

SPECIAL EDITION: WEEK 3



Counselor's Corner



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Dear Parents,

Since my last newsletter was written, we received the unsettling news that virtual learning will continue for the remainder of the school year. What an overwhelming situation! I am sure that there was some elation on behalf of your children, followed by a wide range of emotions. This is an unprecedented time with much out of our control. It is important for all of us at this time to remember that we do have the power to influence many aspects of our lives including attitude, effort, personal health and safety, and how to manage free time. This is a great time for some "circle of control" activities, and I will include some resources here.

One thing we do know is that this situation is temporary. We have the beautiful gift of time, and we get to decide what to do with it. So, how do you and your kids want to feel about the time spent in isolation when it is all over? This may provide an opportunity for some immense personal growth on behalf of you or your children with less risk than normal. Make some decisions and write them down! However, I think it is also important to note that we all need to do whatever is best for all mental health at this time. If you decide it is time to try some new things, that is great. If you are just surviving day by day, you do you!

I understand that this newsletter comes at the same time as the bulk of your information for the week. Do not feel pressure to look at it all right away! This information may be more helpful to revisit as the week goes on. Another great way to get the information more staggered would be to follow my new Instagram, @mrs millsapbayside, to see all of the videos and other resources. Lastly, make sure your student is in my Google classroom. I am adding optional resources daily.

As noted previously, 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. I am available each day via email if I can be of assistance in any way. Please reach out to say "hey" or anything else!

Be Well,

Andi Millsap, MA, NCC

IMPORTANT ANNOUNCEMENTS



[Quarantine Across Households](#)

[Ways to Cope with Anxiety as a Family](#)

[Wide Open School](#)

(This just came out this week, I'm interested to check it out more!)

MINDFULNESS

Try this grounding exercise anytime you are feeling overwhelmed this week!



The Worry Workbook for Kids

Muniya S. Khanna, PhD

Deborah Ledley, PhD

Outsmarting Worry

Dawn Huebner

The Happy Kid Handbook: How to Raise Joyful Children in a Stressful World

Katie Hurley, LCSW