

A SELF-CARE NEWSLETTER

hi



Q+A with Mrs. Coello

Q: What do I do if I have a concern about a student?

A: If it is a non-emergency, E-mail the School Social Worker or School Counselor to request a check-in.

Q: If a parent asks for resources what do I do?

A: If a parent requests community resources, please have them e-mail the school social worker or school counselor for assistance.

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

E-mail: coello.sarina@brevardschools.org

Google Voice Cell: 321-426-0788

Degrees and Certifications:

Registered Clinical Social Work Intern

Master of Social Work

Bachelor of Science - Social Work

“Listen to the wind, it talks
Listen to the silence, it speaks
Listen to your heart, it knows”

Native American Proverb

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Coping with Staying Home



Stress may look like:

- Changes to sleeping/eating patterns
- Difficulty concentrating
- Worsening of chronic health problems
- Self Isolation in your room
- Overwhelmed, unmotivated or unfocused

Things You Can Do to Cope:

- Carve out time. This is the basic pre-requisite for just about all the ways to take of yourself. If you start now, it will become a habit. It's the regularity that counts.
- Take breaks every 20 minutes from school work.
- Connect with others via telephone or other virtual formats and talk to people you trust about how you are feeling.
- Start a friends and family game on a virtual platform.

Maintaining Mental Health While Working From Home



Make Time for Yourself:

Do at least one thing a day that you enjoy whether that's reading a book, taking your dog for a walk, or watching Netflix!

Create a Routine:

Having a daily routine for yourself will help reduce some of the stress and anxiety and build a sense of normalcy in your day.

Prioritize Healthy Choices:

Eat-well, get enough rest, take breaks, and remember to exercise daily even if that means getting up from your desk and taking a walk around your office to reset.

Be Realistic:

Avoid burnout by setting realistic expectations and giving yourself grace if you can't meet them. Remember Grace and Flexibility are important!

Set Boundaries:

During this time, it can be easy to feel impacted by others' fears and worries. Setting boundaries will help reduce stress and anxiety and help you feel more in control of your situation.

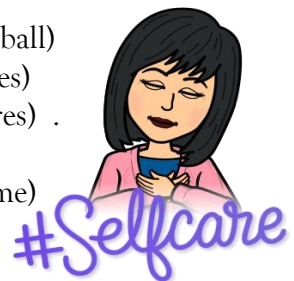
Reconnect with Things You Enjoy:

Get back in touch with old hobbies you used to enjoy or set aside time to find new ones!

Coping Strategy of the Week

Self Soothing through your 5 Senses.

1. Something to touch. (EX: stuffed animal, stress ball)
2. Something to hear. (Ex: music, meditation guides)
3. Something to see. (Ex: snow globe, happy pictures) .
4. Something to taste. (Ex: mints, tea, sour candy)
5. Something to smell. (EX: lotion, candles, perfume)



RESOURCES

Advent Lutheran Church Food Pantry 321-259-8515 North Wickham Road, Melbourne
East Coast Christian Center Food Pantry 321-452-1060 680 North Courtenay Pkwy, Merritt Island
First Baptist Church Food Pantry Merritt Island 321-453-2144 140 Magnolia Avenue, Merritt Island