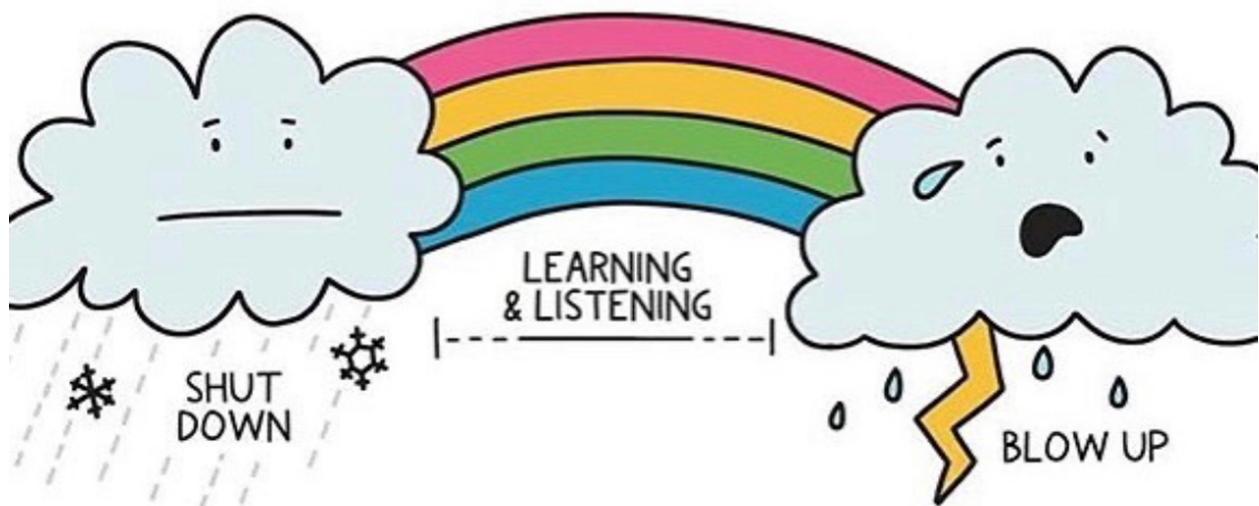


Hello Braves,

Does the picture below seem to match with how you or someone around you is feeling in times of frustration during our time at home? Do you feel like some days it comes out of nowhere? The silver lining (the good that comes from the bad) is that you are not alone and that with some healthy coping skills, you CAN overcome the weak and stressful moments we all experience!

IT'S NORMAL TO HAVE A SMALLER  
**WINDOW OF  
TOLERANCE**  
DURING STRESSFUL TIMES

@LINDSAYBRAMAN



Self-Care for the Family

All of us are facing similar struggles on a daily basis - some of us having additional ones that can make our tolerance for stressful times seem unbearable. Please know that I can't stress enough that there's help out there. Food, shelter, and a sense of safety and security must come before learning and teaching can take place.

In addition to some of these physiological needs (required for survival), there are also simple things listed below that we often forget when experiencing stress, anxiety, or feelings of depression. Know this - your mental health matters. Please take care of yourself in order to keep the 'shut downs' or 'blow ups' from being too much to handle

or putting someone at risk for danger - including yourself.



In closing, your needs are thought of and at the forefront of our minds as we go through this time of teaching and supporting one another, that we ourselves as educators haven't been trained to do. This is a time where feelings of stress and uncertainty can be at their highest, but we all have one goal in mind - do what's best for the student. Please do what you can and do it to the best of your capability with

the circumstances at hand. I've said it once and I'll continue to say it, you are not alone; we are all in this together. #bravenation

Mrs. Grube