

A SELF-CARE NEWSLETTER

hi



Q+A with Mrs. Coello

Q: Do you have any strategies to stay focused so I can complete my assignments?

A: The best way to stay focused is to be organized and take frequent breaks during each assignment. Before starting an assignment, make sure your work area is neat and you have everything you need to do your work. While doing the assignment, take a break and stretch or get a snack, take a walk around the house or block so when you come back you can focus and have a fresh outlook.

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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Degrees and Certifications:

Registered Clinical Social Work Intern

Master of Social Work

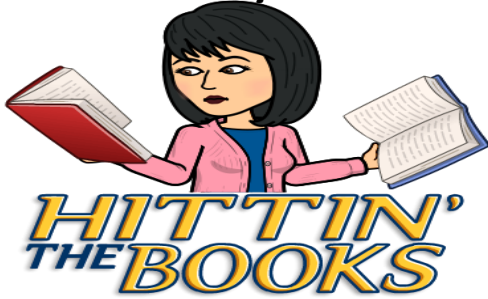
Bachelor of Science - Social Work

“A great attitude becomes a great mood. A great mood becomes a great day. A great day becomes a great month. A great month becomes a great year. A great year becomes a great life.”

Mandy Hale

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Tips for finishing the school year



- Don't give up! We have a few weeks left and you can still turn in work to get your grade up.
- Make an agenda or start a calendar of when assignments are due.
- Start fresh if you are behind, start today with keeping up with assignments and go back to missed assignments if you have extra time.
- Don't procrastinate. Diligence, self-motivation and time management are the *key to success*.

Self Care Tips for Teens:

Replace Negative Thoughts with Positive Thoughts (Positive Affirmations)

Affirmations can help when you are thinking negative thoughts or even when you are not thinking negatively. Affirmations work better and faster the more times you say them. You may say these affirmations to yourself several times daily, or post them around the house so you can look at them until they sink in.



These are some examples of positive affirmations.

These statements can help you fight negative thoughts.

1. I am responsible and in control of my life.
2. Circumstances are what they are, but I can choose my attitude towards them.
3. I am setting priorities and making time for what is important.
4. Life has its challenges and its satisfactions; I enjoy the adventure of life.
5. Every challenge that comes along is an opportunity for me to learn and to grow.

Coping Strategy of the Week: Distraction



(Taking your mind off the problem for a while)

Examples: Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, Sudoku, positive websites, music, movies, etc.



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