

Hi Guys,

Here's some tips that will help you during this crazy unusual time!!

- Stick to a routine. Go to sleep and wake up at a reasonable time, write a schedule that is varied and includes time for chores, self-care, connecting with others...and schoolwork!
- Dress for the social life you want, not the social life you have. Get showered and dressed in comfortable clothes, wash your face, brush your teeth. It is amazing how this can impact our mood.
- Get out at least once a day, for at least thirty minutes. Just remember the **2-metre rule and keep a safe distance from EVERYONE you meet.**
It is amazing how much fresh air can do for our spirits.
- Stay virtually connected with your friends and family but always remember to **BE KIND**
- Give everyone the benefit of the doubt, and a wide berth. These are uncertain times for your parents and a lot of cooped up time can bring out the worst in everyone. Each person will have moments when they will not be at their best. Try to not show up to every argument you are invited to, and to not hold grudges and continue disagreements. Everyone is doing the best they can to make it through this.
- Reach out for help—Your Counsellors are here for you. If you are having difficulty coping, seek out help even if it's your first time

You can contact Mrs Lewis or Jason *for an appointment* via email:

sulewis@papatoetoehigh.school.nz or jalitherland@papatoetoehigh.school.nz

Download the app **Smiling Mind** on your phones and try their meditations. They are short, calming and helpful.

There is help and support out there, 24/7. Options include;

- Need to talk? - 1737
- Youthline - 0800 376 633
- Samaritans - 0800 726 666
- Depression Helpline – 0800 111 757 or free text 4202.
- www.thelowdown.co.nz
- WhatsUp – 0800 942 8787 (for 5 - 18 years old). Phone counselling is available Monday to Friday 12pm to 11pm and weekends 3pm to 11pm. Online chat is available from 3pm-10pm 7 days a week, including public holidays.
- Kidsline – 0800 54 37 54 (0800 kidsline) 24/7 helpline for young people up to 18 years of age.

Remind yourself daily that this is temporary. It might seem endless, but it is a temporary season of life and it will soon pass. We will return to feeling free, safe, busy, and connected in the days ahead. Take care!

Sending virtual hugs to you all,

Mrs Lewis
Guidance Counsellor
Papatoetoe High School

Be kind

