



Staying informed with the latest updates but not getting overwhelmed by the news media is a hard balance to find. It's easy to get swept away with worry and feelings of helplessness. One of the most effective ways to help find a balance is to stay in the present moment and intentionally identify what it is you have control over and what you don't have control over. During a recent social distancing webinar, Scott LoMurray, Executive Director of Sources of Strength, shared these words:

*"Schools may be closed but our **STRENGTHS** are not. **Positive Friendships** are not canceled, although the time we spend together may look and feel different. **Healthy Activities** are not canceled, even though we might need to get creative when practicing them inside. **Family Support, Mentors, Generosity, and Spirituality** are not canceled, they are the life-giving relationships and practices that support and sustain us. **Medical Access (Physical Health) and Mental Health** are not canceled. Access may look different but they are accessible. Continue to name and notice your emotions, practice calming and healthy coping, and building relationships and connections, even from a social distance."*

Focusing on your strengths (family, friends, spirituality, mentors, medical access, generosity) and doing your part to adhere to social distancing are all things you have control over and ones that truly do make a difference. Please reach out to counselors [Julie May](#) (High School) and [Carol LaRocque](#) (Lower and Middle School) as we are here to support parents and students. In addition, we would like to share some local and national resources from organizations St. Mary's Academy has worked with in recent years.

For families seeking support for adults or children experiencing depression and anxiety and for general support, [CU Depression Center COVID-19 Support Resources](#)

For families who have lost a loved one, the mission of [Judi's House](#) is "to help children and families grieving a death find connection and healing."

Psychologist Lisa Damour's website lists several recent interviews she's given: <https://www.drlisadamour.com/press/>