

April 2, 2020

Dear Harbor Families,

We hope this letter finds you and your families safe and well. The past few weeks have been challenging and unique to say the least! We are all entering into uncharted territory, and are navigating the nuances of all that is changing around us in the moment. At times of uncertainty, it is easy to get lost in the “what ifs” and to feel overwhelmed by all the unknowns. The reality is that we are all in the same boat, and we are all doing the best we can to work together in tackling the challenge ahead. If you are feeling overwhelmed, anxious, or worried, you are not alone. Here’s some strategies that can be helpful in alleviating these feelings:

- 1) Show yourself some kindness. Taking a nice deep breath and reminding yourself that you are doing the best you can in this new and unprecedented challenge. There is no best way, just do your best!
- 2) Go for a walk! The weather has been improving and being stuck inside all day can really affect our mental health. Getting some sunshine and fresh air can help us to reset and improve our mood! Try making it a mindful walk but staying present and notice all the colors you see around you
- 3) Take care of your basic needs! Be sure to take breaks, get enough rest, eat healthy meals, and exercise. This will give you the energy and the physical ability to make the best choices.
- 4) Give mindfulness a try! Apps such as “Breathe” are free, and allow you to do a quick emotional check then recommend some mindfulness activities that can help your mood!
- 5) Take 5! Notice 5 things you see, 4 things you can hear, 3 things you can touch, two things you can smell and 1 thing you can taste. This grounding activity is a quick helpful reset.
- 6) Be sure to stay connected with others socially. We should be “physically distancing” but can really be creative about socially connecting.

We know this has been a trying few weeks and we know you are stressed and are doing your best! Take good care of yourself and your family and we will all get through this together! Don’t hesitate to reach out to the school if you need any additional support. Our Rutgers clinician, Nicole Huertas, is available to support you and your family!

Best,

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