WHAT AM I DOING FOR ME DURING THIS TIME?

OPTION 1
Share what you have done just for you.

Option 2
Think of something you can do just for you.

Make this personal to you... the change in how you work/learn/live can be overwhelming...

“You can’t pour from an empty cup.
Take care of yourself first.”

Unknown

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Please reach out should you have any needs or just want to talk.

THINGS FOR SELF-CARE
Ideas of things to do while maintaining social distancing:

- Cooking
- Exercising
- Mediation
- Music
- Painting
- Crafting
- Digital chatting
- Reading
- Writing or Journaling
- Sewing
- Mindfulness

Community resources are available should you or anyone in your family have a need to talk with someone in the professional field. Please reach out and we can assist you.