

COVID-19 HEALTHY TIPS

FROM YOUR SCHOOL PSYCHOLOGISTS

SOCIAL DISTANCING IS NOT EMOTIONAL DISTANCING

The CDC recommends staying at least 6 feet away from other people, staying at home as much as possible, and not gathering in groups. While we practice these tips for social distancing, it is important to remember our mental health and continue to create healthy bonds with others. Below you'll find different ways to help with your emotions and mental health to prevent emotional distancing.



ROUTINE

- Keep a sleep schedule (School-aged children should be getting at least 8-11 hours a night; Teenaged children 7-11 hours; Adults 18 and up 6-10 hours)
- Routine eating helps with brain activity, growth, and keeping your body healthy. Bibb County is providing over 50 locations for [meal pickup](#) throughout the weeks.
- Make sure to stay active! Take walks, do an online workout, something to keep the body moving. A few of our favorite workout websites: [FitnessBlender](#), [POPSugar](#), [Bibb County Recreation](#), and [this article](#) has a list of websites and apps giving free trials for workout videos!
- Make schedules and practice self-care!

FOCUS ON WHAT YOU CONTROL

If we focus on other people and trying to make other people do things, it will make us feel like we are out of control and cause us to do downward spirals. Instead, focus on what you can do for yourself that will help you and others!



- Control how you spend your time and your children's
- Wash your hands for 20 seconds (Think the Happy Birthday song TWICE, the Jolene chorus once, or Queen's "We Will Rock You" song verse three times). You can also use this [generator](#) to create a 20-second piece of your own favorite song!
- Cover your mouth when you sneeze or cough - then wash your hands immediately
- Use sanitizer when washing your hands is not available at a moment.
- Sanitize objects frequently touched - like door handles
- Avoid touching your face



EMOTIONAL CONNECTIVITY

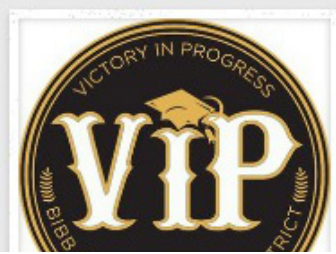
- Use Skype, FaceTime, or Zoom to help your children see friends, family, and even teachers!
- Don't forget about traditional phone calls. Sometimes it helps to simply hear a friendly voice.
- Stay connected with loved ones on social media (parents should monitor use and establish limits).
- Establish family time! Play games, read books, and browse kid friendly websites as a bonding opportunity.

COPING SKILLS AND FACTS

- Go outside! Walking, jogging, bike rides, backyard games, and family hikes can be great for keeping the muscles moving and having a good time.
- Practice using positive self-talk. (example: I can do it. I am good enough.)
- Incorporate fun distractions such as movie night, game night, puzzles, coloring books, etc.
- Introduce the practice of yoga and outdoor exercise for the entire family.
- Use reliable and accredited resources for getting your information.
- Have open conversations with your children about the news and the information they are hearing.
- Limit news and media exposure. Get into the practice of obtaining quick facts and getting back to your daily routine. [SGN](#) (Some Good News) gives weekly updates to good things happening around the nation. Uplift those COVID-19 blues!

healthy Self-Talk	
THIS	NOT THAT
✓ Whooops. I made a mistake.	✗ I'm so dumb.
✓ I like me.	✗ No one likes me.
✓ I did something bad.	✗ I'm a bad person.
✓ This is really hard, but I'm going to keep trying.	✗ I give up. I'll never be able to do this.
✓ I haven't figured it out yet.	✗ I never get anything right.
✓ I am enough. And worthy, too.	✗ I'm not good enough.

WHO WE ARE



The Psychological Services Department serves the Bibb County School District by helping students, parents and school personnel with respect to developmental, emotional, learning and behavioral issues. We serve children aged three years through twenty-one years of age. Our roles encompass



throughout the year. Our services encompass assessment, consultation, and short-term counseling. Visit our website [here](#) to find your assigned school psychologist.

📍 484 Mulberry Street, Macon, G... 📞 (478)765-8631
🌐 bcsdk12.net/departments/stu...

GEORGIA CRISIS AND ACCESS LINE

We hope this information is helpful and useful as you are working through everyday life during this pandemic. For immediate assistance with mental health services in Georgia, please contact the 24/7 Georgia Crisis & Access Line (GCAL) at 1-800-715-4225.