

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 about mental health care 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 any past mental health updates that we put out, you can read them on the Altamont website [here](#).

It is OKAY to not be OKAY. Social distancing has created many challenges, and you may find yourself struggling. This is OKAY. As we talked about previously, manage your expectations of yourself – you do not need to pretend to be okay if you are not. If you are feeling sad, anxious, scared, frustrated, let down – anything – allow yourself to feel that emotion. Try to let go of the impulse to resist your feelings and acknowledge them instead. Reach out to those you know support you and talk about how you are feeling. It is OKAY to not be OKAY.

Try to avoid comparison. We know that comparing ourselves to others in judgmental ways can be hurtful. Everyone is coping and living in different ways right now. Try to avoid the impulse to compare yourself to others. You do not need to be coping the same, working the same, or feeling the same (or better) as others. If you notice that you are giving into comparison frequently, try staying away from social media for a few days and see if you feel better.

Reach out. Social distancing does not have to mean social isolation or emotional isolation. If you are feeling lonely, reach out to someone! Check in with yourself – when was the last time you had a phone call or FaceTime with a friend or loved on? If this is something that is not easy for you to do, try to challenge yourself to reach out to someone outside your home at least twice a week.

Stay healthy & remember to ask for help if you need it,

Mrs. Garrett



Thank you to @bethdrawsthings for this image.