



Weekly News



Inspiring students to Think, Learn, Create and Care on a Global Level

Timberwolf Families,

As we continue working and schooling from home, we understand this is not an easy adjustment for many. Some of us have felt the crunch of adjusting to wearing multiple hats and trying to balance it all. It is important to allow ourselves and our families compassion and flexibility. Do the best you can and show patience and grace for yourselves and your families.

Important information for this week:

- o The Counselors at TMS have new phone numbers parents can call while students are distance learning. They are updated here on this newsletter and on the Counselor's Corner Website.
- o Visit the [COVID-19 Counseling Resource Page](#) the California Association of School Counselors (CASC) put together for helpful information and resources.
- o Applications for Thompson's Yearlong Electives are officially closed for the 2020-2021 School Year.

Stay Healthy,

Thompson Administration Team

Week of May 4th – 8th

• **Connect with your counselor:**

Mr. Anderson, 6th Grade

eaanderson@murrieta.k12.ca.us

(951) 304-1368

Mrs. Zanartu, 7th Grade

izanartu@murrieta.k12.ca.us

(951) 304-1617

Mr. Fravel, 8th Grade

ffravel@murrieta.k12.ca.us


(951) 304-1604

Mrs. Cortez, Mental Health Specialist

icortez@murrieta.k12.ca.us

(951) 304-1606

• **Resources:**


 Calming the Chaos of Mental Health Care
 Visit [Care Solace](#) to get referrals to trusted, local mental health resources



Call 2-1-1 or go [online](#) for resources such as housing/utility assistance, transportation, etc.

Download the What'sUp? SafeHouse App



CA Youth Crisis Line (24/7)
1-800-843-5200

BoysTown National Hotline
(for girls as well)
1-800-448-3000

Trevor Project Lifeline
(LGBTQ support)
1-866-488-7386

National Suicide Prevention
Hotline 800-273-8255

Or text 844-204-0880 to speak to a trained counselor

Text HELLO 741741 to talk to a Crisis Text Line counselor



The topic of mental health has never been more important than now. COVID-19 has turned our worlds upside down and the feelings of worry, isolation, loneliness, and anxiety associated with the pandemic are affecting us all. Our mental health is essential to overall wellbeing. Coping strategies can help us better deal with adversity.

Join us in raising awareness about mental illness and help reduce stigma by engaging in the Mental Health Week activities and coping skills below.

Monday: Listen to this [Spotify playlist](#) to lift your mood!

Tuesday: Follow this [ocean escape](#) guided meditation!

Wednesday: Try this [High-Intensity Interval Training](#) workout to release stress!

Thursday: Try these thought provoking [journal prompts](#)!

Friday: Learn about the art of coziness, the Danish way with "[hygge!](#)"

We are all experiencing an array of feelings regarding the current pandemic. Identifying those feelings can help you cope more effectively.

Completing this [Owning Your Feelings](#) worksheet can help you identify and express your feelings.

MUSIC MONDAY
Coping Strategy: Listening to music helps relax our brains and bodies.
 Spend 5 minutes listening to your favorite music or songs today. Solo dance parties and air guitars are allowed!

CRUISE DAY TUESDAY
Coping Strategy: Visualizations are a great relaxation tool.
 Visualize yourself on a beach or in your favorite place. You can also listen to guided visualizations!

WORKOUT WEDNESDAY
Coping Strategy: Moving our bodies is a stress burner!
 Go for a walk or run, or try a fun workout video on YouTube!

THINKING CAP THURSDAY
Coping Strategy: Journaling or writing things down help them from swirling in our minds!
 Try starting a journal or making a list of your thoughts and feelings!

FLANNEL FRIDAY
Coping Strategy: Feeling physically cozy, helps with stress, like the Danish "hygge" culture.
 Try wearing cozy pjs or sweats, socks or snuggling up with your favorite blanket or stuffed animal.

CASC www.schoolcounselor-ca.org

1 IN 5
 people will experience a mental illness during their lifetime.

However, **EVERYONE** faces challenges in life that can impact their mental health.



A strong social support system improves overall mental health outcomes and the ability to bounce back from stressful situations.