

NRHEG Student Resources

We are STILL here for
you...just in a different
sort of way :)



We are here for you and
would love to connect!



Secondary School Counselor | **Liz Stiernagle** | lstiernagle@nrheg.k12.mn.us | 507.417.2608

District School Social Worker | **Brooke Krohn** | bkrohn@nrheg.k12.mn.us | 507.417.2645

Elementary Family Service Coordinator | **Bre Bethke** | bbethke@nrheg.k12.mn.us | 507.416.2139

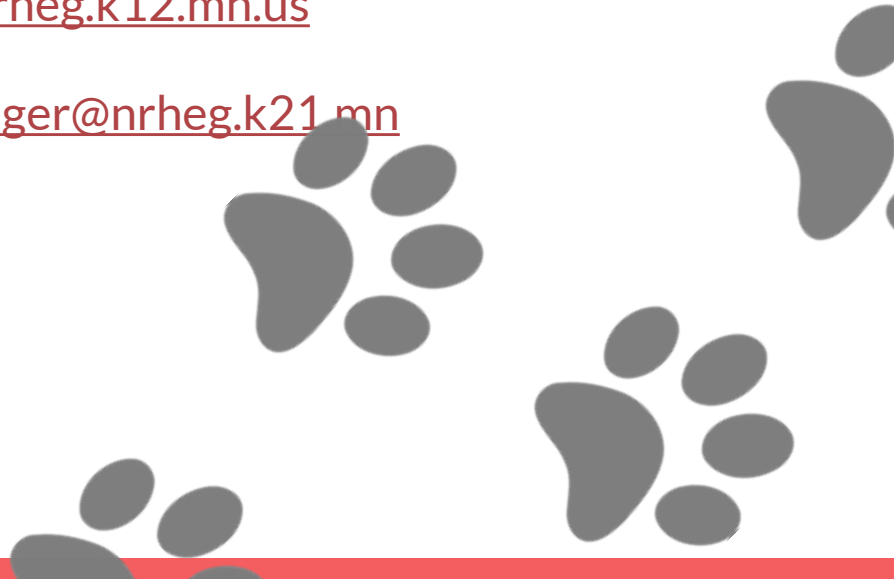
If you call us and we don't answer, please leave us a message and we will call you back! The number we call you back from may not be the school's number, but rather our google voice number.

Other school contacts...

Elementary Principal | **Doug Anderson** | danderson@nrheg.k12.mn.us

Secondary Principal | **David Bunn** | dbunn@nrheg.k12.mn.us

School Nurse | **Carrie Petsinger** | cpetsinger@nrheg.k21.mn



YOUR SOCIAL WORKER AND SCHOOL
COUNSELOR ARE AVAILABLE VIA
GOOGLE MEET, PHONE, OR BY
EMAIL!



Email them to set
up an
appointment! :)

If you need immediate assistance:

EMERGENCY: DIAL 911

National Suicide Prevention Lifeline: 1-800-273-TALK (8255) free 24-hour help

National Suicide Crisis: 1-800-784-2433 (24 hour line)

South Central Mobile Crisis Line: 1-877-399-3040 (24 hour line)

24 Hour Adult Mental Health Crisis Line: 1-800-233-9929

United Way First Call for Help: 1-800-543-7709

Resources for Parents and Guardians

Talking to Children about Covid-19

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

Mental Health and Coping during Covid-19

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Covid-19 Bilingual resources (Covid-19 recursos bilingües)

<https://www.colorincolorado.org/coronavirus>

Staying Active Indoors

<https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>

Calming Activities for children of all ages

<https://gozen.com/50-calm-down-ideas-to-try-with-kids-of-all-ages/>

5

WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS

@HOLISTICALLYGRACE

We could all use a little self-care now and then!

INFORM

LIMIT EXCESSIVE, CONTINUOUS EXPOSURE TO MEDIA. INFORM, WITHOUT OVERWHELM. SET BOUNDARIES AROUND TIME, TRUSTED SOURCES.



CONNECT

REACH OUT FOR EMOTIONAL SUPPORT, CONTACT LOVED ONES, ISOLATION IS DETRIMENTAL TO OUR HEALTH



SOOTHE

DEEP BELLY BREATHING, GROUNDING TECHNIQUES, GUIDED IMAGERY, PRAYER, CALMING SOUNDS, LAUGHTER, SINGING



CONTROL

FOCUS ON THINGS WE CAN CONTROL: WASH HANDS, HYDRATE, NOURISH, CONTACT HR REGARDING WORK POLICIES, ADJUST FINANCES



HONOR + DISTRACT

ACKNOWLEDGE FEAR, ANXIETY. FIND ACTIVE WAYS TO DIVERT ATTENTION: PUZZLE, READ, CRAFT, ETC.

What is social distancing?



AVOID

- Group gatherings
- Sleep overs
- Playdates
- Concerts
- Theater outings
- Athletic events
- Crowded retail stores
- Malls
- Gyms
- Visitors
- Non-essential workers in your house
- Mass transit systems



USE CAUTION

- Visit a local restaurant
- Visit grocery store
- Get take out
- Pick up medications
- Play tennis in the park
- Visit the library
- Church services
- Traveling



SAFE TO DO

- Take a walk
- Go for a hike
- Yard work
- Play in your yard
- Clean out a closet
- Read a good book
- Listen to music
- Cook a meal
- Family game night
- Facetime
- Stream a favorite show
- Call a friend
- Check on elderly neighbor

This can help you decide what activities are safe to do while we need to practice social distancing.

This means be PHYSICALLY distant from others, but you can still be social in other ways.

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and cancelling events.

Let's make
sure we are
staying
accountable
for what we
CAN vs. what
we CANNOT
control...

Mindfulness is a powerful tool. We can spend a lot of our time worrying about the past or worrying about the future.

Find time throughout your day to be in the **PRESENT MOMENT**

GROUNDING WITH YOUR FIVE SENSES

What are → **5** THINGS YOU CAN SEE



Where → **SUN**
PICTURE ON THE WALL
PEOPLE WALKING

4 THINGS YOU CAN FEEL



WIND BLOWING
FEET ON THE FLOOR
PENCIL IN HAND

3 THINGS YOU CAN HEAR



BIRDS CHIRPING
CLOCK TICKING
CAR HORNS

2 THINGS YOU CAN SMELL



FOOD FROM THE CAFETERIA
LAUNDRY DETERGENT ON CLOTHES
FRESH CUT GRASS

1 THING YOU CAN TASTE



MINT
Breakfast
TOOTHPASTE

Let Liz, Brooke or Bre know if you would like any other mindfulness ideas! Look for more tips on mindfulness to be posted by us on the school website!



Take care of yourself

Take care of your family

Do something kind for someone else

Reach out for help when you need it

Be a nice human

WE ARE ALL IN THIS TOGETHER AND
WE WILL GET THROUGH THIS
TOGETHER!
