

Good morning Falcons and Falcon Families,

In an effort to stay as connected with all of you as possible during these highly unusual times, I will be reaching out weekly with Wellness Wednesdays – a brief newsletter on coping strategies, wellness activities, and general information to assist in our being our best selves every day.

When we hear, read, or watch news about the Covid-19 outbreak, we may feel anxious and show signs of stress. This is normal. During this time, it is especially important for us to monitor our physical and mental health. Know the signs of stress in yourself and your loved ones. Know how to relieve stress and know how to get help. Here are a few articles that you may access for information on how to cope with and manage the stressors of our current situation. These resources have been gathered from a variety of sources, including: Anxiety & Depression Insights from America, Centers for Disease Control and Prevention, and Greater Good Magazine. I hope you find them helpful.

As always, please know that I am just a Schoology message (or email) away should you have any questions, concerns, or need to chat. Zoom meetings have been working well and are easy to arrange, so please let me know if that would work for you.

Take care and be well, CB.

Sincerely,

Ms. McDougall

#### Videos and Webinars:

- [Quick Expert Tips to Manage Coronavirus Anxiety Part Two](#) - ADAA video - ADAA members Ken Goodman, LCSW, Drs. Debra Kissen, Reid Wilson, and Sally Winston share expert tips to manage coronavirus anxiety.
- [Quick Expert Tips and Strategies to Manage Coronavirus Anxiety](#) - ADAA 5 minute Video - ADAA member Dr. Debra Kissen

#### Addressing Coronavirus Anxiety:

- [Just For Kids: A Comic Exploring The New Coronavirus](#), NPR.org
- [What Coronavirus Fears are Doing to People with Anxiety Disorders](#) - Ken Goodman, LCSW, Dr. Krystal Lewis and Dr. Shane Owens
- [How to Talk to Your Anxious Child or Teen About Coronavirus](#), ADAA, Richa Bhatia, MD, FAPA
- [How to Manage Your Coronavirus Anxiety](#), Wall Street Journal, Debra Kissen, PhD, MHSA and Shane Owens, PhD, ABPP
- Mental Health and Coping During Covid-19- <https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>
- [Health Anxiety: What Is It and How to Beat It](#) - ADAA Blog Post - ADAA board member Ken Goodman, LCSW

#### Wellness Articles:

- [Use this time to strengthen your family](#). Greater Good Magazine
- [Avoid feeling defeated in these weird times](#). Greater Good Magazine