

A SELF-CARE NEWSLETTER

hi



Q+A with Mrs. Coello

Q: I've been having a hard time doing assignments and feeling depressed what should I do?

A: Talk with your parents about what's been going on. I am also available by email, phone or text as well and can help with ways to cope with the depression and how to get caught up with school work. If you have a therapist or counselor make sure to tell him/her.

Got a Question?

Submit them via E-mail to Coello.Sarina@brevardschools.org to be included in your weekly newsletter!

Meet the School Social Worker

Hello! Most of you know I am Mrs. Coello, the School Social Worker here at Viera High School! I support students through a variety of ways, including individual and group intervention, community based referrals, case management services, and crisis intervention.

I am available to support Students, Families, Teachers and Staff in a variety of ways and I have created this newsletter as a resource for all of you to remember how important your mental well-being and self-care is during this time of virtual instruction.

Be Healthy and Safe!

Mrs. Sarina Coello
School Social Worker

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Google Voice Cell: 321-426-0788

Degrees and Certifications:

Registered Clinical Social Work Intern

Master of Social Work

Bachelor of Science - Social Work

“You are braver than you believe, and stronger than you seem, and smarter than you think”

Christopher Robin

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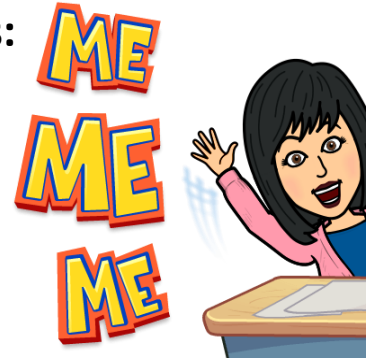
Tips to cope with social distancing



- Host a virtual gathering with friends/family for #qualitytime (e.g. video chat, group call, etc.)
- Find something to look forward to each day of the week (e.g. Monday is game night, Tuesday is movie night, Wednesday is pizza night, etc.)
- Connect with nature (start a garden, go for a walk, go fishing, etc.,)
- Remember that support is still available whenever you need it — you can always talk to someone you trust or a resource like myself.

Self Care Tips for Teens: It's all about ...

Sometimes it just has to be all about You! Here are some ways you can take care of yourself:



1. Put your phone down
2. Meditate 10-15 minutes a day
3. DIY Spa Day at home
4. Positive Affirmations (put up post it notes all over your room so you see them daily)
5. Enjoy some “ME” time (have a bit of time away from everyone for a short period of time each day.)

Coping Strategy of the Week: Mindfulness

Mindfulness is when you notice seemingly inconsequential things and really focus on them. Throughout your day notice 5 things that have occurred that are positive/good. Start in the morning and continue throughout until you go to bed. Once you reach 5 increase your goal to 10. This will help you to stay positive each day and appreciate the little things.



RESOURCES

- BREVARD SHARING CENTER 269-6555 (NO. BREVARD) 631-0306 (CENTRAL BREVARD) 727-8581 (SO. BREVARD) FOOD, RENT, CLOTHING, FURNITURE
- BREVARD COUNTY COMMUNITY ACTION TEAM 633-1951 FAX 633-1958 RENT, UTILITIES, FAMILY ASSISTANCE
- CATHOLIC CHARITIES 636-6144 FOOD, UTILITIES