

Thriving at home

SUPPORTING MENTAL WELLNESS



**Galileo School
for Gifted Learning
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and Johanne Alexander, LMCH**



galileoschool

FOR GIFTED LEARNING

The current COVID-19 Pandemic has brought about an increase in the experience of emotions, including anxiety, in most of us at some point. This extends to our children. Galileo is committed not only to providing a quality ongoing education for your children but we care for your student's social-emotional wellbeing too.



"At many times throughout their lives, children will feel like the world has turned topsy-turvy. It's not the ever-present smile that will help them feel secure. It's knowing that love can hold many feelings, including sadness, and that they can count on the people they love to be with them until the world turns right side up again." -Fred Rogers

Talking to your Student about COVID-19

- Use simple terms so children can understand
- Parents should monitor their own reaction as kids are in tune to how parents are feeling
- Use simple terms so children can understand
- Ask your child what they already know about what is happening and your conversation can build from there
- Focus on what you're doing to stay safe

[How to talk to Very Young Children About the Coronavirus](#)

[How to Talk with Your Kids About Coronavirus Video](#)

Managing Anxiety and Stress:

- Take time to talk about the Coronavirus and the related feelings they are experiencing
 - Avoid telling them to “not worry”. Focus instead on what they can do, within their control, to help stay safe
- Identify coping strategies (deep breathing, reading, exercise, etc.)
- Model good self-care (take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.)

[“When Your Child Fears the Coronavirus: 8 Tips for Taming Anxiety”](#)

[CDC](#)

General Resources and Activities:

[Child Mind Institute](#)

[Stay-At-Home Care Package link here](#)

[100 Activity Ideas link here](#)

[Social Sprouts Storytime Videos](#)

[Positive Tips for Parents & Caregivers](#)

[Microsoft office Activities](#)



How to be OK during stressful times

Connecting with others - in our homes by playing games, making meals together, etc. and outside - facetimeing friends and family

[Eat nourishing foods if possible](#)

Limit media exposure

[Deep belly breathing](#)

Get a little sunlight - Vitamin D helps improve mood and boost the immune system

Exercise like [yoga](#) - Moving your body helps shift out of the sympathetic nervous system response

[Try "Ground" activities](#) like ["5, 4, 3, 2, 1"](#)

Practice [gratitude](#), [mindfulness](#) & [mediation](#)

Prioritize sleep - Apps like "Calm" and "Headspace" have great sleep stories for kiddos and adults (*currently available for free to teachers and health care workers)

Galileo will be offering Telehealth Mental Health support services to those students who are experiencing moderate to significant impairment in their functioning due to Mental Health symptoms. If you would like to consult with the Licensed Counselor on staff please email Melissa Barnes, LMHC, CAP at melissa.barnes@galileogiftedschool.org.

Other Telehealth programs with Licensed Mental Health Providers

(*Galileo does not endorse any specific individual providers. Below are referral sources Ms. Barnes is familiar with in the local area or have been recommended by other Galileo families, as well as national providers. Please consult with your insurance regarding service provider options.)

- [Pittington Counseling Services](#)
- [Open Doors Counseling](#)
- [Clark Street Counseling](#)
- [Oviedo Counseling Associates](#)
- [Resolution Today and Associates](#)
- [Break Through Counseling Education Center](#)
- [Talkspace](#)
- [Child Mind Institute](#)

The background of the page features a close-up photograph of green leaves with bright, glowing lightning bolts striking through them. The lightning bolts are white and yellow, creating a dramatic, high-contrast scene against the dark green foliage.

**BE STRONG
THINGS WILL
GET BETTER**

**It may be stormy now
but it never rains
forever**

With increased stress comes increased risk for domestic violence, child abuse, neglect, self-harm and suicide.
If you or your student is in need of support please reach out!

[211](#) Crisis and Emergency Disaster Assistance. Available 24 hours a day, 7 days a week, 365 days a year. Completely confidential. Speak to a caring, well trained individual who can connect you with resources for any of the above.

In a medical emergency **dial 911**. If the emergency is in Mental Health in nature ask for a responder trained in Mental Health.

[National Suicide Prevention Lifeline](#) at 1.800.273.TALK (8255) for free 24 hour hotline support

[Child Abuse Prevention](#) 1.800.422.4453

[National Domestic Violence Hotline](#)
Call 1.800.799.7233 and TTY 1.800.787.3224

Take care, of yourselves and each other.
Wishing you all well.

Wholeheartedly,

Ms. Barnes, LMHC,CAP and **Ms. Alexander, LMHC**