



ST. IGNATIUS COLLEGE PREPARATORY

EDUCATE. INSPIRE. LAUNCH.

Dear Students and Families:

The Counseling and Wellness Departments emphasize that the priority during this time is taking care of yourself and your family. We want to provide some helpful tips and resources to ensure self-care during this unusual time.

- **Limit your exposure to the news and media.**

Restrict how often you get updates about COVID-19 and try to limit it to information that helps you make healthy decisions for yourself.

- **Focus on what you can control.**

You have power in controlling your schedule, routine, hygiene, self-care etc.

- **Engage in relaxation and calming techniques.**

There are many ways to calm yourself, including guided meditation or controlled breathing. One simple technique is called [Square Breathing](#).

- **Take "social distancing" seriously, but stay connected to people.**

It's important to do our part to physically distance ([celebrities agree!](#)) but you can [still connect](#) with friends and loved ones through video chats, phone calls, texting, and email. **Find other things to talk about!**

- **Create a routine and stick to it, especially on school days.**

- **Eat balanced meals, stay hydrated and get good sleep.**

These are good for both your mental and physical health, including boosting your immune system.

- **Stay active!**

Make physical activity part of your daily routine. Go for a walk, do yoga at home or have a dance party! You can also access daily suggestions for movement and workouts from the SI Athletic Performance Team by following [@wildcat_strong](#).

- **If you are feeling anxious, talk to somebody about how you are feeling.**

Personal and Academic Counselors and Wellness Counselors are still available during traditional school hours to meet with you through either phone, Google Hangouts or Zoom. Please note that there is not a normal promise of confidentiality during these communication methods. As counselors, we will abide by normal confidentiality standards, but interactions on the internet are simply not as secured as an in-person conversation in our office.

You can also find additional therapeutic resources on the [Counseling landing page](#).

Remind yourself that you're doing the best you can. We are all in this together!

There may be limits or constraints in the ways that we can communicate and support each other during these times. Fortunately, there is no limit on the compassion, care, and love that make SI a special place. If we can remind ourselves of that, we will be better able to embrace these new possibilities with courage, faith, and hope. As Ignatians, that's what we are called to do.

Let us remember...



St. Ignatius College Preparatory
2001 37th Avenue
San Francisco, CA 94116
(415) 731-7500
kblaesing@siprep.org

[Unsubscribe from SI emails](#)