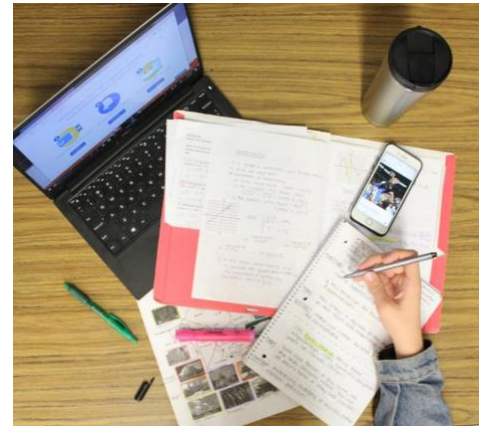


YOUTH SUCCESS DURING A PANDEMIC

Information you need: From the
Prevention Services Dept.
www.thelcadaway.org /440-989-4900



Did you go from saying “This is going to be great!” to “I don’t know even know where to start!” Making the transition from an in-person classroom setting to a virtual classroom setting can leave you feeling over-whelmed, anxious, or frustrated. Virtual studies requires a whole new set of skills and we are here to help! Continue reading for tips and tricks to help you be successful in your new learning environment.

STUDY TIPS

- **DESIGNATE A STUDY SPACE:** Whether it be at a desk, kitchen table, or your bed. Make sure this space is free of distractions and interruptions.
- **SET A SCHEDULE:** It’s easy to lose track of time now that you do not have to show up for school. How many hours will you spend a day on school work? What time frame will work best for you?
- **TAKE YOUR OWN NOTES:** Don’t rely on just listening to the lectures or reading through the material. Writing things down helps to retain information
- **TAKE BREAKS:** Instead of having marathon learning sessions; break up your time into smaller segments. Your brain will thank you and you will find it’s easier to remember things.
- **BE SOCIAL:** You may now feel alone not having the classroom participation. Utilize technology to have face-to-face time with teachers, friends, and peers. Being social will help you if don’t understand something, need a mental break, support, or a new idea.

“No matter how difficult life may get; there is always something you can be successful with.” –
Prevention Team

Staying Active

Every Evening @ 7:00p

Planet Fitness has live virtual workouts with a trainer (sometimes celebrity) on Facebook.

Create a Neighborhood Event

This can range from a teddy bear hunt, to driveway yoga, to a side walk chalk art contest! Be creative!

Learn Something New

Maybe it’s finally time to learn how to play that guitar you just had to have for Christmas. You can learn how to draw cartoons with Author Dav Pilkey. Now’s the time to learn the latest TikTok dance!

Important Announcement

Your health and well-being is still important! Continue to the next page to learn about stress management and self-care techniques.

Everyone reacts to stress differently.

STRESS

Fear and anxiety about a disease can be overwhelming and cause strong emotions. Stress during a pandemic can look like:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased irritability and mood changes
- Increased use of alcohol, tobacco, or other drugs
- Increased events of self-harm
- Unexplained headaches and body aches
- Decreased motivation for school assignments, chores, or hobbies.

Supporting Yourself

Taking care of yourself can help you manage your stress and other emotions.

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy. Get outside.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

What other teens say they do to manage their stress:

"Exercise, helps me feel better about myself."

"Being creative with art and making videos."

"Listening to music while riding my bike."

"Write down my stressors and throw them away."

"Video games, distracts my mind."



Resources:

Food Services

Check your school's website for lunch distribution locations and times.

[Second Harvest Mobile Food Pantry List](#) – Click Here

Mental Health Services

Your school counselors and teachers are still available!

Crisis Text Line – Text "4HOPE" to 741741

The Lifeline – Tweet @800273TALK

Phone Apps – Head Space and Calm

Nicotine, Alcohol, & Drug Services

[The LCADA Way](#) – Click Here

Nicotine Cessation -

[Become An Ex](#) – Click Here

[Am I In Withdrawal?](#) – Click Here