

Supports for SPS Students and Families

CRISIS SUPPORT

- If you or someone you know is in crisis, call the 24/7 **Regional Crisis Line** that can be accessed by dialing 988, or call toll-free number at 1.877.266.1818, or text the word “Connect” to 741741. Both resources have trained crisis counselors to provide support.

SELF-CARE

- It is extremely important to take care of yourself!
- Apps you can download on your device to help with stress grief and anxiety:



Pacifica, Calm, Anxiety Reliever, Headspace, Breathe2Relax

Other Self-Care Ideas

1. **Breathe 4,5,6.** When we get tense, we tend to hold our breath or have short, shallow breaths. Try this exercise: Close your eyes, breathe in through your nose to the count of 4, hold your breath to the count of 5, slowly exhale to the count of 6. Repeat!
2. **Move your body.** This doesn't have to be a sport (but it can be) — take a walk, stretch, yoga, dance, or try cleaning. It's strange, but it can help!
3. **Express yourself.** Write, draw, journal, organize, listen to/play music, or anything else that lets you express yourself without having to talk to someone.
4. **Make room for whatever feelings are coming up.** If you try to push them away, they will probably just push back harder. Feelings change and they won't last forever.
5. **Be kind — to yourself!** People who are highly stressed tend to give themselves a really hard time for not doing it right — whatever that “right” might be. Remind yourself you're doing the best you can in the moment and that it's okay you're having a hard time.
6. **Be a good friend — to yourself!** Experiment with telling yourself you can do this, even if you don't know what you're doing. You might be feeling emotions you've never had before or in a long time. Take a moment to acknowledge how new and different this is and tell yourself, “Even if I'm overwhelmed right now, I will figure this out.” And then...
7. **Ask for help.** We know this one can be really hard and scary to do. Keep it simple and remember that people want to help, they are just waiting to be asked. (See above resources.)
8. **Activity Ideas with friends, family, or teachers/classmates**
 - Spotify playlist – students each give teacher/counselor a song that reminds them of the person/song they like and then there is a class playlist they can listen to
 - myalbum - free online photo album where students can submit photos to be added to it and photo album can be shared online
 - grief journaling - many prompts on Pinterest that could be used

- -potentially open up discussion post for students who want platform to respond to each other as a grief journal? tell your favorite story of them? Set guidelines and expectations at the top of the discussion post to have positive intent, with counselor moderating post
- for younger, maybe instead of journaling, grief wave coloring page like this?
 - <https://i.pinimg.com/originals/fc/7e/2d/fc7e2d0814617f1ad575889e0226e447.jpg>
- letters/coloring pages to the family affected
- virtual meal/snack together through zoom - all students and class teacher/counselor have a meal together with some talking points - could be eating that persons favorite food/something similar or do a “family meal” for the classroom meeting

9. Children’s books on grief and loss:

- [25 Children's Books That Explain Death And Grief To Kids | HuffPost Life](#)
- [Books for Grieving Children | Grief Resources | Allina Health](#)