

Help for Teachers During COVID-19

The stress related to COVID-19 is **HEAVY**. Many of us have felt the effects in every aspect of our lives including in our physical and mental health, our social relationships, and through event disruptions, finances, employment, and in many other ways.

Here are some helpful daily questions to ask yourself

- * Am I taking care of myself?
- * Am I taking care of my mind?
- * Am I too busy? Do I feel rushed?
- * Am I experiencing unhealthy thoughts?

Here are some suggestions for helping others

- * Be sensitive Find resources and share them
- * Be informed Never neglect connection
- * Be involved When in doubt make a referral

Here Are Three WAYS TO PROMOTE POSITIVE EMOTIONS

- * MINDFUL MINUTES (meditation/reflection of thoughts)
- * POSITIVE AND UPLIFTING COMMUNICATION (daily affirmations)
- * TAKE A PROACTIVE APPROACH (have a plan in place)

WE ARE HERE TO HELP!

Our services are **FREE** and can easily be provided in person or via video or phone for those who don't feel comfortable with in-person visits. We provide individual crisis counseling, education, outreach, and referrals at no cost. All services are anonymous and no personal information is required to get support. **Contact us** to see how we can help you with personal or work-related challenges, and to discuss ideas for managing issues specific to COVID-19.

Visit our website at: www.staypositivearkansas.com

Call our Crisis Support Line at 833-993-2382

Email: info@staypositivearkansas.com



Promoting
Positive
Emotions