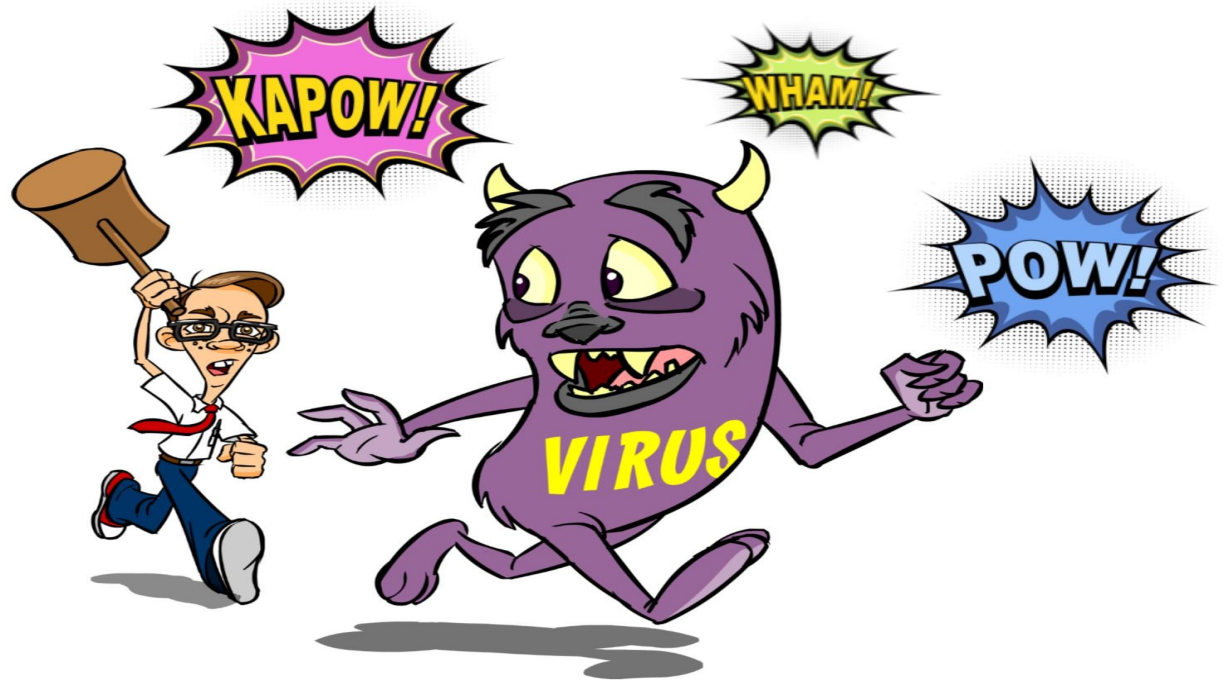


GCA
Counseling
Department
Presents:



Combating COVID-19

What is COVID-19:



Coronavirus disease 2019 (abbreviated "COVID-19)

Coronaviruses are a large group of viruses that can cause illness in animals and humans. Some coronaviruses commonly circulate in the United States and usually cause upper respiratory symptoms (cough or runny nose), some can cause more serious illness. The 2019 novel (new) coronavirus causes the illness coronavirus disease 2019 (COVID-19).

VIDEO on how to protect yourself: <https://youtu.be/1APwq1df6Mw>

USE THE LINKS BELOW FOR UPDATED INFO:

Coronavirus Updates: <https://www.coronavirus.gov>

Coronavirus Updates & Resources for Georgians: <https://gafcp.org/coronavirus/>

World Health Organization (WHO) Advice for the Public

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/videos>

Centers for Disease Control and Prevention (CDC) <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Georgia Department of Public Health: <https://dph.georgia.gov/novelcoronavirus>

If your family is in need of additional resources, please reach out to our Social Workers.

Social Worker			
Grade Level	Name	Email	Extension
Elementary	Zakiya Shareef-Givens	zshareef-givens@georgiacyber.org	Ext. 2209
Middle	Mayya Bryan	maybryan@georgiacyber.org	Ext. 2373
High	Andy Christopherson	achristopherson@georgiacyber.org	Ext. 2161
MKV	Xavier Smith	xsmith@georgiacyber.org	Ext. 2552

Prevention starts with...



Tip

Handwashing:

- Rinse
- Apply Soap
- Rub hands together
- Palms/ back
- Create a lather
- Rub soap up wrist
- Scrape nails to pals
- Rinse/ repeat :o)

Focus on
what
YOU CAN
Control





Use
Aromatherapy



Practice
Visualization



Do Yoga



Take a Walk



Spend Time
in Nature



Listen to
Soothing Music



Breathe Deeply



Keep a Journal



Art Therapy



Get a Massage



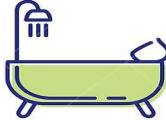
Meditate



See a Movie



Read a Good
Book



Soak in a
Warm Bath



Laugh Out Loud



Have a Warm
Drink

Relaxation Techniques

Relax, it's important!

Your body can respond to worrying situations and anxious thoughts with muscle tension. Long-term and constant muscle tension can have all sorts of unpleasant consequences, from crankiness and headaches through to sleeping and heart problems. So, learning relaxation techniques can be a real asset in managing stress and anxiety. They don't take long!

Different relaxation techniques work better for different people. Don't be afraid to try all of them to see which ones appeal to you most.

Deep Breathing

Sit with your legs uncrossed, good posture, and place your hands on your thighs. Close your eyes. Inhale deeply through your nose into your abdomen for a long count of five seconds (your chest should move only a little). Hold for a long count of two seconds, then breathe out slowly through your mouth for a long count of five. Repeat for 10 to 15 cycles. Stop briefly if you feel light-headed.

Progressive Muscle Relaxation

Loosen any tight clothing, sit or lie comfortably, and close your eyes. Tense different muscles of your body as much as you can for at least a count of 10 (never so tight or long that it hurts!). Then, slowly release the tension and allow the muscle to relax. Let that feeling of relaxation flow through your body. Start at your feet and move up.

Creative Visualisation

This is a technique where you imagine a scene, place or situation you regard as safe, restful, and happy. Sit comfortably in a quiet place. Breathe gently through your nose, eyes closed. Picture in your mind the place you like – a forest, the beach, a field. Try and smell the aromas, taste the air, hear the sounds. Feel your body relax. Continue for at least 10 minutes.

Meditation

Sit comfortably in a quiet spot. Close your eyes if you like. Breathe in through your nose. As you exhale, say the word 'One' silently to yourself. You might like to focus on the sound you make exhaling (like the Sanskrit word 'Om'). Or, if your eyes are open, focus on an object, exploring its colours and textures. Spend at least 10 minutes meditating, but stay focused.

Mandala Circles

This is a drawing technique to calm the mind. Bring a pencil/s and paper to a quiet place. Draw a large circle. Now, be prepared to keep drawing for at least 10 minutes. Start filling the circle with whatever you like – spirals, patterns, running-writing – but don't let the pencil leave the paper unless you're changing colours.

Yoga

Yoga comes from a Sanskrit word meaning 'to unite'; it is a series of mental and physical exercises. While yoga has strong connections with religions like Buddhism and Sufism, its exercises are a great way to improve health, and can be done by anyone of any age and fitness. We recommend you start at classes conducted by a registered instructor.

Exercise can help 'bust' stress and keep you feeling well

Regular exercise (20–30 minutes a day) is extremely important for staying healthy and releasing tension. Most exercises are very cheap or free. Group sports are fun, but individual activities like walking, running, swimming and cycling are also very good for clearing the mind and releasing physical tension. The important thing is not to overdo it and injure yourself.



Think about peaceful places and things.

Focus on images that induce calming and stillness.



Relaxing & Meditation

<https://www.youtube.com/watch?v=BiqlZZddZEO>

Positive Energy Cleanse

<https://www.youtube.com/watch?v=5hYANNzFlc4>

Stress-free Crisis!!

There's power in words, so while it may not be "stress-free", you can decrease the level :o)

Daily Schedule:

Create a schedule. Post it where the family can see. **Stick to it.** Remind them to check it at certain times. **Ex:**

7am-8:00 am Wake-up/ Hygiene

8am-8:45am Breakfast/clean-up

9am-9:45am ELA

10am-10:45am MATH...

Meal Planning:

Plan out Meals. Have fun and let kids create menus

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Baked Omelet	Steel-cut Oats w/Berries & Pecans	Greek Yogurt Granola & Berry Parfait	Steel-cut Oats w/Berries & Pecans	Baked Omelet	Steel-cut Oats w/Berries & Pecans
Snack	Vanilla Shakeology w/Berries	Vanilla Shakeology w/Pumpkin	Chocolate Shakeology w/Almond Butter	Vanilla Shakeology w/Berries	Chocolate Shakeology w/Coconut Extract	Chocolate Shakeology w/Almond Butter
Lunch	Deli Turkey w/avocado & Veggies	Leftover Pork Taco Meat over Quinoa	Chicken Salad stuffed Avocado	Leftovers	Leftover Chicken Soup w/Kale	Open-faced Turkey Sandwich on Whole-grain Bread & Veggies
Snack	Brown Rice Cake with Veggie Spread	Veggies & Hummus	Cottage Cheese & Veggies	Brown Rice Cake with Almond Butter & Banana	Almonds & Orange	Date Night Free Meal
Dinner	Crockpot Pork Tacos	Parmesan Tilapia	Homemade Chicken Noodle Soup	Skinny Chicken Tamale Pie	Crockpot Turbo Fire Chili	
Snack	Apple & Almond Butter	String Cheese	Veggies & Hummus	Cottage Cheese & Veggies	Veggies & Hummus	

Communication:

Be Patient with each other. Think about what you **need** and what are just **wants**.

Family in a closed space can be pretty chaotic. It doesn't have to be.

Don't focus on expectations or how you think the person should react.

Simply **tell them what you need** or **ask the question** you need to ask.

Stay Calm. No Yelling or **getting loud**.

How are you Feeling?

Check in with one another and see how you're feeling.
Talk about it. Think about ways to create a safe and positive environment.

Fun video about feelings:

<https://www.youtube.com/watch?v=dOkyKyVFhSs>

Brain Break, Move & freeze

<https://www.youtube.com/watch?v=388Q44ReOWE>

Managing your child's Frustrations

<https://parentsplace.jfcs.org/5-proven-ways-to-help-your-child-manage-frustration/>





List of Supplies

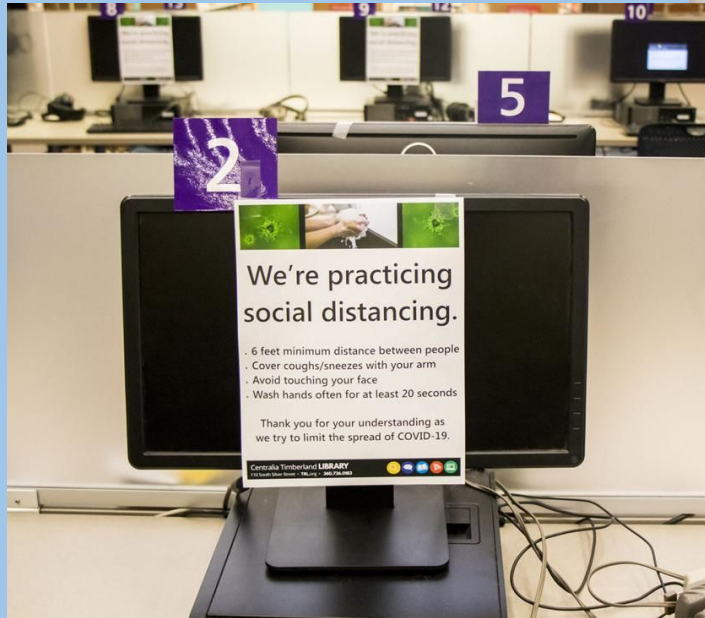
Make a list. Get enough of each item to make sure you have enough.

Get school supplies, dry goods, freezer foods, baby food, infant/toddler items, hygiene products, any medication/vitamins, board games, batteries, flash lights, snacks/goodies, bottled water/water filters, first aid kit, tissue, paper towels, cleaning supplies, activities/craft kits, etc.

Get anything you and your family need in order to be safe, comfortable, and healthy during this isolation/or quarantine.



A little humor goes a long way...



If you have any concerns, please reach out to your child's School Counselor.

Counseling Department Directory

Nailah Obijiofor - Assistant Director Counseling & Support Services

nobijiofor@georgiacyber.org Ext. 2064 Grades (K-11)

K-5 Elementary Counselors

Grade K-2	Tameka Edgecombe	tedgecombe@georgiacyber.org	2534
Grade 3-5	Tiana Lowe	tlowe@georgiacyber.org	2283

6-8 Middle School Counselors

Grade 6	Katrina Rucker	krucker@georgiacyber.org	2124
Grade 7	Joel White	jwhite@georgiacyber.org	2305
Grade 8	Adamika Brown	abrown@georgiacyber.org	2135

9-11 High School Counselors Lead

Pe - Pt	Stephanie Jackson	sjackson@georgiacyber.org	2084
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9-11 High School Counselors

A - Bx	Shiva Walker	swalker@georgiacyber.org	2272
By - E	Stevie Tompkins	stompkins@georgiacyber.org	2383
F - Hn	Anne Tiano	atiano@georgiacyber.org	2007
Ho - Lt	Taryn Ellis	tellis@georgiacyber.org	2343
Lu - Pd	Anna Wells -Nesbit	anesbit@georgiacyber.org	2368
Pu - Sx	Kelly Collins	kcollins@georgiacyber.org	2172
Sy - Z	Shay Locke	slocke@georgiacyber.org	2398

Counseling Department Directory

Caroline McDade- Assistant Director (College/Career Readiness)
cmcdade@georgiacyber.org Ext.2088

Charlene Polite	College and Career Manager	cpolite@georgiacyber.org	2233
Dual Enrollment Counselors			
Grade Level	Name	Email	Extension
A-G	Larri Rose	lrose@georgiacyber.org	2488
H-N	Hope Adams	hadams@georgiacyber.org	2276
O-U	Jolie Ganley	jganley@georgiacyber.org	2109
V-Z	Corey Debrody	cdebrody@georgiacyber.org	2078
Senior Counselors			
Grade Level	Name	Email	Extension
A - Cu	Clair Collins	ccollins@georgiacyber.org	2371
D - La	Loretta johnson	ljohnson@georgiacyber.org	TBA
Lb - Mi	Shamira Pierson-Porter	spierson-porter@georgiacyber.org	2191
Mo - Sh	Wendy Salter	wsalter@georgiacyber.org	2112
Si - Z	Amy Morgan	amorgan@georgiacyber.org	2363