



Cedar Catholic Jr.-Sr. High School

401 South Broadway • P.O. Box 15 • Hartington, Nebraska 68739
Tel: 402-254-3906 • Fax: 402-254-3976 • www.cedarcatholic.org

Cedar Catholic Parents:

We know that stress levels are high right now, and there are many unknowns. We, at Cedar Catholic, are here to help you in any way, so please contact us and we will try to help. I have included a list of resources that may be beneficial for parents during this time:

1. Talking to your child about the Coronavirus: <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
2. Stress Management Tips that were recently listed in the Omaha World-Herald:
 - *Understand that it's normal for you or other family members to be more stressed or worried during this time. Be patient with yourself and others.*
 - *Limit your media intake. Bombarding yourself with social media regarding the Coronavirus will more than likely make you feel more anxious.*
 - *Stay connected with your support systems, especially via phone or Facetime. Talking, venting, and laughing will help alleviate stress.*
 - *Establish a daily routine to keep a sense of normalcy. If you have kids that are home, do the same for them. Structure helps us feel more in control of situations.*
 - *Depending on the weather forecast, try to spend some time outside.*
3. Resources that focus on Gratitude:
 - <https://www.therapistaid.com/worksheets/gratitude-jar.pdf>- This is a great family activity focusing on the good things in our lives.
 - <https://examen.libsyn.com/>- This is a podcast of a daily examen that focuses on God's presence with us throughout the day.
4. If you're able, reach out to help others. In times of crisis, we can become really self- focused which can make us feel more stressed. It's beneficial to think about how we can help others.
5. Avoid oversleeping while stuck at home. Try to get the same amount of sleep that you normally would.
6. Exercise is a great stress reliever.
7. Practice relaxation techniques: Mindfulness; progressive muscle relaxation; deep breathing; mediation; etc. There are many resources online to assist with any of these strategies.

Again, let us at Cedar Catholic know if you need any support over the next several weeks. Although we will be in contact with families regularly, please feel free to initiate contact with us as well.

Rob Bengston, Counselor
rbengston@cedarcatholic.org
402-750-3949 (text or call)