

# Rancho San Juan High School

Academic Counseling  
Department

## CORONAVIRUS SELF CARE RESOURCES FOR STUDENTS AND PARENTS

### HOW TO HANDLE STRESS

If you're dealing with stress, try these tips.

- **Relax/Meditate.** Close your eyes, imagine a relaxing scene, and breathe deeply. Breathe in, count to four, and exhale.
- **Take care of mind and body.** Get plenty of sleep, eat healthy, and exercise. (Physical activity is a great way to reduce stress.)
- **Take time for yourself.** Do something that has made you feel calm or happy in the past. Listen to music, go for a walk, or play with a pet.
- **Get support.** Confide in others when you're feeling stressed. Whether it's a friend, family member, spiritual leader, or counselor, it's much healthier to share your concerns than it is to go it alone.
- **Confront your stressors.** Make a list of the things that are stressing you out and determine how each can be dealt with. Coming up with a plan will also help you feel empowered and less overwhelmed.



### APPS FOR MINDFULNESS AND MEDITATION



THE  
MINDFULNESS  
APP



CALM APP

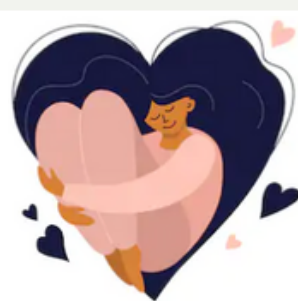


HEADSPACE  
APP

\*APPS ARE AVAILABLE ON IOS AND ANDROID DEVICES.



## Practicing Self-Care



### SLEEP

The national sleep foundation recommends that teens get 8-10 hours of sleep each night. Stick to a regular routine and implement healthy boundaries with your electronic devices so you can be at your best academically as you engage in distance learning.



### EXERCISE

There is an entire universe of free yoga classes on YouTube, and some instructors are live-streaming their classes from home.

If you are not in actual quarantine, go for a walk or run outside, while keeping your distance from others

### HEALTHY DIET



Make sure you are eating your regular meals and snacks throughout the day consisting of fruits, vegetables, proteins, grains, and nuts. RSJ is providing food Monday thru Friday for pick up 10:30 am to 12:30 pm.



**IF YOU OR SOMEONE YOU KNOW IS FEELING OVERWHELMED BY STRESS FOR SEVERAL DAYS OR WEEKS, PLEASE GET HELP BY TEXTING OR CALLING:**

California Youth Crisis Line:  
24/7 Support Line  
1-800-843-5200  
Call or Text

Trevor Lifeline:  
24/7 Support Line  
1-866-488-7386  
Text: 678678

SAMHSA's Disaster Distress Line:  
Call: 1-800-985-5990

National Suicide Prevention Hotline:  
1-800-273-8255



Crisis Textline:  
Text "HOME" to 741741



or  
text "TalkWithUs" to 66746

Monterey Crisis Line:  
1-877-663-5433

Natividad Call Center:  
831-755-5505

to connect with a trained crisis counselor

**In the event that you are feeling unsafe or require immediate medical or psychiatric assistance, call 911 or go to the nearest emergency room.**



## Stay Safe, Stay Healthy

