

Dear Parents...We Are Interested In Your Mental And Emotional Wellness!

This is Paul Peavy, the Mental Health Coordinator for Taylor County Schools. We are concerned and very interested in your mental and emotional well-being! As parents or guardians, we know you feel so much more responsibility than you did a few weeks ago. I'd like to offer you a few tips on adjusting your mental wellness to fit during this time.

1. Find time and space for yourself. If you are the captain of this ship, if the captain ain't happy, nobody's happy!
 - Go for a walk.
 - Watch a tv show or movie that makes you laugh. The escapism is necessary!
 - Talk with positive people.
 - Find devotional time and material to help you calm down, be focus, and be happier.
2. Do NOT let your child's sleep cycle get flipped. Unplug the electronics, keep their phone under your pillow, whatever it takes. The newest research shows that the brain is active flushing out toxins as you sleep. So besides just being grouchy your child's brain actually has negative toxins in it that it did not have a chance to flush out.
3. Have a routine. Have a schedule. Be flexible. Wait! That last one doesn't fit, does it? What I am saying is try to understand your child's physical and emotional ups and downs. Do they work best with the most challenging stuff in the morning or right after lunch or maybe even in the evening. Having a rigid schedule that rigidly leads to daily arguments is not the best way to operate. If you give your child, the flexibility you definitely have a right to expect accountability with the flexibility you have offered. You can say "We'll try it on your schedule this one time, but if you don't..."
4. Write the schedule on a very visible place along with a chore chart and whatever else your expectations are. Sometimes a nod towards the written and publicly displayed chart can become more powerful than the spoken word.
5. Please reach out to teachers and administrators! Don't go this alone. Every teacher and administrator I have talked to have expressed their disappointment at not being able to individually guide their students. They still want to help, so reach out to them and be patient for their response. Call administrators at the schools. If you have more pressing or bigger questions administrators are at their schools every day so give them a call. One of the most stressful things you can do is worry alone about unanswered questions. Pick up the phone and get one less thing to worry about.

If you need more help feel free to call 211 the mental health hotline or email me at paul.peavy@taylor.k12.fl.us or use one of our trusted community partners below:

A New Dawn A New Beginning: 850-329-5776 email: anewdawnanewbeginning.com

Apalachee Mental Health Services: 850-584-5613

Disc Village: 850-838-2525

Community Wellness: 850-644-7724 email: cwcssbehavioralhealth.com

Florida Therapy: 850-878-0494 email: Flatherapy.com

The National Suicide Prevention Hotline 1-800-273-8255

Text "Help" to **The National Crisis Text Line** 74174