

Wellness in the Time of COVID-19

THE HEALTHY MIND PLATTER

The Healthy Mind Platter has seven daily essential mental activities necessary for optimum mental health. Just like a balanced diet, your brain needs a balance of activity and rest every day to be in its optimum condition. Keeping these factors in balance is one way to help you maintain a sense of well-being, connection, meaning, and joy in life.

Note: The Healthy Mind Platter doesn't specify quantities or amounts of each activity. It's more about the quality of your experience and if you are satisfied about how you are incorporating practices that support the 7 elements that support a healthy mind and overall well being.

Take a moment to reflect on the following 7 domains.

1. How satisfied do you feel within each domain of the platter? (1 = least satisfied, 10 = most satisfied)
2. How difficult has it been to practice each domain of the platter? (1 = not difficult at all, 10 = extremely difficult)
3. How accessible has each domain of the platter been to you? (1 = not accessible at all, 10 = very accessible)

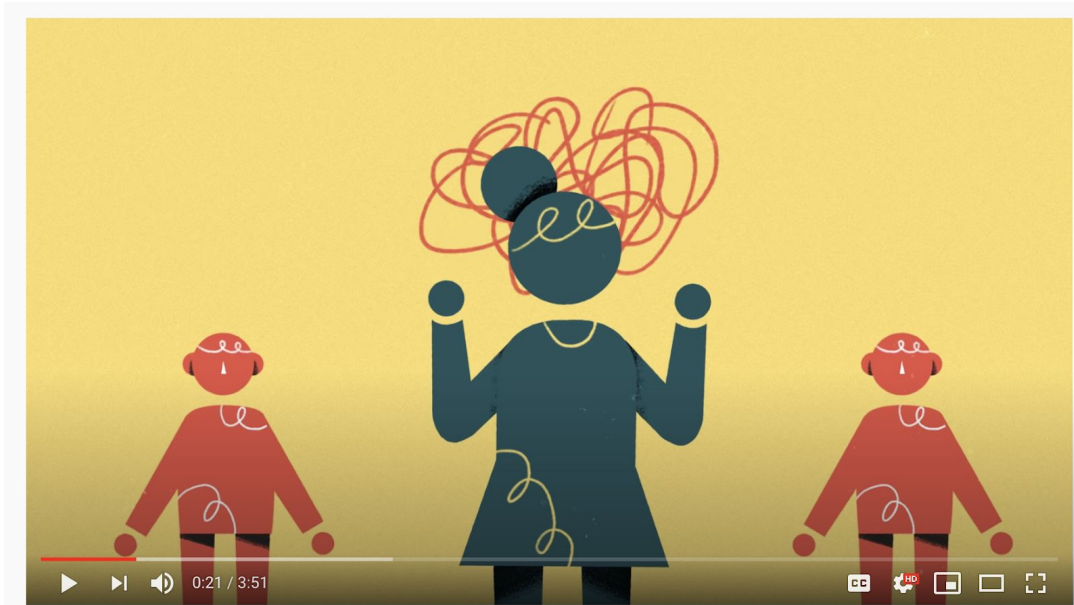


Domain	Score (1-10)		
	Satisfaction	Difficulty	Accessibility
Down time			
Focus Time			
Play Time			
Time In			
Connecting Time			
Physical Time			
Sleep Time			

Reflection Questions: Now that you have completed your personal assessment of your healthy brain platter practices what are some things you have noticed about your practices? Are you stronger in some areas than others? What practices are you already doing? What practices do you want to start? What have you dreamed of doing?

HOW STRESS AFFECTS US AND OUR STUDENTS

Watch the following [video](#):



How Toxic Stress Affects Us, and What We Can Do About It

Stress can manifest in children differently than it does in adults. In a recent study, they found that 31% of parents surveyed reported their their child had little or no stress, while only 9% of children reported little or no stress (a **22 point** difference). Below are a few different signs of how stress may show up in our students:

<i>Change in eating habits</i>	<i>Change in sleeping habits</i>	<i>Difficulty concentrating</i>	<i>Restlessness and Irritability</i>
<i>Returning to behaviors they have outgrown</i>	<i>Unexplained headaches or body pain</i>	<i>Poor school performance</i>	<i>Avoidance of activities enjoyed in the past</i>

Reflection Questions: Which of these signs of stress have you noticed in your students? What **other** signs of stress have you noticed in your students? What symptoms of stress have parents shared with you about their children?