

# University of Maryland School Mental Health Program's Family Wellness Wednesday

October 7, 2020

Welcome to the new school year! Getting back in the swing of virtual learning, while continuing to deal with changes to our school, work, and social routines and the health and financial threats caused by the Coronavirus (a.k.a. COVID-19) may be stressful for many in our Augusta Fells Savage Institute of Visual Arts community. As we work together to support the continued learning of our scholars, we also want to take time to focus on **wellness** for families and scholars in our community. At least once a month on Wednesdays, The UM SMHP will provide information, activities, and resources for you and your scholars to use as you cope with these stressful times. **This week's focus is: STRESS AND COPING.** Anxiety about starting distance learning and balancing life demands, all during a pandemic, can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community

## Everyone reacts differently to stressful situations.

Some may have trouble sleeping, notice changes in their appetite, have difficulty concentrating, or feel like their body is tense and tight. *It's important to notice how we are feeling so that we can cope effectively.*

## To support yourself or your child, you can...

- **Focus on the facts.** Stick with trusted sources, like the [Centers for Disease Control and Prevention \(CDC\)](#). Check out these resources for talking to your kids from [NPR](#) and the [CDC](#).
  - Also, **take breaks** from news about the virus, including on social media.
- **Establish and stick to a routine.** Create a schedule that *works for you*. Build in time for learning, play, chores, relaxation and free-time.
  - Have **mercy**. Show compassion for yourself and your kids when things don't go according to plan.
- **Do self-care.** What energizes and restores you? Take time to go for a walk, read a book, listen to music, play a game, or facetime with friends (while practicing physical distancing). Maybe take a **virtual field trip** to the zoo, space museum, Mars & more!
- **Connect with others.** It's easy to feel isolated when we can't visit our friends and family. Find creative ways to connect with others. Reach out to friends and family by phone, video chat, social media, or notes in the window or on the sidewalk for neighbors.
- **Be a role model.** Children take their cues from the adults who care for them. Be sure you are also taking breaks, getting plenty of sleep, exercising, and finding ways to relax.

*What might stress, worry, or anxiety look like for my child?*

### Anxiety presents itself in many different ways...

The desire to control people and events 	Difficulty getting to sleep 	Feeling agitated or angry 
Defiance and other challenging behaviors 	Having high expectations for self, including school work & sports 	Avoiding activities or events (including school) 
Pain like stomachaches and headaches 	Struggling to pay attention and focus 	Intolerance of uncertainty 
Crying and difficulty managing emotions 	Over-planning for situations and events 	Feeling worried about situations or events 

## Additional Resources

[Centers for Disease Control: Covid-19 Stress and Coping](#)

[5 Things You Need to Prepare for Virtual School](#)

[NAMI: How to Ease Children's Anxiety about Covid-19](#)

[UNICEF: 6 Ways Parents can Support their Kids Through Covid-19](#)

## University of Maryland School Mental Health Program's Family Wellness Wednesdays - *In Every Issue!*

### Useful Links

[U of MD National Center for School Mental Health](#)

[Baltimore City Public Schools](#)

[Behavioral Health & Wellness](#)

[Parenting Advice for Behavior Issues](#)

### Stay Connected

[AFS School Website](#)

Instagram: [augusta\\_fells](#)

Facebook: [Augusta Fells Savage Institute of Visual Arts](#)

Twitter: [PrideInside430](#)

My Office Hours will begin October 7<sup>th</sup>:

Wednesdays 3:00-4:00pm [Zoom link for Wednesday](#)

Thursdays: & 8:00-9:00am [Zoom link for Thursday](#)

### Need to make a referral to our program?

The School Mental Health Program is always accepting referrals and we will be in touch in a matter of days!

**Anyone can make a referral!** Just reach out me through phone or email to request a form. Contact information below. Our principal and teachers can also share our electronic referral form.

### Crisis Support

For Life Threatening Emergencies **DIAL 911**

Here2Help Hotline provides 24/7 confidential advice and emotional support.

**410-433-5175** | [Here2Help](#)

Maryland Crisis Hotline

**DIAL 211** | <https://211md.org/>

National Suicide Prevention Hotline

**1 800-273-8255** | <https://suicidepreventionlifeline.org/>

### Cultural Responsiveness and Equity

[University of Maryland Cultural Responsiveness & Equity](#)

[Talking About Race](#): The National Museum of African American History & Culture for educators, caregivers, and involved community members sorted by topics of bias, whiteness, and self-care.

[Talking to Kids about Racism & Justice - Book Lists](#)

The Oakland Library developed a curated list of books, articles, videos, websites, and more, broken down by age range to assist adults in discussions of racism and justice with children.

### Upcoming Events

**No Upcoming Events At The Moment**

Brought to you by Ms. Jasmine, clinician with the University of Maryland School Mental Health Program in partnership with Augusta Savage Fells Institute of Visual Arts  
(P) 443-436-2637

(E) [jsavoy@som.umaryland.edu](mailto:jsavoy@som.umaryland.edu)

Office Hours: Wednesdays 3:00-4:00 [Zoom link](#)

Office Hours: Thursday 8:00-9:00 [Zoom Link](#)

Psychiatrist: Dr. Albert Nguyen (available Tuesday 8:30-11:30 by appointment)

Trainee: Unique Eaton (Mondays, Wednesdays, and Fridays)

