COVID-19 STRESS-Below are some resources to help deal with stress.

PARENTS-Please watch this short (1minute) video by Hackensack Meridian Health about how to talk to your child about the Coronavirus.

<https://www.youtube.com/watch?v=w4fzfZkZ2Ng&feature=emb_title>

Here is another short YouTube video by Hackensack Meridian Health entitled Advice for General Anxiety About COVID-19

<https://www.youtube.com/watch?v=Xfio6lzCAz8>

Please invite your Middle School student to watch this one with you. Kevin Love is a professional NBA star who plays for the Cleveland Cavaliers. He has been very vocal about his struggles with anxiety and depression. He takes medication and is in therapy to combat this. Yesterday, 3/18/20, on the Today show, Kevin spoke about some things that can be done to combat the anxiety that COVID-19 can cause in all of us. He has donated $100,000 to the Cleveland Cavalier arena workers who have lost their jobs due to cancellation of games. Additionally, He asked Dr. Michelle Craske to speak about things the average person can do to help alleviate the stress.

<https://www.today.com/video/nba-star-kevin-love-it-s-time-for-athletes-to-be-community-leaders-80908357747?playlist=mmlsnnd_todayarchiveswednesday>

Meditation is a great way to reduce anxiety. Below are some meditation suggestions:

Great short (5:28) YouTube video to help your child calm down. I recommend it for grades 1-4. Do it with your child. Use it as a break between lessons. Enjoy.

<https://www.youtube.com/watch?v=SCuzh8SQ9ZA>

This meditation is a little longer and better for 4th or 5th grade students. (6:38) <https://www.youtube.com/watch?v=mZO-R7iuCNo>

For middle school students, or parents, meditation is available on free app ***Take a Break!*** With this app you can choose a 7-minute break or a 13-minute stress relief break. The user gets to choose between ocean, rain, stream or music background sounds as you are verbally guided through the meditation. *It is not necessary to buy into the* ***At Ease*** *app for anxiety*.

Another free app that students can do on their phone is ***Smiling Mind*** that talks the student through a 5-minute meditation.

These are just some of the many resources available for student and families. If you find others that you like, please let me know and I will pass the information on.

Stay healthy! Remain calm and wash your hands.

Sincerely, Ms. Gallo