

CHHS

Student Support

Find all kinds of information to support you during this time away from school.

We are here. We are connected. We are only an email away.

Mrs. Fayson faysonl@troyschools.net

Ms. Anderson andersonk@troyschools.net

Ashley Tate tate@troyschools.net

Nurse Melissa scarbroughm@troyschools.net

Mrs. Melton meltonl@troyschools.net

**Make sure to stay informed of all the latest news
and announcements.**

Troy City Schools Website www.troyschools.net



Charles Henderson High School



@charleshendersonhs

**If you need immediate
assistance:**

Emergency:

Call 911

Crisis & Support:

East Central Mental Health

334-566-6022

Report Child Abuse:

Pike Regional Child Advocacy Center

334-670-0487

MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

5

WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS

@HOLISTICALLYGRACE

INFORM

LIMIT EXCESSIVE, CONTINUOUS EXPOSURE TO MEDIA. INFORM, WITHOUT OVERWHELM. SET BOUNDARIES AROUND TIME, TRUSTED SOURCES.



CONNECT

REACH OUT FOR EMOTIONAL SUPPORT, CONTACT LOVED ONES, ISOLATION IS DETRIMENTAL TO OUR HEALTH



SOOTHE

DEEP BELLY BREATHING, GROUNDING TECHNIQUES, GUIDED IMAGERY, PRAYER, CALMING SOUNDS, LAUGHTER, SINGING



CONTROL

FOCUS ON THINGS WE CAN CONTROL: WASH HANDS, HYDRATE, NOURISH, CONTACT HR REGARDING WORK POLICIES, ADJUST FINANCES



HONOR + DISTRACT

ACKNOWLEDGE FEAR, ANXIETY. FIND ACTIVE WAYS TO DIVERT ATTENTION: PUZZLE, READ, CRAFT, ETC.

SET
BOUNDARIES
WITH WHAT +
HOW MUCH
MEDIA YOU
CONSUME

YOU'RE
ALLOWED TO
OPT OUT OF
OVERWHELMING
DISCUSSIONS

TRY TO
RESPOND TO
THE FEARS OF
OTHERS WITH
UNDERSTANDING
+ RESPECT

GENTLE REMINDERS:
FOR WHEN THE
WORLD FEELS
FRIGHTENING

≥@THEMINDGEEK≤

FOCUS
ON THE
MANY THINGS
YOU CAN
CONTROL

BE
MINDFUL
OF WHEN IT'S
BECOMING
MORE THAN
JUST 'BEING
INFORMED'

BREATHE,
CONNECT +
TAKE GENTLE
CARE OF
YOURSELF +
OTHERS

ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify

5 things
you can
see



4 things
you can
touch



3 things
you can
hear



2 things
you can
smell



1 thing
you can
taste



THINGS TO DO WHILE AWAY FROM SCHOOL

- Journal!
- Write a Letter to a Friend or Family Member!
- Make a List of Things You're Grateful For!
- Read a Book or Magazine...for fun!
- Have a Dance Party with Friends via FaceTime!
- Disconnect from Social Media...even if it's just for 30 minutes!

Practice for the
ACT

**Center Yourself When Things
Get Overwhelming
By Practicing
Mindfulness Techniques**

**Check out your Google
Classroom**

Things to do
while away
from school

Virtually Tour Museums:

<https://artsandculture.google.com/project/street-view>

Virtually Tour a Zoo:

<https://www.houstonzoo.org/explore/webcams/>

TAKE A VIRTUAL COLLEGE TOUR!

(FOR ALL GRADE LEVELS)

- While many colleges are cancelling their campus tours, open houses, and preview days, you can take a virtual tour on their site.
- Look at their majors...do they have what you are interested in? What are the costs? Any scholarship opportunities?
- Use this website to research various careers: www.mynextmove.org

FIND SCHOLARSHIPS!

(FOR ALL GRADE LEVELS)

- **Start or continue your scholarship search! Seniors, it is not too late to apply!**
- **11th, 10th, and 9th grade students – This is a great time for you to plan for your future!!! Take time to research scholarships.**
- **Check out the “Counselor’s Corner” on our school webpage for local scholarships!**
- **If any scholarship deadlines change, we will notify you via email.**

Résumé

(FOR ALL GRADE LEVELS)

- Work on your résumé! Think about what you've done in your high school career and get it on a Google Doc so you can edit year after year.
- Seniors – update your resume!
- Seniors – Do you still need recommendation letters? This is a good time to reach out to your teachers and administrators. Make sure you request the letter at least a week in advance.

DEAR CLASS OF 2020

YOU ENTERED THE WORLD DURING 9/11.
YOU GRADUATE DURING A PANDEMIC.

NO DOUBT THESE EVENTS WILL SHAPE YOU.
YOU SEE BEYOND BORDERS AND POLITICAL
PARTIES. YOU SAVOR THE GOOD. YOU
RELISH HEALTHY LIFESTYLE HABITS.

THE CELEBRATIONS MAY NEED TO WAIT.
AND YOU ARE OK WITH THAT.

WE ARE PROUD OF YOU!

ABOVE ALL ELSE, REMEMBER TO:

TAKE CARE OF YOURSELF.

TAKE CARE OF YOUR FAMILY.

DO SOMETHING KIND FOR SOMEONE ELSE.

REACH OUT FOR HELP WHEN YOU NEED IT.

WE ARE ALL IN THIS TOGETHER.

GO TROJANS!!!