

WELLNESS

The Official "Wellness Wednesday" Newsletter

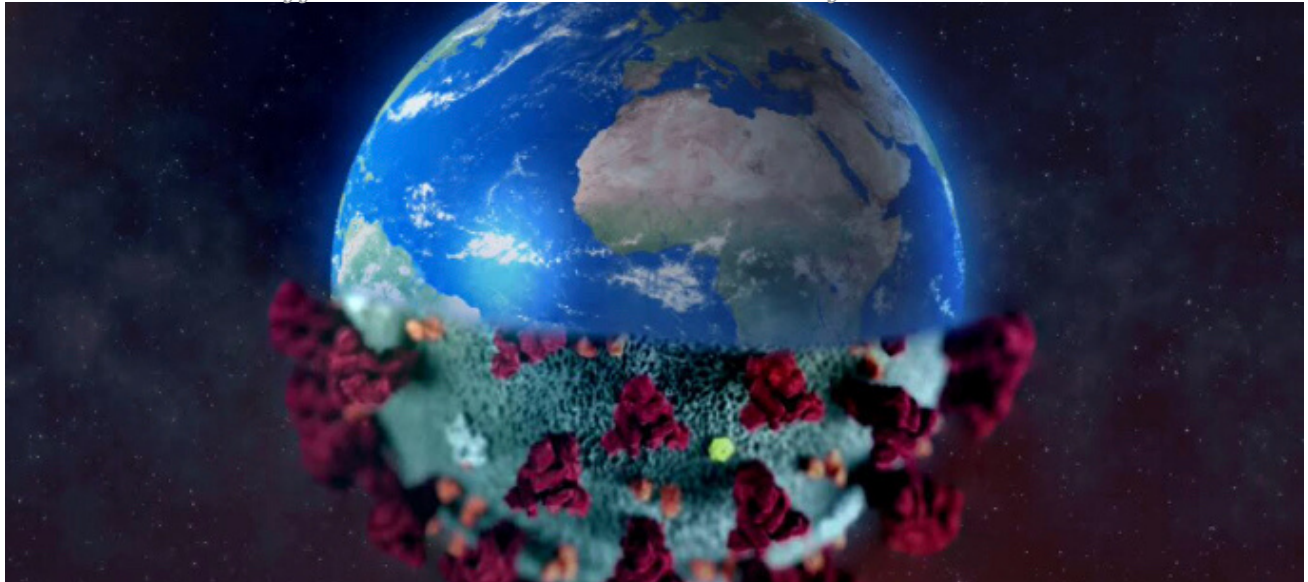


Photo Credit: 2D Art Kritzer by George Totonjie

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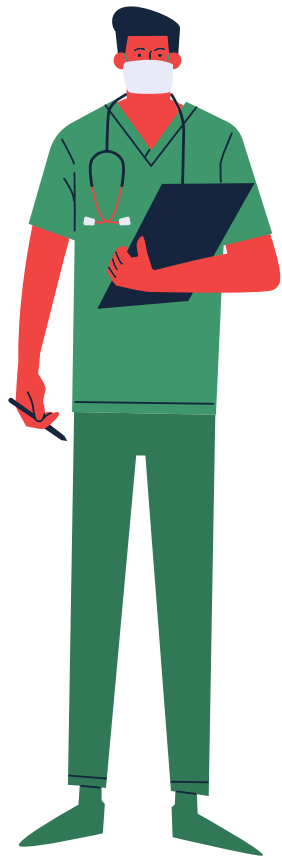
RESOURCES

Welcome to Wellness Wednesday

by Linda Simmons, High School Principal

It is the mission of HHHS to establish an environment that promotes and supports the health and well-being of our students. We are committed to empowering you to learn the benefits of a healthy lifestyle and to assist you with focusing on your physical, mental, and emotional wellness. I am excited to announce that this is the first issue of our weekly "Wellness Wednesday Newsletter". We will be sharing ideas on how to balance yourself during these difficult times. We take caring about YOU very seriously!

"Self-care is the fuel that allows your light to shine brightly!" Anonymous



Why The Coronavirus Is Triggering Mental Health Issues:

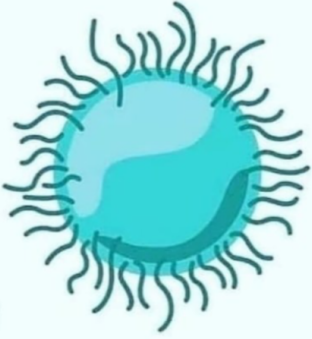
Despair

Increased health anxiety

Fear for loved ones lives

Decreased financial security

Mindset switch from "living" to "survival"



Triggers feelings of hopelessness

Decreased job security


Promotes social withdrawal

Loneliness

Quarantine makes it more difficult to distract oneself from existing mental health issues

Coronavirus isn't just threatening our physical health, but our mental health too. Look after it. Please share to raise awareness.

@RealDepressionProject




Tips for Taking Care of Your Mental Health During Coronavirus Closures

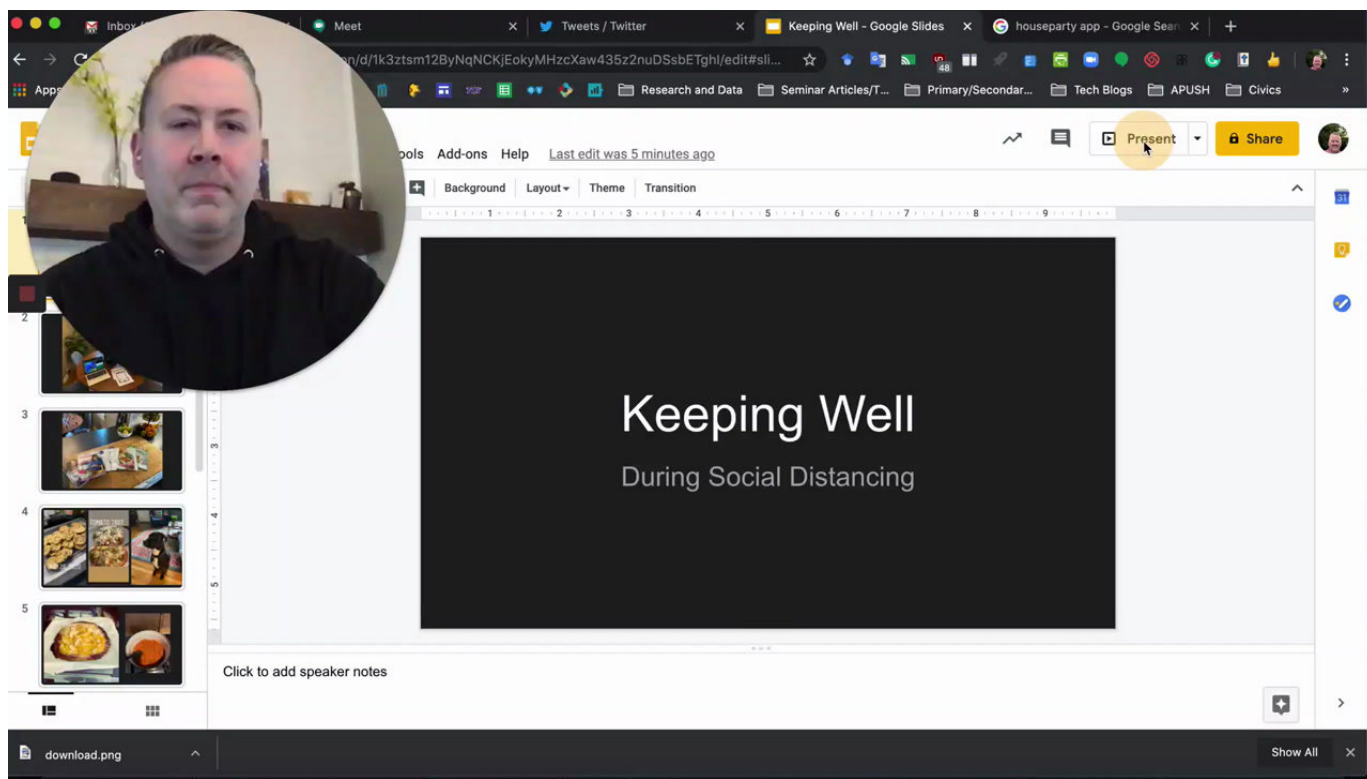
- Take breaks from watching, reading, or listening to social media and news stories about COVID-19. It's okay to stay informed, but overexposing ourselves to too much information can be stressful and overwhelming.
- Try to keep up with regular routines and schedules. Routines and schedules set up a sense of normalcy and structure.
- Make sure you are still taking care of your body! Getting enough sleep, eating healthy, and making sure we are still moving around can help us take care of our mental health. Some ideas to consider:
 - i. Practice mindfulness and/or meditation.
 - ii. Make sure to get some fresh air and sunlight, maybe sit by a window while doing homework/or reading, do a quick workout in your own yard, etc.
 - iii. Use home workout videos to keep moving and exercising.
 - iv. Find some healthy recipes and try your hand at cooking, not only are you fueling your body with healthy food, but it could also be a fun experience!
- Make time to connect with others who live in your home or with friends through phone calls or video chats. Talk with people you trust about your concerns and how you are feeling.
- Practice hobbies and activities you enjoy. It's important to keep up on school and work, but fun and enjoyment are also factors that promote positive mental health. This could also be a good time to try something you've never had the time to do. Sites like YouTube have plenty of free how-to videos that can help you learn new skills, such as new dance moves, cooking techniques...

COUNSELOR'S CORNER WITH MRS. CHRISTIANSON



[VIEW HERE](#)

TEACHER'S CORNER WITH MR. WARREN



[View Here](#)

Coach's Corner

Baseball with Mario



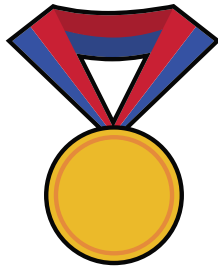
[View Here](#)

Coach Brady



[View Here](#)

More videos like this can be found at: <https://twitter.com/HHvarsitysports>



Feel good Resources

[Kelsey Parodi #MOT-Aviators](#)

School Information

<https://twitter.com/HHHSAviators>

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