

Dear Community,

March 2020

I hope this letter finds you and your loved ones well. It has been quite an adjustment of time and expectation and an opportunity to settle into the unknown with grace, love and trust. I want all of you to know that I am available for zoom/facetime sessions during the times of 9:30-3:00 Monday - Friday. If these times don't work for you please let me know and exceptions can be made. Please email me at jenniferthompson@denverwaldorf.org to set a time and date and note it could take up to 24 hours from the time we schedule to the actual session. This link from Waldorf Education News has wonderful articles surrounding our current situation and how to work with our younger children and teenagers. www.waldorfeducation.org/fs/comms-manager/view/e6dad34-d1f7-4766-a96f-ea41e44dfbc3 Attached are suggestions for self-care and a resource guide for mental health services in the area. Please don't hesitate to reach out.

Best,

Jennifer Thompson, LPC

School Counselor

267-467-1772

jenniferthompson@denverwaldorf.org

Suggestions for Self-Care

- Create a meaningful morning routine: Since you may not be leaving your house as regularly, it could be helpful to get ready in the morning as if you were going to school. It may seem like a good idea to stay in bed & wear your PJs all day, but a jump start in the morning could be helpful!
- Set a schedule for work that creates good boundaries: It's easy to slip into the habit of working late into the evening or compulsively working (without breaks) throughout the day. On the flip side, it is easy to procrastinate on work, so setting a schedule helps. Don't forget to set aside time for meals, like breakfast, lunch, and a snack. Take breaks and get creative!
- Try to fit in movement and fresh air: Making time for a walk or some light exercise can boost motivation and increase productivity. Even if it is a short trip around the block, you will find yourself with more energy throughout the day. Think how happy our pets are now that we're home and walking them a lot!
- Drink Water: Seriously. Drink water. It helps if we are sick and to minimize impacts of colds and flus. Keep the water at room temp or warm.
- Have a designated work space: If you don't really have one, now is a good time to create one. Create a small study area, with a desk and upright chair. Lighting is important to avoid eye strain and a tidy area will help to keep your mind clear.
- Set a sleep schedule. Although you will not have to commute to school, you want to make sure you avoid staying up late. Aim to get at least eight hours of sleep a night to ensure you have enough energy the following day.
- Minimize distractions: It may be tempting to look at your phone, go online, or engage in social media. Help yourself by preventing your phone from distracting you- place it in another room or turn your phone off completely during class time.
- Give yourself permission to limit your news intake and conversations about the news: Yes, it's important to stay informed, but we can also start to feel so overwhelmed by what we're taking in, that it becomes difficult to proceed with our daily tasks. Try to think about your intention when going to the news, what is it you want to discover, once found, allow yourself to shut the computer or close the window on your phone. Set boundaries on how often you go to a news site; for instance, 2x/day for up to 30 min at a time.

- Stay connected with friends: While it's not encouraged to gather in large groups (which is responsible to the most vulnerable in our communities), we can stay connected to friends with phone calls, texts, and chat. It's all supportive to our mood.
- Be in touch if you're overwhelmed or feel like you're falling behind: this is a new situation for us, and it's ok to not stay on top of it all. It's best to be in touch for help sooner rather than later.

[Colorado Crisis Services](#)

There are four ways to get confidential and immediate help: by phone at **1-844-493-8255**, over text message (text the word "TALK" to **38255**), via [an online chat service](#), or at walk-in centers throughout metro Denver, northern, the southeast region and the western slope. Many of these services are available 24/7.

Trained counselors are available to help with relationship problems, depression, bullying, stress, suicidal thoughts, substance abuse, family crisis and more.

[Safe2Tell](#)

Safe2Tell allows students, parents and community members to anonymously report anything that is concerning or threatening. According to their website, those who use the service can help stop a friend from committing suicide, get a friend to stop using drugs, or keep a bully from continuing to make other students miserable.

Tips can be made by calling **1-877-542-7233**. They can also be [submitted online](#), or via the [Safe2Tell app](#).

[National Suicide Prevention Lifeline](#)

The National Suicide Prevention Lifeline provides free and confidential support for those in crisis 24/7 at **1-800-273-8255**.

[Pediatric Mental Health Institute at Children's Hospital Colorado](#)

The department offers outpatient counseling for individuals and families; intensive counseling and medication evaluation through a partial hospitalization program; and intensive individual, group and family day outpatient counseling programs.

Learn more and schedule an appointment by calling 720-777-6200 or by [visiting their website](#).

[University of Denver Counseling Services Clinic](#)

DU offers counseling services for adults, children, couples, families, etc. at affordable rates. The sessions are provided by graduate student counselors under direct supervision of licensed psychologists and a peer consultation group. Prices range from \$5 - \$30 per session.

[Mental Health Colorado](#)

This advocacy organization hosts a variety of online [mental health screening](#) in both English and [Spanish](#), a [mental health toolkit](#) for schools, a page dedicated to the latest [mental health research](#), as well as a variety of events throughout the year.

[Pro Bono Mental Health and Counseling Program](#)

Spark the Change's Pro Bono Mental Health Program connects volunteer therapists, counselors and other professionals with low-income Coloradans who are in need of the help. Call 1-844-380-6355 and if you qualify, you'll be matched with a counselor.

[Mental Health America](#)

Take [online mental health screens](#) to see where you're at, research different [mental health conditions](#) and treatments, get [tips for talking](#) about your mental health, find worksheets for [improving your mental health](#) or [staying healthy](#), etc.

[Colorado Department of Human Services Office of Behavioral Health](#)

Using this link, you can find the community mental health center nearest to you. All of the centers accept Medicaid and most have sliding payment options for those who do not have insurance.