



GCHS COVID19 Mental Health Resources

COVID-19 & Grief:

- While not necessarily the typical association when it comes to thinking about grief, we think it's important to address the sense of grief we're feeling within our Guerin Catholic community. Something that unites us is this experience of loss of our normal way of life: grieving what we were expecting and looking forward to. Faculty and staff are feeling that in the loss of seeing students every day. Students are experiencing the loss through not being active in spring sports, in fine arts, in clubs, or in having a regular school day routine. Seniors who were looking forward to all that was on the calendar for their spring trimester are especially feeling this grief. Feeling sad, frustrated, or angry are all normal responses to this COVID-19 lifestyle. Rest assured that we at Guerin Catholic are trying to think of ways to foster community and celebrate our students, especially our seniors. In the meantime, join us in prayer for health for all in our GCHS community and that we get to finish out the school year together at school. Know that if you are struggling teachers and counselors are still available to help.

For more strategies on dealing with grief, check out this article from the [Harvard Business Review](#).

How to Stay Connected:

- Make it a priority to stay connected to family and friends. **Texting is great, but it doesn't beat hearing a person's voice or seeing their face.** Try to set up a regular time to catch up with friends.
- Spend quality time with your family doing something fun in the evenings.
- Don't only talk about COVID-19 or what it's taking from you. Take time to enjoy each other's company and to laugh!*
- Check out the following article that includes overarching tips from a GC Alum: <https://thecultureproject.org/social-distancing-vs-social-isolation-your-field-guide-to-cultivating-communion/>

To Help Manage Anxiety:

- [4 Strategies to Cope with Anxiety](#)
- Bringing you back to the Present Moment ([Grounding Techniques](#))

*<https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm>

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- Cognitive Behavioral Therapy (CBT) to help you with taking back some control in your daily life: <https://counselor1stop.org/wp-content/uploads/2020/03/3-Instantly-Calming-CBT-Techniques-for-Anxiety.pdf>
 - Pray!
 - Talk to someone. Friend, teacher, parent, sibling. Know that you are not alone.

To Build in Time for Self Care:

- Take time to incorporate prayer
 - Many parishes are live streaming Masses, Adoration, and Stations of the Cross. Check out what your local parish is doing!
 - [Resources for prayer, Masses, Adoration, engaging in your faith, Catholic Culture, and Spiritual books to read can be found here](#)
- Build-in physical activity to your daily routine
 - Different gyms and apps are offering free at-home workout programs
 - Go for a walk (but mind social-distancing!)
- Journal. Get the thoughts and feelings out of your head and onto paper.
- Try to focus on [Gratitude](#). Each day write three things you're grateful for in a journal or on your phone. Share with your family or when you check in with friends.
- Virtual tours of Museums, National Parks, Zoos, and Aquariums:
 - [12 Museums from Around the World](#)
 - [San Diego Zoo Footage](#)
 - [Yellowstone National Park Virtual Tour](#)
 - [Baltimore Aquarium Virtual Tour](#)
- Coloring Pages
 - [Disney Coloring Pages](#)
 - <http://coloritbynumbers.com/online/book/flowers>
- Other Coping Strategy Ideas can be found [HERE!](#)
- Set a time to DISCONNECT! The world we're living in especially right now is very connected. Dedicate time every day to be off your devices and give your eyes a break.

How's Your Routine?

With two-weeks of e-learning under your belt, do you feel like you have a good routine down for completing the attendance surveys and coursework? Developing a routine is essential for giving your day structure, lowering stress, and feeling overwhelmed. Using time over spring break to evaluate what went well in your daily routine and how to adjust the parts that weren't successful will help you through the rest of our e-learning experience. Some things to consider:

- What is helping you keep track of assignments and stay organized?
 - Planner, Canvas Calendar, To-Do lists?
 - [Daily To-Do List](#)

■ [Weekly Planner](#)

- Are you communicating with your teachers, parents, counselors?
 - Communication or even over-communicating is key during this time when we can't physically be together.
- Are you taking advantage of discussion boards or class meetings to ask questions?
- Is there a peer in your class who you can work with if you get stuck trying to figure something out?
- Are you building in time to talk to your friends and family?
- Are you praying each day?

Online Learning Habits

(In Four Animals)



<h2>Be active.</h2> <p>Habits: Don't lurk! Leave an artifact every time you check into your course: post an idea, reply to someone else's idea, share a resource, submit an assignment. Small and frequent contributions are more effective than big and sporadic ones.</p> <p>Tools: Download mobile versions of course technology to communicate on the go. Use browser bookmarks to make your course easily accessible.</p> 	<h2>Be steady & reliable.</h2> <p>Habits: Prioritize responsiveness. Check-in daily for a few minutes to keep up with conversations. Designate longer chunks of time for deeper work. It's important that online learning be a visible part of your schedule.</p> <p>Tools: Set regular "dates" with your course on your calendar. Make sure course notifications go to the device you use most (email, phone, tablet).</p> 
<h2>Be resilient.</h2> <p>Habits: Identify and use multiple modes of support: online resources, your online classmates, and on-campus support. Make a sincere attempt to solve a problem yourself before asking others.</p> <p>Tools: Find and bookmark online support resources for technology in your course. Don't be afraid of a Google search. Identify a "course buddy," someone who knows you're in this course and can provide both personal and technical support.</p> 	<h2>Be playful.</h2> <p>Habits: Communicate in many ways (text, video, image, emoji, etc.). Use humor and warmth. Try to do something surprising or creative with routine interactions.</p> <p>Tools: Learn how to use your smartphone or mobile device to capture and upload video and images that show your life and location. Learn the technology in your course: how many different ways are there to interact? Learn how to add multimedia elements to your posts.</p> 

<https://globalonlineacademy.org/insights/articles/the-four-habits-of-successful-online-learners>