Together but Apart in a Time of Global Change

The first edition of the counseling newsletter comes at time of great societal change in the face of a global pandemic. For many of us we may be coping with the loss of our normal day to day routines. For example, you may feel like you missed out on a trip you were really looking forward to taking. A dance that you wanted to ask a friend out to. Maybe you were in the process of getting ready to prepare for an exam for a high school class. While we may be making sense of this in our new reality you don’t have to make sense of this alone. In the first issue I share a few ideas to help stay connected, and tips to help get through these difficult times. 

#togetherbutapart

- Make sure to check out live lessons from teachers and check in with them during their online office hours. You can organize zoom or Microsoft Team meetings with permission from teachers.
- While in the regular school year it might have been discouraged to spend so much time with video games. It might not be such a bad idea to join your friends for some online gaming. Staying connected through online virtual world games can help lower stress and help you strategize with friends for hours. Make room in your schedule and routine for work and play!
- Try a new recipe with your parents or learn how cook with your family members. Nowadays, there’s great resources to access on Youtube that can walk you through step-by-step tutorials on how to accomplish a dish you’ve been wanting to try.
- How are you practicing social distancing? What are you doing while in quarantine? Share on our twitter handle!