

RISING SCHOLARS ACADEMY **COUNSELING DEPARTMENT**

We Are Here to Help

COUNSELORS ARE ONLY AN E-MAIL AWAY!

Rising Scholars Academy Counseling Department

7th Grade Counselor: Ms. Amy Dominguez amy.dominguez@stisd.net

8th Grade Counselor: Mrs. Monica Chavez monica.chavez@stisd.net

Social Worker: Ms. Candace Guillen candace.guillen@stisd.net

Counseling Office Secretary: Mrs. Nora Garcia nora.garcia@stisd.net

If you need to speak to your counselor during your time away from school, e-mail us. We are here to help.

**MAKE SURE TO STAY INFORMED OF ALL
THE LATEST NEWS AND
ANNOUNCEMENTS:**



[South Texas ISD](#)

[Rising Scholars
Academy](#)



[South Texas ISD](#)

[STISD Rising
Scholars](#)

If you have a crisis or emergency

including those related to suicide or an immediate safety threat to you or to someone you know:

1. Call 911

or

2. Contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). www.suicidepreventionlifeline.org

(Do Not e-mail campus staff-we will not be able to provide immediate help.)

Resources

- **EMERGENCY** Call 911
- **National Child Abuse Hotline** 800 4-A-Child (800 422-4453 or text CHILDHELP to 847411 – Operates a 24/7 hotline with professional crisis counselors who, through interpreters, can provide assistance in 170 languages.
- **Suicide Prevention Lifeline** 800 273-TALK (8255) – Call anytime if you're feeling desperate, alone or hopeless. This number will route you to the crisis center nearest you.
- **Texas Youth Hotline** 1-800-989-6884 or text 512-872-5777. Contact the Texas Youth Helpline any time, day or night to discuss your problem. It's free and we're here to help!
- **Teen Online** Text *Teen* to 839863. If you have a problem or just want to talk with another teen who understands, then this is the right place for you!
- **National Domestic Violence Hotline** 800 799-SAFE (7233) or text *TELLNOW* to 85944 – A 24-hour hotline for any type of domestic abuse, including dating abuse and cyberstalking.

MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

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WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS

@HOLISTICALLYGRACE

INFORM

LIMIT EXCESSIVE, CONTINUOUS
EXPOSURE TO MEDIA. INFORM,
WITHOUT OVERWHELM. SET
BOUNDARIES AROUND TIME,
TRUSTED SOURCES.



CONNECT

REACH OUT FOR EMOTIONAL
SUPPORT, CONTACT LOVED
ONES. ISOLATION IS
DETRIMENTAL TO OUR HEALTH



SOOTHE

DEEP BELLY BREATHING,
GROUNDING
TECHNIQUES, GUIDED
IMAGERY, PRAYER,
CALMING SOUNDS,
LAUGHTER, SINGING



CONTROL

FOCUS ON THINGS WE CAN
CONTROL: WASH HANDS,
HYDRATE, NOURISH,
CONTACT HR REGARDING
WORK POLICIES, ADJUST
FINANCES



HONOR + DISTRACT

ACKNOWLEDGE FEAR,
ANXIETY. FIND ACTIVE
WAYS TO DIVERT
ATTENTION: PUZZLE,
READ, CRAFT, ETC.

SET
BOUNDARIES
WITH WHAT +
HOW MUCH
MEDIA YOU
CONSUME

YOU'RE
ALLOWED TO
OPT OUT OF
OVERWHELMING
DISCUSSIONS

TRY TO
RESPOND TO
THE FEARS OF
OTHERS WITH
UNDERSTANDING
+ RESPECT

GENTLE REMINDERS:
FOR WHEN THE
WORLD FEELS
FRIGHTENING

≈@THEMINDGEEK≈

FOCUS
ON THE
MANY THINGS
YOU CAN
CONTROL

BE
MINDFUL
OF WHEN IT'S
BECOMING
MORE THAN
JUST 'BEING
INFORMED'

BREATHE,
CONNECT +
TAKE GENTLE
CARE OF
YOURSELF +
OTHERS

ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify

5 things
you can
see



4 things
you can
touch



3 things
you can
hear



2 things
you can
smell



1 thing
you can
taste



THINGS TO DO WHILE AWAY FROM SCHOOL

Practice Line Dancing
(you learned in PE)

Get Active!
Go for a Walk or Run
Play with your dog :)
Clean your room :(

CALM



*take a
deep breath*

A website for Meditation, Music, and
Mindfulness

Click link above

THINGS TO DO WHILE AWAY FROM SCHOOL

- Journal!
- Write a Letter to a Friend or Family Member!
- Make a List of Things You're Grateful For!
- Read a Book or Magazine...for fun!
- Have a Dance Party with Friends via FaceTime!
- Disconnect from Social Media...even if it's just for 30 minutes!

[Yoga on Youtube](#)
Click Link

Center Yourself When Things Get
Overwhelming
By Practicing
[Guided Meditation](#)
Click Link

[Find Peace in the Zen Den](#)
Video
Click Link

THINGS TO DO WHILE AWAY FROM SCHOOL

Virtually Tour Museums:
[Google Arts and Culture](#)

Virtually Visit the Zoo:
[Cincinnati Zoo Home Safari](#)
Each day at Noon on Facebook

(click link above)

Character Strong

Join **30 DAYS OF KINDNESS.**

WE ARE CAPABLE OF WIDESPREAD COMPASSION.

WE MUST DEMONSTRATE ABUNDANT HOPE.

WE CAN MAKE THE WORLD A LITTLE MORE BRIGHT.



Don't forget AIME
lesson every Friday!

Every Friday you will be able to
access an AIME lesson.



ABOVE ALL ELSE, REMEMBER TO:

TAKE CARE OF YOURSELF.

TAKE CARE OF YOUR FAMILY.

DO SOMETHING KIND FOR SOMEONE ELSE.

REACH OUT FOR HELP WHEN YOU NEED IT.

WE ARE ALL IN THIS TOGETHER.

WE ARE RSA ROCKETS! WE WILL SEE YOU SOON!