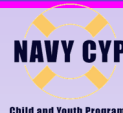




SCHOOL LIAISON PROGRAM NEWS



Did You Know?

CHOOSING COURAGE IN THIS UNCERTAIN TIMES

Fear and anxiety caused by COVID-19 virus can be overwhelming and can cause strong emotions in adults and children. Uncertain times like these present incredible challenges creating stress and apprehension. Staying strong and building resilience skills will help protect you and the people you care about, and will keep your community stronger as well.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in. However, here are some tips to help you and the people around you deal with these uncertain times in spite of differences.

- Validate your feelings and recognize that it is normal to be stressed. Communicate with your family and let them know the situation. Treat the uncertain times as a challenge to each member of the family which can build strength.
- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting. Set up boundaries for the whole family. Look for positive things everyday to share.
- Take care of your body. Take deep breaths, stretch, go for a walk and/or meditate. Good self-care is important to your physical and emotional well-being. Be kind to yourself!
- Try to eat healthy, well-balance diet, exercise regularly, get plenty of sleep, and avoid alcohol and drugs. Follow guidance from the Centers for Disease Control and Prevention and the Military Health System for proper sanitation.
- Make time to unwind. Try to do some other activities you enjoy with and without the members of the family. Find time to help others, keeping in mind physical distancing.
- Connect with others. Talk with people you trust about your concerns and how you are feeling. If you need a professional counselor, use available resources.
- Maintain a schedule and routines as much as possible. Paying attention to things you can control helps decrease anxiety and increase a sense of personal control.
- Use trusted resources such as the CDC, DOD and DoD-related websites including Military One Source and state and local information hub as your information centers.

Call your healthcare provider if stress gets in the way of your daily activities. Remember as a military family you have tools and resources at your disposal. They are the Military Family Life Counselor (757-274-3536), Fleet and Family (540-653-1839), Chaplain (540-653-4848) and Military One Source 800-342-9647. Stay healthy and reach out for assistance!

Ref: www.militaryonesource.com & <https://emergency.cdc.gov/coping/index.asp>

- A grant awarded to the University of Pittsburgh funded the development of a first-of-its-kind mobile app designed to support military-connected teens. The app address military lifestyle challenges, loneliness, relocation and transition stress, supporting parents and siblings during separation, educating those unfamiliar with military life, and connecting with other military teens. Visit www.milteenchat.com for info!
- Department of Defense has COVID-10 Rumor Control website. Visit <https://www.defense.gov/Explore/Spotlight/Coronavirus/Rumor-Control/>
- Military Child Education Coalition (MCEC) has various webinars on home-schooling and information on military-related education topics. Visit www.militarychild.org
- Smithsonian Museum has distance learning resources at <https://learninglab.si.edu/>

Purple Up Day at NDW!

Wear purple on 22 April, Wed, in observance of the sacrifices and dedications of all military-connected children!

Special Education Free Resources

The Navy Child and Youth Program has partnered with LRP Publication to bring you DirectSTEP® eCourses at no charge to you! Go to <http://navycyp2019-ds.lrp.com> and self-register for your eCourses. Each eCourse will require an Enrollment Key Code. Key Codes can be found by visiting NAVY CYP Document Library. Visit <https://elibrary.cnrc-n9portal.net/document-library/?=815> for key code.

"It isn't where you came from, it's where you're going that counts." - Ella Fitzgerald

**MOVING OR TRANSITIONING WITH SCHOOL-AGE!
CONTACT YOUR YOUTH CENTER FOR SPONSORS**

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