRONMENT- CREATE AN
ORGANIZED, DEDICATED WORK-SPACE W/
NATURAL LIGHT

STRATEGIES CON'T:

HAVE & KEEP A MORNING ROUTINE
CHECK EMAIL REGULARLY (AM & PM)
COMMUNICATE WITH TEACHERS
ENGAGE WITH CLASSMATES