

# Seven Resources and Tips for Well-being

Update #6-- March 21, 2020

Happy weekend, Eagles!

Yesterday was the first day of a new adventure for all of us. Today, though, we want to talk less about school and more about the health and well-being of our students and families. Here are a few tools and resources to help you stay strong and positive during these unique circumstances.

We know there's a lot of information out there - sometimes, it can be too much. So we've narrowed the list to just seven ideas to help you rest, recharge and prepare for the week ahead (listed in no particular order).

1. **Take a fresh look at how to talk to your kids about the Coronavirus.**

Check out these suggestions from the [National Association of School Psychologists](#) or read this [Coronavirus Story](#) for kids, together.

2. **Designate a work space and a school space.**

Support productivity by knowing which spaces are for relaxing and playing - and which ones are for working and learning. When the day is done, you'll be able to more easily leave work and school behind. Looking for additional tips for successfully working remotely? Read this article by [Inc.](#) or this one from [Forbes](#).

3. **Eat breakfast and lunch together.**

Eating together will create opportunities for sharing how everyone is feeling, create a sense of connection and maintain a feeling of normalcy. This also helps make sure everyone takes a break to eat, as the hours and days begin to blur together!

4. **Continue to enforce bedtime and wake-up times.**

Getting a good night's sleep is important. Having a schedule and sticking to it will help everyone's day be a little bit better. Are you sensing a theme here?

5. **Get creative about community.** Whether it's participating in Online Storytime on our Facebook page at 10:30 a.m., March 23-27, or whether it's setting up your own video chats with friends - make sure you're connecting with others! Our mental health benefits from connection and community.

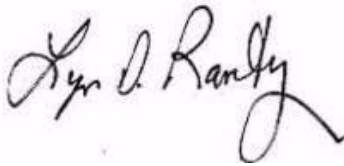
6. **Avoid screen time during down time.** Encourage everyone in your household to take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be

upsetting. And if you're having trouble with this, you might check out the Headspace App, which is offering free mindfulness exercises [here](#).

7. **Talk to an expert about anxiety and stress.** Topeka Collegiate will host a Facebook Live on Monday, March 23 at 11:30 a.m. with therapist [Rochelle Walsh, LSCSW](#), to answer your questions about managing your families' stress and anxiety. In the meantime, take a moment to reflect on how you're doing while reviewing the tips and information available on this topic from the [CDC](#) and the [Child Mind Institute](#).

Obviously, we're excited to offer the Facebook Live opportunities described in #5 and #7. But we know there's only so much we can do - unless you tell us what you need. Please know that we are here and we are listening. If you have suggestions, let us know! Topeka Collegiate is committed to maintaining a strong sense of community during this time. And that starts with making sure we're all taking care of ourselves and checking-in on one another.

Wishing you a wonderful weekend! "See" you next week!

A handwritten signature in black ink that reads "Lyn D. Rantz". The signature is written in a cursive style with a large, looping "y" and "z".

Dr. Lyn Rantz  
Head of School