

Pinewood

PREPARATORY SCHOOL

Hello Pinewood Community!

As we begin the second week of virtual/remote learning the Guidance Department would like to reach out with some tips for the week. This week we will focus on anxiety. We have had numerous conversations with friends this past week about worry. Worry about what might happen to a loved one, to a job, or their worry about their ability to help their child cope with this change. These are all tough situations and sometimes there are no simple answers. Anxiety is a “future” based issue. We ask ourselves what might happen... what if... and this is when we tend to “go there” and really worry/panic about things. The trick is to stop this thought pattern (easier said than done, we know). Here is a short list of things that may help you stop this pattern of thinking.

1. **Stay in your “time zone.”** Anxiety is a future-oriented problem, so “reel yourself back into the present.” Ask yourself: What is happening right now? Am I safe? Is there something I need to do right now? If not, check back in with your worries later, so they don’t throw you off track for the entire day.
2. **Breathe.** Breathe in and out. Take slow, deep breaths. Go outside and enjoy the sounds of nature and simply breathe. Focus on your breathing and this will help to recenter your mind and help stop the frantic flow of worry.
3. **Do something.** Take a walk, cook, do yard work, create something. Any action that interrupts your train of thought helps you regain a sense of control.
4. **Stand up straight.** When we worry we tend to protect our upper body and hunch over. Stand up straight, shoulders back, open your chest and take a short walk. This helps your body sense that it is back in control.
5. **Get a second opinion.** Call or text a friend or family member and run your worries by them. Talking about your worries with someone else can help you to see them clearly for what they are. This brings us to our next point...

Guidance Department Virtual Office Hours! Mr. Diffley and Mrs. Bright are available Monday-Friday 11 a.m.-1 p.m. Please email us for an appointment time and we will send a Google Hangout link. We look forward to seeing you!

Stay strong and healthy! We will be back together soon!

Mrs. Bright and Mr. Diffley

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