



Troup County School System
Your Future Starts Today

COPING WITH COVID AND EVERYTHING ELSE

Parent Advisory Council Meeting
Feb. 2, 2021

Suicide Prevention Resources:

A CRISIS HAS NO SCHEDULE

Georgia Crisis & Access Line
1-800-715-4225
GeorgiaCollaborative.com

Help is available 24/7 for problems with developmental disabilities, mental health, drugs, or alcohol.
Provided through the Georgia Collaborative ASO

UN CRISIS NO TIENE HORARIO

Georgia Crisis & Access Line
1-800-715-4225

Ayuda está disponible 24/7 para problemas con la salud mental, drogas, o alcohol.
The Georgia Collaborative ASO
www.GeorgiaCollaborative.com



NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Strategies to help with Stress:

Mind Body & Soul Time

- One on One Time
- One Parent; 1 Child
- Fully Present
- Doing what your child wants to do
- 10-15 minutes
- 1-2 times/day



Gratitude & Generosity

Our brains cannot experience stress and grateful at the same time, in the same moment

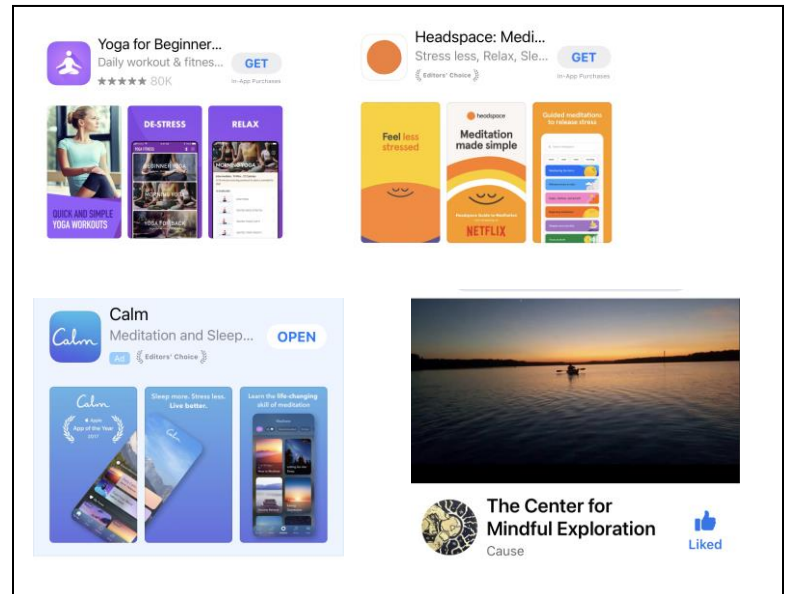


How can a TO DO list help me?

- Daily
- 3-5 Tasks – no goals or objectives
- Write it down and check it off
- Writing it down reduces stress and increases control
- Only things that can be accomplished that day - un-finished goals weigh on us.

Meditation & Breathing

- Reduces Stress
- Boost Immune System
- Decrease Depression
- Improved general health
- Better academic performance
- Focus
- Memory
- Less Reactive
- Calm



Affirmations

- Positive statements that can help you overcome self-sabotaging and negative thoughts.
- Breaks the rut of a negative thought loop
- Repetition makes the difference. Practice them.
- Reprograms our thinking patterns so that over time, we think and act differently
- Can be more powerful when combined with goal setting

Art & Creativity

- Distracts the mind and give it a break
- Stimulates the release of Dopamine
- Acting as self-care
- State of Flow
- Journaling, Gardening, Painting, Crafts, Creating...etc...