

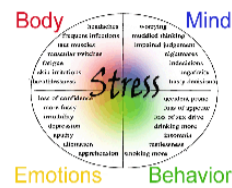
# TEC NURSING NEWS

Health Resources for TEC Community

ISSUE 3

4/30/2020

## In this issue



Coping with Stress



Promoting Self Care



Mental Health during Covid19



Symptom List Expanded

## Mental Health During Covid 19 Pandemic

- ◆ The Covid 19 pandemic has presented many challenges that have contributed to increased stressors to individuals
- ◆ During increased time of stress it is important to realize that everyone reacts differently to these stressors
- ◆ Stress can lead to adverse physical effects on the body such as headaches, muscle tension, decreased sleep, fatigue and digestive issues. It can also lead to anxiety, depression and memory and concentration problems
- ◆ It is important to find the proper ways of dealing with stress to make you, and the people you care about stronger. Here are 2 Resources to help deal with stress.
- ◆ **TEC Stress Toolkit**
- ◆ There are many healthy ways to deal with stress. Journaling, Exercise, Meditation, Art and other Hobbies can help you cope. Our TEC Staff has created some videos that can help you and your child destress together!
- ◆ **Chair yoga with Christy**      **Making Playdough/Lauren**
- ◆ If you're a parent looking for support in dealing with a child with behavioral or mental health needs Little wanderers offers a parent support group. Find info here [Parent support](#)

## Joke of the Week

brought to you today by Sean Munzer



### Sean's Joke of the Week

**Looking for students to volunteer for Joke of the week . If interested please email one of our nurses  
Emails are on 2nd page of newsletter**

## Self Care



“Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it’s a simple concept in theory, it’s something we very often overlook. Good self-care is key to improved mood and reduced anxiety. It’s also key to a good relationship with oneself and others.”

(The Youth Project, 2020)

Sit back and relax while Vivienne reads aloud a chapter from Harry Potter And The Sorcerer's Stone!  
[https://www.youtube.com/watchv=MLJmvLv7wEE&feature=youtu.be&disable\\_polymer=true](https://www.youtube.com/watchv=MLJmvLv7wEE&feature=youtu.be&disable_polymer=true)

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## Promoting Mental Health

**Seek help when needed**– If distress impacts activities of your daily life for several days or weeks, talk to a clergy member, counselor, or doctor, or contact the SAMHSA helpline at **1-800-985-5990**.






**Avoid too much exposure to news**– Take breaks from watching, reading, or listening to news stories. Try to do enjoyable activities and return to normal life as much as possible and check for updates between breaks.

**Take breaks**–Try taking in deep breaths. Try to do activities you usually enjoy.

**Connect with others**– Share your concerns and how you are feeling with a friend or family mem-

## How To Prevent An **ANXIETY ATTACK**

Start by breathing deeply in through your nose, and out through your mouth. Then, slowly bring awareness to...

-  ..... 5 Things you can see
-  ..... 4 Things you can touch
-  ..... 3 Things you can hear
-  ..... 2 Things you can smell
-  ..... 1 Emotion you can feel

This is called **grounding** - it helps when you've gone too far in your own head and lost all control of your surroundings.

**Please share this** - it could really help someone in need!



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## Expanded Symptom List for COVID-19 Could Include: per the Mayo Clinic

- Fever
- Shortness of breath or difficulty breathing
- Cough
- Chills and/or repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell
- Gastrointestinal upset and Diarrhea
- Skin changes or Rash
- Inflammation of testis

The majority of people are experiencing fever with with respiratory symptoms and muscle ache. If you have COVID-19 signs and symptoms such as shortness of breath, chest pain or pressure, confusion, or blue lips or face call 911

<https://new.network.mayoclinic.org/discussion/symptom-list-for-covid-19-expandeda;dhjk>

**Important Flyer Regarding Contact Tracing of Covid Please Read**

## TEC Nursing Support

The Nursing Staff has office hours available and listed on the remote learning plans. We are always available by email to answer any questions for students, families or staff .

Kerry Kubera RN Nurse Leader [kkubera@tec-coop.org](mailto:kkubera@tec-coop.org)

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**TOGETHER WE WILL GET THROUGH THIS!!!**



Please see the following page for a list of resources available to all .

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## Some Resources For Students, Families and Staff

Some trusted sources to stay informed on Covid 19

- ◆ <https://www.mass.gov/covid19>
- ◆ Call 2-1-1 and choose call2talk option

Worried about symptoms? Buoyhealth helps residents assess their symptoms and find the right care. Access this free tool at

- ◆ [Buoyhealth.com](https://www.buoyhealth.com)
- ◆ Mass Health offers a resource map that list all public services available to public, food banks, spiritual resources, project bread : [Mass Health Public Resource](#)

### Resources for Mental Health

- ◆ Mental Health Crisis hotline open 24/7 Samaritans 1-877-870-4673
- ◆ Crisis Text Line 24/7 text HOME to 741741
- ◆ MA Dept of Mental Health Emergency/Crisis Service  
24/7 1-877-382-1609
- ◆ Substance Abuse and Mental Health Services Administrations (SAMHSA's)  
Disaster Distress Hotline 1-800-985-5990 or text TalkWithUs to 66746
- ◆ Parent Support Program
- ◆ Special Education Resource Toolbox [SPED Toolbox](#)

### Resource for parents ensuring access to Personal Care Attendant (PCA)

#### Services

- ◆ Call 1-844-422-6277  
to be connected to home health services in your region.

### Quitting vaping or other tobacco products

- ◆ Call or text Start My Quit to 855-891-9989 or visit [teen.smokefree.gov](https://teen.smokefree.gov)

### Forms to fill out to prepare Individuals with Developmental/Intellectual Disabilities in case of Hospitalization

- ◆ [Disability Covid19 Forms](#)

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