

# Pinewood

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## PREPARATORY SCHOOL

Hello Pinewood Families!

As we all become accustomed to our new normal of virtual learning and social distancing the Guidance Department wanted to reach out with some other forms of support for the entire family. As always, we are here to help each family to the best of our ability. Please reach out to Mr. Diffley or Mrs. Bright for support, words of encouragement, or just to say “hi!”

### For Students:

#### Student Resources

- [CoVID-19-Lockdown Guide: How to Manage Anxiety and Isolation During Quarantine](#)
- [Protecting Your Mental Health in the Face of Uncertainty](#): Some really helpful tips and resources for staying connected to what helps you feel safe, connected, and as much in the present moment as possible. There are also good resources towards the bottom of the page for if you're feeling alone and struggling.

#### Ideas for Staying Positive (from around the world!)

- [These People Are Showing Us How To Stay Positive!](#)
- [19 Ways to Stay Busy and Calm](#)

### For Parents/Guardians:

- [How School Closures Can Strengthen Your Family](#): A great article from the Greater Good Science Center with ideas for approaching how to structure your time as a family and how to make the most of this sudden increase in shared time and space.
- [Coping with Anxiety and Stress in the Age of Coronavirus](#): An informative and idea-filled interview with the co-director of Columbia University's Youth Anxiety Clinic.
- [5 Ways to Help Teens Manage Anxiety About the Coronavirus](#): More helpful tips from the New York Times
- [How to Survive Being Quarantined with Your Kids](#): An hour-long podcast that has some good suggestions for navigating your new world of prolonged family time (to put it mildly). It's a bit more geared towards younger children, but there are useful suggestions for all ages throughout the podcast.

### For Both Students & Families:

- [Want to Help?](#) The most vulnerable in our communities need us now more than ever, and getting involved and helping out is also a great way to manage feeling overwhelmed. It's a win-win!
- [12 Famous Museums And Galleries You Can Visit Virtually From Your Own Couch:](#) Break up the monotony of the view from your couch...
- [FACE COVID:](#) Great perspective and practical advice from Dr. Russ Harris, a luminary in the field of clinical psychology.
- [Keeping Your Distance to Stay Safe:](#) A comprehensive guide from the American Psychological Association, with helpful information about what kinds of emotional & psychological effects you might expect from our new social distancing reality, some good strategies for coping, and a host of links to other useful tools and resources.

### Mindfulness

Ten Percent Happier and Headspace, two fantastic mindfulness-oriented websites, are offering free Coronavirus-related content. Both websites also offer a wealth of resources for everyone from beginners to experienced meditators.

- [Ten Percent Happier:](#) Coronavirus Sanity Guide
- [Headspace:](#) Weathering The Storm

### Podcast

The Happiness Lab, a podcast hosted by Yale psychologist Dr. Laurie Santos, has an informative and inspiring Coronavirus episode called [Coronavirus BONUS: Beat Your Isolation Loneliness](#). You'll find it if you scroll to the bottom of the page.

### Additional Resources

If you find yourself in need of further support the following local community resources may be helpful:

- Summerville Psychiatric Associates: 843-900-6767
- Dorchester County Mental Health: 843-873-5063
- MUSC Institute of Psychiatry: 843-792-9888
- Ward Lasso Counseling: 843-883-4104
- Healing Roots Behavioral Health Center: 843-695-8865

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