



## A Message from Stuart Counseling Services

Dear Stuart Families, Faculty, and Friends,

As we navigate this stressful time we wanted to provide you with some helpful resources that may support you and your family. As we work to prevent disease spread and manage living in close quarters with our families, there is a heightened need to practice self-care through rest, healthy eating, exercise, and stress management. Below are some links you may find helpful in helping your children navigate this challenging time.

- [Talking to Kids About the Coronavirus](#), Child Mind Institute
- [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019](#), The National Child Traumatic Stress Network

We recognize the need to decompress both individually and as a family, below is a link that can support you while coping with the daily changes in our lives.

- [Parents' Self-Care](#), Center for Parent and Teen Communication

While social distancing is highly encouraged to flatten the curve, it is important during these times to be mindful of the importance of emotional connection. We also want to remind the Stuart community about the importance of relying on a number of  *coping strategies*  to use in times of increased stress. We have listed a few below for reference.

- Breathe...take it one day at a time
- Engage in enjoyable activities unrelated to the current crisis
- Live in the present moment
- Practice positive thinking
- Maintain a healthy routine; develop a daily schedule
- Exercise - Physical activity is essential to boosting your immune system, and can also decrease stress and help regulate your sleep and appetite. It's spring and a great time to take a walk, bike ride, or run.
- Check in with your friends and families, share your thoughts and feelings and offer support to them, listen to how they are doing and managing.
- Seek professional support locally if needed

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### *Resources for Mental Health Support:*

The Anxiety and Depression Association of America ([ADAA](http://adaa.org)), 240-485-1001. Provides information on the prevention, treatment, and symptoms of anxiety, depression, and related conditions

The CDC has a [resource page](#) dedicated to managing stress and anxiety around COVID-19, including links to other resources like [SAMHSA](#).

[Psychology Today](#) is also a great online resource for families interested in finding local therapists, psychologists, and treatment agencies.

Thank you for your partnership in this matter. We will be connecting again following our spring break. For now, please take care of yourselves and do your best to have a restful break!

Jennifer Peck-Nolte , Ed.S. LAMFT  
EC & Lower School  
Grades 5/6  
([jpecknolte@stuartschool.org](mailto:jpecknolte@stuartschool.org))

Angelina Howard, MSW, LSW  
Grades 7/8  
Upper School  
([ahoward@stuartschool.org](mailto:ahoward@stuartschool.org))