

Thoughts from the Counselor

Hi everybody! During this difficult time, the mental health of our students and families is at the forefront of my mind. Every other week I will be offering a few thoughts, tips, and suggestions as a part of Mr. Durst's Friday update email. Please take a few moments to read through them and see if there is anything that may help you and your family! Additionally, if you would like to read my first mental health update that came out, you can see it on the Altamont website.

Manage Your Expectations:

This is a crucial time to manage our expectations. Of ourselves, of our families, of our teachers. Remind yourself, you are not just "working from home" or "doing school from home" – you are *trying* to get work done at home (amongst many distractions) *during a pandemic*. Perfection is not expected, or necessary, right now. If you are feeling caught up in the need to show perfect schoolwork, learn a crafty new skill, read all those books you've been waiting to read, get into great shape, etc., take a moment to breathe. This is an incredibly challenging time – be kind to yourself and others. There has never been a better time to practice empathy both for ourselves and those around us. For more thoughts about how to practice empathy in these ways, reach out to me at lgarrett@altamontschool.org.

Homework groups:

One of the most difficult things you may be experiencing is distance from your friends. Even though the initial break from school was likely a welcome one, you may now be missing hanging out in the library or at lunch. If you are feeling distant from your friends, try setting up a Teams call or FaceTime homework group! Of course, you can also use that time to socialize, but it may help you feel both connected and productive to work through some of your homework together! For more tips about how to connect with others during this time, reach out to me.

Stay healthy,
Mrs. Garrett
Student Assistance Counselor
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A lot of things are upside
down right now

Be kind, especially with yourself-
you don't have to have an
endless supply of positivity,
and it's okay to feel
things
when
they
come
up

