

# HELLO STUDENTS,

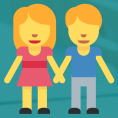


During the past few weeks there have been a lot of transitions, uncertainties, and information coming your way. **Thank you for your courage and flexibility!**

Some of you may still be figuring out how to manage these difficult circumstances, and that is okay. These are challenging times and you are doing a great job.

Here are a few tips that can help:

## ***FIND NEW WAYS TO CONNECT WITH YOUR FRIENDS.***



Social distancing and quarantining may have us feeling isolated. You are creative and resourceful, so look for new ways to get together. Host virtual game nights or create challenges through social media to thank essential workers.

## ***FOCUS ON YOU.***



Use your new-found time to look after your mental health by doing something that makes you happy. Try a new hobby, musical instrument, recipe, or organize your room.

## ***FEEL YOUR FEELINGS.***



Let yourself feel the way that you do. It is ok to feel sad about missing out on certain things or about the current circumstances. Remember there are people who can help you through these feelings if you need it.

## ***BE KIND TO YOURSELF AND OTHERS.***



Perform random acts of kindness to cheer someone up. We need to be mindful of what we say and do to one another right now. Remember to be kind because we do not know what the other person may be experiencing.

## ***DO WHAT YOU CAN.***



There are things you can control, and things you can't. Try to focus on the things you CAN do. Set a schedule for yourself: do your homework, allow yourself time for movies or games, talk to your family and friends, and practice self-care.

## ***RECOGNIZE THAT ANXIETY IS COMPLETELY NORMAL.***



You are not the only one feeling it, and in fact, that's how you are supposed to feel.

## ***ASK FOR HELP.***



Remember that there are people you can turn to for help with any problem you are facing. For example, if you don't have a laptop to do your assignments on, your school may be able to lend you one.

***No matter what the problem, talk to a trusted adult, such as your parents, teachers, counselor, or school principal. You don't have to figure out everything on your own.***

Remember that we are all going through this together as a community! Let's make it a priority to support one another.

***Your Friends at Sage Thrive!***