

CCSI WEEKLY NEWSLETTER

Promoting Community Connections
& Sharing Resources

HIGHLIGHTS

- Supporting Youth Well-Being
- Self Care & Coping
- **How will we keep in touch?**
- Each **BBC** will have 1 hr virtual Zoom meetings on their originally scheduled dates through the month of April at 12 - 1 pm:
 - [Manhattan 4/16](#)
 - [Queens 4/20](#)
 - [Brooklyn 4/24](#)
- Our **YAC meeting on Monday 4/13** meeting was a success! **Our YAC meetings will be from 5-6 pm every Monday now!** [Website Calendar Link](#) [Zoom Meeting Registration](#)
- Upcoming CCSI Trainings:
 - [4/21 What's Up with Teens?](#)
 - [5/1 Listen. Protect. Connect.](#)
- These newsletters will be delivered every **Wednesday** for the duration of the NYC Coronavirus quarantine mandates

SUPPORTING YOUTH WELL-BEING

How to talk to the different youth in our lives about COVID-19 & coping with uncertainty

We have heard the voices of the CCSI community at our online BBCs stressing how youths' reactions to COVID-19 and the potential ending of the physical school year are impacting daily life. Youth are tired, frustrated, and really disappointed. Younger youth may be antsy and sad that they cannot see their school teacher and friends. Bigger children may be confused as to why the news is shifting so frequently and scared by the anxiety the adults around them are having. Teens and young adults may want to be social again and disappointed about their milestones such as prom, graduations, and work programs being canceled. None of us, young or old, have ever lived through a pandemic before. We must give ourselves grace! Here are some really great articles to help guide conversations with youth, based on their developmental needs:

- [7 Ways to Support Kids and Teens Through the Coronavirus Pandemic by The Clay Center for Healthy Minds](#)
- [Talking with children about Coronavirus Disease 2019 by the Centers for Disease Control](#)
- [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 by The National Child Traumatic Stress Network](#)
- [COVID-19 Resources for Families by The National Autism Association](#)

RESOURCE CORNER: SELF CARE & COPING

This week we are highlighting self-care and coping strategies for adults and caregivers!

Please be gentle with yourselves in this time.

We are highlighting some key words from global public health officials today: 10 practices we can do to support ourselves during this time, as well as some useful tips about how to frame and re-frame our thinking, especially if we are struggling.

- 1) Social distancing does not mean emotional distancing: **use technology** to connect widely
- 2) **Clear routines and schedule**, seven days a week, at home—don't go overboard
- 3) **Exercise** and physical activity, daily if possible
- 4) **Learning** and intellectual engagement—books, reading, limited internet
- 5) **Positive family time**—working to counter negativity
- 6) **Alone time**, outside if possible, but inside too; but remember, don't isolate
- 7) Focused **meditation and relaxation**
- 8) Remember **the things that you really enjoy doing**, that you can do in this situation, and find a way to do them
- 9) **Limit exposure to TV and internet news**; choose small windows and then find ways to cleanse yourself of it
- 10) **Bathe** daily, if possible, to reinforce the feeling of cleanliness

Remember:

- *Things will get better eventually, and back to normal; the world is not collapsing (don't go "catastrophic").*
- *Most people are good, and people are going to persevere and help each other*
- *You're tough, you've overcome challenges before; this is a new one.*
- *This is a particularly strange and unprecedented situation; humor helps once in a while.*
- *If having obsessive or compulsive thoughts related to the virus, or the broader uncertainty, wash your hands once, and then remind yourself that anxiety is normal in this scenario. But the mind also can also play tricks on us. Try to breathe and move the internal discussion on.*
- *Live in the moment, think about today, less about the next three days, even less about next week; limit thinking about the next few months or years, for now.*

Awesome Home Education Links:

- [Math Game Time](#)
- [Teaching Remotely for Grades K - 12](#)
- [Science for Kids](#)
- [Unite for Literacy](#)
- [TurtleDiary e-learning for kids](#)
- [PBS KIDS](#)
- [Starfall](#)
- [All-in-One Homeschool](#)
- [Thinking Games – Easy Peasy All-in-One Homeschool](#)
- [Funbrain](#)
- [Storyline Online](#)
- [Prodigy Game](#)
- [DISCOVERY #MINDBLOWN](#)
- [AmazingSpace](#)
- [National Geographic Kids](#)
- [TIME Magazine for Kids](#)
- [Khan Academy](#)

Links to NYC DOE

Resources:

- [Free Meals](#)
- [DOE Student Accounts](#)
- [Remote Learning Device Request](#)
- [Learn At Home Main Page](#)
- [Chancellor's Message to Families](#)
- [DOE Middle School Enrollment](#)
- [High School Offer Letters & Waitlists Updates](#)
- [DOHMH COVID-19 Guidance for Colleges](#)

*I have come to believe that
caring for myself is not
self-indulgent. Caring for myself
is an act of survival.*

- Audre Lorde

Enjoy! [3 Minute Mindful Breathing Meditation](#)



Other relevant exercises & resources:

[RELAX AND BREATHE: Do Nothing for 10 Minutes](#)

[NYC Well Coping & Wellness Tips](#)

[NYC Well COVID-19 Digital Mental Health Resources](#)