

For all of us today to keep our mind and body healthy.

As we greet each day with new recommendations from the local, state and national offices for taking care of ourselves and family members, let us reflect on reaming calm and productive when home schooling and/ or working from home:

Find a few moments throughout your day to sit by a window facing the sun and look for three images that bring you joy or gratitude. (mountains, trees, signs of spring, birds...) Maybe play a game of i-spy if you are at home with someone or a neighbor.

If it is nice weather and you feel safe to venture outside take a walk. Taking short breaks during the day are important.

Remember to breathe mindfully throughout your day. (Breath deeply in through your nose, hold for 4 seconds, and release by breathing out of your mouth slowly. You can do this a few times.)

If you are working from home or have a student who is home schooling create a pleasant workspace. (Pin up positive pictures from a magazine or photo album. Write positive words in bright colors on note cards or sticky notes and hang on the wall. This will help limit the distractions of being at home and in a new learning/work environment.)

Think about someone else who may need some positivity and reach out. (Call or use a form of media to speak with them. Talking and listening to someone instead of a text makes a big difference.)

Suicide Prevention Network can help if you need to talk. We are in this together. Please call if you have questions or concerns.

775-783-1510 (SPN Office) or

24-7 National Suicide Lifeline 1-800-273-8255.

