

MARCH 2020

Navigating Uncertain Times

A Guide to Staying Healthy,
Connected, & Safe



SOURCES OF STRENGTH

We hope this letter finds you and your family well! Sources of Strength is committed to spreading Hope, Help, and Strength during this difficult time. This newsletter is designed to promote positivity and help you navigate this new journey we are all experiencing.

A MESSAGE OF HOPE

Through the chaotic and hectic journey we are all experiencing right now, we can all take some time to
GROW, LEARN, AND DEVELOP.

Right now, you could be feeling
ANXIOUS, UNCERTAIN, OVERWHELMED, AFRAID, FRUSTRATED, OR CONFUSED.

You could even be feeling a
MIXTURE OF THESE EMOTIONS.

Remember: all of these feelings are
NORMAL

and are what make us
HUMAN BEINGS.

However, we must
LEAN INTO OUR STRENGTHS and SUPPORT SYSTEMS
to get through our complex emotions during these unknown times.

To prevent crisis, we must practice
UPSTREAM PREVENTION BY BEING PROACTIVE.

By doing these things, we are reducing our risk of putting ourselves and others in
HARM'S WAY.

Now, more than ever,
HOPE, HELP, AND, STRENGTH are important in helping us
HEALTHFULLY COPE.

WE ARE SOURCES OF STRENGTH AND AGENTS OF CHANGE

Written by Jeremy Dickinson

Self-Care Tips:

1) Practice Mindfulness:

- Focus on staying in the present
- Focus on your breathing
- Try meditating or doing yoga
- Try writing in a journal to organize your thoughts and feelings
- A resource you can use is **calm.com**

2) Establish Routines:

- Routines offer a level of comfort especially during times of uncertainty
- With that in mind, it is important to remain flexible as things are changing daily
- Establish a routine by eating healthy and getting at least 20 minutes of exercise a day

3) Maintain Consistent Sleeping Patterns:

- It is recommended that teens get between 8-10 hours of sleep each night.
- To be consistent with your sleeping patterns, you can get up at the same time everyday (even on weekends)
- Set up a time to go to sleep that allows you to get the recommended time
- Establish a relaxing bedtime routine. Turn off electronics at least 30 minutes before bedtime.

4) Connect with Family and Friends From a Distance:

- Look out for your friends, neighbors, and loved ones even if it is from a distance. This includes calling, texting, or video chatting them.

5) News and Social Media:

- Make sure you are getting accurate information from reliable sources. This includes the CDC and the WHO.
- More information can be found at **cdc.gov** or at **who.int**

6) Use Resources, Activities, and Materials:

- At the end of this newsletter, you will find helpful resources and materials that you can print from your home.
- More resources can be found at **sourcesofstrength.org/homebased**

Written by Jeremy Dickinson

How are our SOS leaders keeping busy?

I
have been
spending time with
my family, watching
movies, and playing
board games!
- Jeremy

I
have
been
watching a
lot of cooking
shows and trying to
recreate those dishes. I
started writing my senior
thesis and I am more than half
way done with it! - Sandra

I've
mostly
been painting or
drawing. I've also
been working on a
new quilt!
- Macey

I
have
been walking
with my dogs, binge
watching TV shows, and
reestablished my yoga
routine!
- Ms. LaLuna

During the closure I
have been enjoying
spending time with my
family and have been
checking in on loved
ones and neighbors!
- Mrs. Curcio

*How are our SOS
leaders keeping busy?
(continued)*

I've been dancing and taking a lot of online classes. I've been practicing and working on improving myself. I am keeping up with my training by stretching and working out. I have also been doing homework and practicing the trumpet!

- Kenzie

During the school closure, I have been working with my SGO members to create a spirit week to honor those affected during this time. I have been catching up with my family and watching movies. I spent some time baking and been going on walks with my dog Maddie!

- Julia

During the school closure I have been playing video games and baking!

- Jay

I've taken advantage of family time and extra sleep. I've been able to create my own schedule throughout the day and change it as needed!

- Morgan

I have been hanging out outside, helping with church projects, and doing some homework!

- SOS Leader

I've been catching up on my reading and art!

- SOS Leader

SGO needs YOUR help!

SGO is creating a platform for people to show their appreciation for those individuals who are helping our communities during this pandemic. We are asking anyone in the HPCSD family to create a **"virtual thank you note"**.

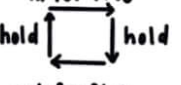
We want to acknowledge health care workers, first responders, law enforcement, postal workers, grocery store workers, pharmacy workers, elected officials, volunteers like those at food pantries or individuals who are making meals for those in need...OR... anyone else who is helping during this time of need! Pick someone you want to thank!

- 1) Create a letter/note/picture that expresses your gratitude for someone helping.
- 2) Take a picture of it!
- 3) Email it to *emilycurcio@hpcsd.org*

Deadline: Friday, April 3

QUINGO

quarantine bingo!

take a 30 minute social media break	hydrate! (½ your weight in ounces per day)	breathe in some fresh air	draw the people, places, + things that give you strength	do a yoga or workout class online	learn to bake or cook something
read a good book	up to you! What did you do? _____ _____ _____	write down 3 things you're grateful for	tell someone you love them	take a shower or bath	Practice box breathing in for five hold  hold out for five
Add the National Lifeline to your phone: 1-800 273 8255	look up videos of baby animals	make a cup of tea (or 1 for a family member)	organize a cluttered place in your home	journal or write a poem	eat a meal together—even over video
get out of your pjs and put on a favorite outfit	take your meds + remind others to do the same	check in on a neighbor	up to you! What did you do? _____ _____ _____	try a new hobby	do a puzzle or play a game
move your body and stretch	sing or dance (the shower counts!)	listen to fun or calming music	write a card of appreciation to someone	donate \$ online to a local food pantry	email a note of thanks to first responders—nurses, police, firefighters in your area
check in with someone about how you're both feeling	up to you! What did you do? _____ _____ _____	create a secret code + write a note to someone else	watch a really good movie	make a good old fashion pillow fort	check in with your mentor by phone or email



SOURCES
OF STRENGTH

Gratitude Journal

Did you know that naming three new things you are grateful for each day for 21 days can literally change your brain chemistry? Noticing and reflecting on things we are thankful for can train our minds to focus on the good happening around us! Here is a simple gratitude journal. You could even ask a friend or family member to do this with you. Notice if you grow in gratitude over this time!

Keep spreading Hope, Help, and Strength!

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	
Day 8	
Day 9	
Day 10	
Day 11	
Day 12	
Day 13	
Day 14	
Day 15	
Day 16	
Day 17	
Day 18	
Day 19	
Day 20	
Day 21	

A Few Reminders:

By changing our mindset to be positive, we are shifting towards strength. Even through difficult situations, make a point to look for the positives.

Hope, Help, and Strength are contagious!

Law of Attraction! Your mind is a magnet. If you think of blessings, you attract blessing. If you think of problems, you attract problems. Always cultivate good thoughts and remain positive.

By using these skills, we are empowering our world and moving towards wellness for ourselves and community.

RELATIONSHIPS ARE NOT CANCELED
CONNECTIONS ARE NOT CANCELED
STRENGTHS ARE NOT CANCELED
SUPPORT IS GOING TO GET US THROUGH THIS

"When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'" - Mr. Rogers