



Word from the Counselors...

HELP! COVID-19!

We know that we are in unprecedented times with this Virus, however, we want to share some helpful tips to help you get through the next few weeks.

- **Take care of your body**
 - Try to eat healthy, exercise, and get plenty of sleep
- **Connect with others**
 - Maintain relationships in your life that are supportive
 - Rely on your support system
- **Take breaks**
 - We know you still have school work to do, however, build in some time for breaks so you can stay in the game
- **Stay informed**
 - Watch for news updates that pertain to Covid-19 from reliable sources
- **Seek help when needed**
 - Seek out clergy members, mental health professionals, doctors, your GHS counselors, or contact SAMHSA helpline at 1-800-985-5990 (CDC, 2020)

Reference: Centers for Disease Control. (2020). *Coping with a disaster or traumatic event*. Retrieved from <https://emergency.cdc.gov/coping/selfcare.asp>

