

# ***COVID-19 RESOURCES FOR STUDENTS AND FAMILIES***



## **CONTACT YOUR COUNSELOR**

As a counseling department we are committed to serving our students and are always available for support should they need to check in, just say hello, or have a virtual meeting through zoom. Please find the links to individual counselors below to set up an appointment:

Grades 9th and 10th (Last Names A-K)

- Ms. Christyann Anderson [canderson@xavierprep.org](mailto:canderson@xavierprep.org)

Grades 9th and 10th (Last Name L-Z)

- Mrs. Claudia Garcia [cgarcia@xavierprep.org](mailto:cgarcia@xavierprep.org)

Grades 11th and 12th (Last Name A-K)

- Mrs. Leticia Sendejo [lsendejo@xavierprep.org](mailto:lsendejo@xavierprep.org)

Grades 11th and 12th (Last Name L-Z)

- Mr. Peter Kulevich [plulevich@xavierprep.org](mailto:plulevich@xavierprep.org)

International Student Coordinator/Counselor

- Mrs. Angela Germanos [agermanos@xavierprep.org](mailto:agermanos@xavierprep.org)

Learning Specialist/Counselor

- Ms. Andrea St. Onge [astonge@xavierprep.org](mailto:astonge@xavierprep.org)

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## **COVID-19 INFORMATIONAL RESOURCES**

*Please find access to active links below by hovering your cursor over the bold titles to click:*

- **[World Health Organization](#)** (WHO) Q & A
- **[Key Facts from the Centers for Disease Control](#)**
- **[National Alliance on Mental Health COVID-19 Resource and Information Guide](#)**

# Coping with COVID-19

**Take breaks from the news**



**Take care of your body**

**Make time to unwind**



**Connect with others**

**Set goals and priorities**



**Focus on the facts**

## HELPING CHILDREN & ADOLESCENTS COPE WITH COVID-19

- Be a role model.*
- Reassure them that they are safe.*
- Try to keep up with regular routines.*
- Let them know it's ok if they feel upset.*
- Provide information that is honest and accurate.*
- Limit your family's exposure to news coverage of the event.*

# COVID-19 SUPPORTIVE RESOURCES

## **Mindfulness and Stress Management**

*Please see the list below for a plethora of resources to help students manage their stress during this time. Resources include free mindfulness, meditation, and physical fitness activities.*

- [\*\*Mindfulness Strategies for Adult and Student Wellness\*\*](#)  
A video presentation of useful strategies from Panorama Education.
- [\*\*Go Zen Online\*\*](#)  
GoZen! is an organization dedicated to the relief of childhood anxiety. They offer several free videos and strategies on their YouTube channel.
- [\*\*Stop, Breathe & Think\*\*](#)  
Free, brief videos of a variety of mindfulness practices, including meditation and yoga.
- [\*\*Headspace\*\*](#)  
Guided meditation via youtube channel for everybody.
- [\*\*Smiling Mind\*\*](#)  
Guided meditations and videos on mindfulness for people of all ages.
- [\*\*Mindful.org\*\*](#)  
Free mindfulness resources to find calm and nourish resilience during the COVID-19 outbreak.
- [\*\*Yoga Ed.\*\*](#)  
Free yoga videos specifically designed for teens/tweens
- [\*\*Down Dog App\*\*](#)  
Free fitness classes via the app until April 1.
- [\*\*Sarah Beth Yoga\*\*](#)  
Free yoga videos on youtube by a prominent worldwide instructor.
- [\*\*Yoga with Adrienne\*\*](#)  
Free yoga videos on youtube by a prominent worldwide instructor.
- [\*\*Mindful Tools for Staying Sane and Creating Calm\*\*](#)  
Experience mindfulness practices that you can use for yourself and immediately share with your family. Learn how to build an inner and outer sense of safety and calm for yourself and your children. (zensational kids)
- [\*\*Inner Explorer\*\*](#)  
Now a FREE mindfulness app for you and your family to use. Easy to use and meant to support the whole family.

## **Helping Your Student Manage Feelings Specifically Related to COVID-19**

- [\*\*Mental Health and Covid\*\*](#)  
The American Foundation For Suicide Prevention Mental Health Care and Suicide Prevention Toolkit
- [\*\*The JED Foundation Resource Guide\*\*](#)  
A COVID-19 Resource Guide for Students, Teens and Young Adults
- [\*\*How to Talk to Your Children About COVID-19\*\*](#)  
Resource put out by the National Association of School Psychologists

- [\*\*Tips for Taking in Rapidly Changing News\*\*](#)  
Suggestions from Common Sense Media
- [\*\*Help Your Family De-Stress During Coronavirus Uncertainty\*\*](#)  
Suggestions from Common Sense Media
- [\*\*How to Talk About Coronavirus with Kids\*\*](#)  
Article from Understood.org, with information and additional links to other resources regarding talking to our kids about what's going on.
- [\*\*Time to Come in Bear: a Children's Story about Social Distancing\*\*](#)  
by Kim St. Lawrence- Children's Author
- [\*\*NPR Cartoon to Help Explain COVID-19 to Your Youth\*\*](#)  
Cartoon to help you explain it with visual content.
- [\*\*Talking to Kids About the Coronavirus\*\*](#)  
An Article from Child Mind Institute
- [\*\*COVID-19: Five Helpful Responses for Families\*\*](#)  
5 tips from Conscious Discipline for creating a sense of safety, connection, and cultivating a new sense of normal
- [\*\*Emotional Well-being During the COVID-19 Outbreak\*\*](#)  
Article from the National Suicide Prevention Lifeline with links to additional sites and resources.
- [\*\*Coping in Hard Times Fact Sheet for High Schoolers\*\*](#)  
Put together by The National Child Traumatic Stress Network
- [\*\*Teen Health and Wellness: Staying Connected during COVID-19\*\*](#)  
An opportunity for our teens to share their stories of how this outbreak is impacting them, and what they are doing to take care of themselves. Chosen submissions will be published on their page (with parental consent and use of first name only).
- [\*\*Supporting Children During the Coronavirus\*\*](#)  
PDF from the National Child Traumatic Stress Network

## **Parenting Support**

- [\*\*National Parent Helpline\*\*](#)  
Advocacy, emotional support, and problem-solving assistance for parents/caregivers of children of any age. Trained specialists provide assistance via phone, or website.
- [\*\*Teaching Social Skills at Home\*\*](#)  
Free online resources and activities to continue working with your youth on social and emotional skills from Centervention.com.
- [\*\*Coronavirus and Parenting: What you Need to Know Now\*\*](#)  
A lifestyle article from NPR
- [\*\*Strategies for Parenting Teenagers in Close Quarters\*\*](#)  
An article from the New York Times
- [\*\*Parenting in a Pandemic\*\*](#)  
10 Percent Happier Podcast Episode with Dan Harris of ABC News, and Susan Kaiser Greenland, American mindfulness teacher who specializes in work with children.
- [\*\*Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019\*\*](#)

Document created by the National Child Traumatic Stress Network

- [Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#)  
Document created by SAMHSA (Substance Abuse and Mental Health Services Administration)
- [Crisis Management Institute- Parent Resources](#)  
6 Weeks of Resources Specifically for Parents Helping their Children Navigate COVID-19 Concerns
- [Even the Mellowest Teens are Raging Against the Pandemic Quarantine. Here's How to Help Them Cope.](#)  
Article from the Washington Post
- [QTips: Coping with Quarantine Life](#)  
Resource page from True Sport, organization committed to equipping "young athletes with the resources to build life skills and core values for success on and off the field."
- [How to Reduce the Stress of Homeschooling on Everyone](#)  
Article from Greater Good Magazine, a UC Berkeley publication.

## **Emergency Mental Health Resources**

Should you experience an emergency or need immediate crisis support please call 911 or one of the many crisis hotlines:

- [National Suicide Prevention Hotline](#)  
1-800-273-8255
- [Crisis Text Line](#)  
Text "HOME" to 741741
- [National Domestic Violence Hotline](#)  
1-800-799-7233
- [Partnership for Drug Free Kids](#)  
Text a message to 55753 for personalized assistance regarding substance use in children.

## **Videos**

- Video: [Talking to and Supporting Your Children During the Pandemic](#)
- Video: [Reset: Decompress Your Body and Mind](#)
- Video: [Helping Your Child Cope with Coronavirus and Uncertainty](#)