

The Webb Schools Newsletter

Volume 5 - May 22nd, 2020

Thank you to the parents and guardians for supporting distance learning during these unprecedented times!

“Start where you are. Use what you have. Do what you can”

-Arthur Ashe



KEEPING THINGS FUN:

B I N G O				
Paint a picture	Cook dinner with family	Take pictures	Take an early morning walk	Create sidewalk art with chalk
Read a book/Read to someone else	Make cards for holidays or birthdays	Do yard work	Clean up or redecorate your room	Watch a sunset
Write a letter to a friend or relative	Play charades	Free Space 	Make puppets out of old socks and have a puppet show	Take a nature hike
Play Cards	Walk the dog	Go for a bike ride	Create a collage out of old magazine pictures	Have a picnic
Teach a child some of your favorite childhood games	Plant a garden	Workout	Create a cookbook with all your favorite recipes	Start a journal/diary

RESOURCES:

***Hartford Healthcare** has provided a 24-hour hotline:
860-972-8100 or
toll free 833-621-0600 or
www.hhhealth.org

***CCMC** has a hotline for **children telehealth**:
833-226-2362 and
for *adult telehealth*:
877-707-4442.

*If you, a friend, or family member needs support or just needs to talk, **the HHC Behavioral Health Network (BHN)** is here to help. Call the **BHN Warmline at 888-985-2408**, which is open Mondays through Fridays 5:00pm until 11:00pm. If no one answers, leave a message and someone will return your call. This supportive service is free.

***In case of emergency:** Call 911 ***In case of psychiatric emergency:** Call 211

TAKE CARE OF YOUR MENTAL HEALTH DURING MAY

Jami Haberl

The goal of Mental Health Awareness Month — observed during the month of May — is to enhance awareness about mental health and the crises that occur when we fail to address mental health early through prevention, early intervention or treatment. Since it was established in 1949, Mental Health Awareness Month has reached tens of millions of individuals struggling with mental health issues of their own or of those they love.

Why does this matter? Every year, millions of Americans face the reality of living with a mental illness. And, while 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health.

During this time of COVID-19, staying connected is more important now than ever before. Social distancing does not have to mean social isolation from others. We can all stay connected through phone calls, video chats and other creative means. During this month, we hope you'll find value in the tools, resources and content that mental health organizations are sharing and consider sharing it with others.

This Mental Health Checklist, created by Make It OK — Iowa, is meant to motivate and inspire you this month to consider your own mental health and well-being daily! It includes the suggested activities:

Every Day, I Will:

- Move my body
- Eat fruits and vegetables
- State three things I am grateful for (write down or say aloud)
- Take a screen-time break
- Sleep for 7-9 hours a night

Once Each Week, I Will:

- Connect virtually with a friend or family member
- Plan an outdoor activity, like a picnic, hike or bicycle ride
- Set a new goal, like finishing a work, school or home project
- Claim a win for the week: it can be big or small. Celebrate with a reward or an act of kindness towards yourself!

Once This Month, I Will:

- Finish reading a book
- Take a one-day break from all social media and news
- Help someone or complete a community service project
- Try a creative activity

This checklist also encourages you to set goals for activities that are beneficial to your own personal mental health.



EVERY DAY I WILL:

- Move my body
- Take a screen-time break
- State 3 things I am grateful for (write down or say aloud)

ONCE EACH WEEK I WILL:

- Connect virtually with a friend or family member
- Plan an outdoor activity, like a picnic, hike or bicycle ride
- Set a new goal, like finishing a work, school or home project

ONCE THIS MONTH I WILL:

- Finish reading a book
- Take a 1-day break from all social media and news
- Try a creative activity