

COUNSELING CONNECTION



ACCHS School Counseling Office Newsletter

April 2020

Do you feel like the world has played an April Fool's Day joke on you? These past few weeks our worlds have been turned upside down and blended together. Now we attend school, go to work, shop, eat, pray, sleep, and live at home. Every day. With the same people. Maybe it is really our own personal scene from the movie, *Groundhog Day*?! It is hard to tell when you wear your pajamas all day.... In an effort to make sure we are all safe and loved during this time of crisis, we offer you some counseling resources and words of kindness. Stay safe! SCO

Some days people just need a little extra help. Other days, the challenge might be greater. If you are looking for assistance, the list of resources below may help you get started.

COUNSELING RESOURCES

Lehigh County Crisis Intervention: 610-782-3127
Northampton County Crisis Intervention: 610-252-9060
Carbon County Lifeline: 570-992-0879
National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
Crisis Text Line: text HOME to 741741 to reach a crisis counselor 24/7

Domestic Violence Hotline: 1-800-799-7233
Turning Point (24 hour local domestic abuse helpline): 610-437-3369
ChildLine: 1-800-932-0313

Lehigh County Warm Line (non-emergency help): 610-820-8451
Catholic Charities - Pandemic Stress Counseling: 610-435-1541, ext. 334 (or send email to tdakuginow@allentowndiocese.org to schedule an appt.)

Kidspeace - Referral/Inquiry for Behavioral/Mental Health Services: 1-800-854-3123

www.kidspeace.org www.samhsa.gov

Substance Abuse and Mental Health Services Administration (SAMHSA): 1-800-662-HELP

Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746

National Alliance on Mental Illness (NAMI)- Lehigh Valley Chapter: 610-882-2102

www.nami-lv.org

Safe 2 Say: 1-844-SAF2SAY (723-2729) www.safe2saypa.org

TeenCentral (prevention and intervention resource): teencentral.com

Highmark Caring Place (grief resources): www.highmarkcaringplace.com

Begin With Kindness



The most beautiful acts of kindness show up in the most challenging times.

People across the world are feeling a multitude of emotions right now. How we respond matters. Consider that every response you have can begin with kindness. Here are some ideas on ways to be kind to yourself and others while we physically distance from each other. Remember that physical distancing does not mean we've lost connection... indeed, it means we have an opportunity to create stronger connections.

This week, consider how important self-care is during challenging times. Remind yourself this week that you are doing the best you can. We are in uncharted waters. This is the time when giving ourselves a little bit of a break is more important than you know. Practice gratitude, but do it in an intentional way that reminds YOU how incredible YOU are. You are an amazing person. Remember that.

Here are some ways to show kindness to yourself and others.

1. Pick up your phone and dial someone. Don't text and ask how they're doing. Call them. Set aside the time to talk to them, uninterrupted.
2. Go for a walk. While you're out, pop some notes of positivity on your neighbors' doors with your information (assuming you are well and able to help those in need).
3. Get creative. Paint a rainbow on your window or use chalk to draw one your sidewalk to spread a little cheer to those walking by.
4. Clean the house! This is a great time to get into all those little nooks and crannies and do a deep clean of your house. Make it fun by playing your favorite music and dancing while cleaning!
5. Get online and set up a face-to-face meeting through Skype, Zoom, Google Hangouts or any platform that offers it... connect with your neighbors, family members you haven't seen in awhile, friend and co-workers. Check in on each other, tell jokes, share memories.
6. Be kind. Everyone is doing their best right now. It is easy to be judgmental of how others are handling this challenging time, but know that we all operate a little differently. Offer a bit of grace to others during this time. Notice all the good things happening in the world right now.
7. Find a reason to smile every day. In fact, find a way to generate a good hearty belly laugh every day. It does a body good.
8. Be grateful. There is SO MUCH to be grateful for right now. Practicing gratitude builds resilience and helps us through the toughest times. Find three things every day that you are grateful for and write them down. Put the lists in a jar and look at your lists months from now to remind you of all the little reasons you were able to get through this period.