



SEPTEMBER 2020  
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Character Education  
Word for  
**SEPTEMBER**  
**RESPECT**  
Showing regard for  
the worth of self,  
others, or something

COPING WITH STRESS--Pandemics Can Be Stressful

\*The coronavirus disease 2019 (COVID-19 pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

→Below are: Healthy Ways to Cope with Stress

✓Know what to do if you are sick and are concerned about COVID-19. Contact a health professional before you start any self-treatment for COVID-19.

✓Take care of your emotional health. Taking care of your emotional health will help you think clearly and react to the urgent needs and to protect yourself and your family.

✓Take care of your body.

Below are some ways that could possibly help you strengthen your body during these uncertain times.

–Take deep breaths, stretch, or meditate.

–Try to eat healthy, well-balanced meals.

–Exercise regularly

–Get plenty of sleep

✓Make time to unwind. Try to do some other activities you enjoy.

Designate a certain time in your schedule for the activity and stick to it.

✓Connect with others. Talk with people you trust about your concern and how you are feeling.

✓Connect with your community- or faith-based organizations. While social distancing measures are in place, consider connecting online, through social media, or by phone or email.

→Know the facts to help reduce stress

✓Knowing the facts about COVID-19 and stopping the spread of rumors can help reduce stress and stigma. Understanding the risk to yourself and people you care about can help you connect with others and make an outbreak less stressful.

→Take care of your mental health  
✓Mental health is an important part of overall health and wellbeing. It affects how we think, feel, and act. It may also affect how we handle stress, relate to others, and make choices during an emergency. Call your healthcare provider if stress feels unmanageable.

<https://www.cdc.gov>

Classroom Counseling Lessons

SEPTEMBER 2020

K-5

-Routines, Rituals & Expectations

-Mindful Calming Activities

-Character Word

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REASONS WHY IT IS IMPORTANT THAT CHILDREN ATTEND SCHOOL

- \* To learn.
  - \* To have fun.
  - \* To make new friends.
  - \* To experience new things in life.
  - \* To develop awareness of other cultures, religion, ethnicity and gender differences.
  - \* To achieve.
  - \* To gain qualifications.
  - \* To develop new skills.
  - \* To build confidence and self-esteem.
  - \* To learn how to adapt to different social situations.
- [www.education-ni.gov.uk](http://www.education-ni.gov.uk)



Check out my website! The address to my website is above.

Tell me and I forget.  
Teach me and I remember.  
Involve me and I learn.

~Benjamin Franklin

