

SPECIAL EDITION: WEEK 1

Counselor's Corner

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Dear Parents,

Well, here we are in uncharted territory. I have been experiencing a wide range of emotions, as I am sure you have also. We are all beginning our "new normal" for the next several weeks and adjusting to an abrupt ending to our typical routine. It is hard! Extending some loving-kindness to yourself and those around you in the coming weeks will be of the utmost importance.

Flexibility keeps popping up as a theme for me. It is not a strong suit of mine, but I think it will be crucial during this time. I was reading [this article](#) and thought it provided some great points on the topic. I find Dr. Noam's words about focusing on possibilities instead of deficiencies and opportunities instead of losses especially poignant. Another theme I keep coming back to is technology use. I am making it a goal to limit my own online/social media usage. Just as you are probably helping your kids develop schedules, I would encourage you to set aside specific times to catch up on the news, social media, online shopping, etc. We all know that overuse of such technology is no good for our mental health. Let's make a commitment to use our "extra" time for something more productive!

As we are pivoting to support our students' physical health and well-being and their academic life, I would like to encourage you to continue to prioritize their social and emotional development at home. I hope to help you do that in a variety of ways. I will be available (as will the other division counselors) each day via email from 9 a.m.–2 p.m. If a follow-up phone call is needed, I will be happy to do that. In addition, I will be sending a weekly newsletter with resources and information. I will also be sending the students a weekly mindfulness practice along with their other enrichment activities. Lastly, the other counselors and I will be recording periodic videos addressing some different topics that you will be able to access via social media and email.

If you find yourself or your children needing some outside counseling support, please let me know and I will be happy to provide you with a list of referrals. As always, feel free to contact me with any questions or concerns.

Be Well,

Andi Millsap, MA, NCC

IMPORTANT ANNOUNCEMENTS



Talking to Children About Covid-19

17 Apps to Keep Kids Focused

COVID-19 BrainPop Video

Using SEL to Help in Times of Stress

MINDFULNESS

Acknowledge the Effects of Impatience

In the moment, acknowledge what is making you impatient and ask yourself:

1. Do I have control over this situation? If not, what do I have control over in this moment?
2. Is the feeling of impatience helping or exacerbating the impact of the situation?
3. What emotion or mood would be more helpful, instead of the impatience?



Book Recommendations

The Hate U Give
Angie Thomas

A Tree Grows in Brooklyn
Betty Smith