

# Mustang Mental Health



## We are #MustangStrong

The Student Services team at JWMHS wants to remind you that we are **better** when we **work together** as a school community. These are unprecedented times, provoking feelings of anxiety, uncertainty, and possibly sadness. We hope you'll find the following resources useful as we virtually embark into the 4th quarter. **#SelfCareAwaits**



### CALM

Free content to support your mental & emotional wellness.

### HEADSPACE

Free content (called Weathering the Storm) to help you find space & kindness for yourself and those around you.



## MENTAL HEALTH & SELF-CARE TIPS:

- 1) Feeling *anxious*? First, start with some deep breaths. Check out this [video](#) demonstrating the 5-5-5 model of deep breathing. Here's a [guide](#) to well-being for students and adults.
- 2) Limit your exposure to the news. Check in **briefly** and utilize reputable sites such as the [CDC](#) or [Florida Department of Health](#).
- 3) Take time to write about your thoughts and feelings, your hopes and goals, etc. [Journaling](#) has many *healing* properties.
- 4) Practice [mindfulness](#), which is keeping your mental energy in the present moment. Anxiety increases when our mind "time travels" and tries to predict the future (which is changing regularly right now). It's helpful to work on **staying present** and reminding ourselves we're safe right now.
- 5) Think of social distancing as more of *physical* distancing. Connection with others relieves anxiety, so call a friend, FaceTime with relatives, set up a virtual watch party, etc.
- 6) Keep your routine as *consistent* as you can. **Predictability** provides necessary peace & comfort!
- 7) Take care of your **physical well-being**! Companies like [Peloton](#) are making their app free for 90 days, choose from lots of free [yoga](#) videos, and many [gyms](#) are now live-streaming their classes.
- 8) Focus on things within your control, such as distancing from others (but remaining virtually connected to friends), your daily schedule, eating healthy, and remaining physically active. Focusing on things outside of your control will likely leave you exhausted & frustrated.

**Remember, you are not alone! We will be here for you every step of the way!**