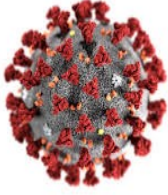


**Topics in this newsletter**



**WELCOME**



**COVID-19**



**TIPS TO REDUCE  
STRESS**



**MENTAL HEALTH  
AWARENESS  
MONTH & WEEK**

**Welcome**

Dear Parents/guardians, this is the first monthly issue of our Calexico Unified School District Social Emotional Newsletter provided by the District's Clinical Social Workers. Our Social Emotional Newsletter will connect parents/guardians, community, and school. We want to welcome you and we hope you find the information in this newsletter useful.

**COVID-19**

Providing you with information on COVID-19 is very important to us as Mental Health Professionals. Due to the COVID-19 and at the direction of our Imperial County Health Department, we are experimenting school closures. We would like to reaffirm and share with you the latest information on confirmed symptoms for COVID-19.

The signs and symptoms include fever, cough, and trouble breathing. Some people might have a sore throat, chills, repeated shaking with chills, muscle pain, headache and loss of taste or smell.

In addition, we want to remind you of the latest CDC recommendations on reducing the risks of getting sick.

- Stay home and away from others as much as possible.
- Avoid other people, especially those who are sick and busy places.
- If you need to go out, wear cloth face masks on adults and kids over 2 years old.
- Try to stay at least 6 feet (2 meters) away from other people.
- Wash your hands well and often for at least 20 seconds with soap and water or use hand sanitizer with at least 60% alcohol. Teach your kids to do the same.
- Try not to touch your eyes, nose, or mouth.
- Use a household cleaner or wipe to clean and disinfect surfaces and objects that people touch a lot.

For updated information visit CDC website at [www.cdc.gov](http://www.cdc.gov) or Imperial County Health Department website at [www.icphd.org](http://www.icphd.org).

**Tips to Reduce Stress During Covid 19**

Changes whether they are positive or negative increase our levels of stress. Headaches, stomachaches, bowel changes, insomnia or changes in appetite can be signs that our bodies are feeling the effects of stress. Other signs could be changes in mood, such as irritability, difficulty concentrating, anxiety, depression or anger. These changes are a reaction to stress.

Here are some simple things you can do every day at home to protect yourself:

**Step 1: BECOME AWARE OF HOW STRESS SHOWS IN YOUR BODY**

- Check-in with your self and recognize any changes particularly if you have a medical condition.

**Step 2: MAKE A PLAN FOR YOU**

- Think about what usually helps you when you're feeling stressed and include the Six Categories to Stress Management:
  - 1) Supportive relationships-stay connected with loved ones via technology.
  - 2) Exercise following proper precautions for 60 minutes daily.
  - 3) Practice sleep hygiene by sleeping and waking up at the same time, find a comfortable place to sleep and avoid caffeine intake in the afternoon or evening.

## Tips to Reduce Stress During COVID-19– Continued

- 4) Eat a healthy diet.
- 5) Reach out to your Mental and Behavioral Health Support.
- 6) Practice Mindfulness, such as meditation or prayer.

### Step 3: WORK YOUR PROGRAM

- Practice your program daily or twice a day.
- Check in with your self to see how you are feeling and make changes to your program if needed.

## May is Mental Health Awareness Month

May is Mental Health Awareness Month!, Mental Health is a reality for many people who are living it. That is why it is extremely important to raise awareness and learn more about Mental Health. Today more than ever, due to the circumstances we are experiencing in social isolation, possible economic problems, loss of health or even loss of loved ones, we must pay attention and importance and promptly attend to what ails us.

People should know that we are not alone, there is always someone we can lean on, be it a family member, friend or co-worker. But if after talking to someone that is still not enough, it is time to take the next step and ask for help. To schedule an appointment, you can call Imperial County Behavioral Health Services at 442-265-1525, or you can call Clinicas de Salud del Pueblo at 760-357-2020 or if you have a general doctor you can make an appointment with your general doctor and ask for a referral to a therapist and / or a psychiatrist.

Mental illness is real and treatable! There are different services at our local clinics at your service, such as talk therapy, case management services and treatment evaluation. The services offered in the different clinics are voluntary. Please ask for help if you have symptoms that persist for more than two weeks or that are significantly interfering with your functioning, such as changes in appetite, mood, sleep, energy, motivation, or concentration. If anyone presents suicidal thoughts please contact the Local Police Department immediately at 9-1-1, or call the local crisis line at 1-800-817-5292 or call the National Suicide Prevention Lifeline at 1- 800-273-8255.

## Virtual Mental Health Awareness Week 2020 at Calexico High School & Aurora High School

Our students and staff will be invited to participate in our Virtual Mental Health Awareness Week 2020, to be held from May 18 -May 22, 2020. In an effort to celebrate and promote Mental Health, we will be having a series of virtual activities each day. The planned activities are as follows:

- **Monday May 18th: Mental Health Pledge**– post your written pledge.
- **Tuesday May 19th: Mental Health Rocks**– post your picture wearing a hat/shades
- **Wednesday May 20th:** Top 5 Most common Mental Disorders in Youth/ post a picture wearing lime green
- **Thursday May 21st:** Suicide Awareness & Prevention-Post a positive quote in writing.
- **Friday May 22nd:** Self-Care - Post your Self– Care activity.

\*More details will be sent via social media/google classroom.

**THANK YOU FOR YOUR ATTENTION TO THIS NEWSLETTER AND REMEMBER WE ARE ALL IN THIS TOGETHER WE HAVE TO TAKE CARE OF OURSELVES AND OUR FAMILIES, AND THIS IN RETURN WILL HELP PROTECT OTHERS, THIS SITUATION WILL PASS. STAY SAFE AT HOME!!!**