



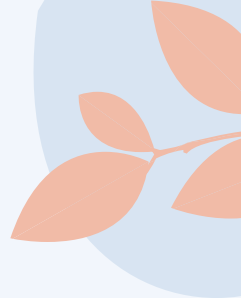
Self Care: Taking Care of Yourself and the Ones You Love

McLean High School Clinical Team



How Are You Feeling Right Now?

Share 2 words to describe your feelings

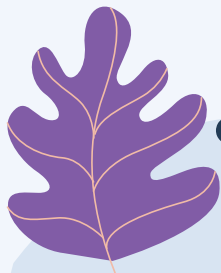


G.R.A.P.E.S

G Gentle with self	Have some compassion for yourself; do something nurturing
R Relaxation	Engage in something that calms your nervous system
A Accomplishment	Set one small goal for yourself that is achievable. Scale the goal to how you are feeling
P Pleasure	Something you will enjoy - don't feel guilty about it
E Exercise	Any amount of physical activity will boost your mood
S Social	Reach out to friends and family - don't withdraw

G - Gentle with Self

- Honor how you are feeling
- Help your kids and loved ones honor their feelings through validation
- Encourage breaks and time for play
- Don't judge yourself or others
- Don't pretend everything is fine

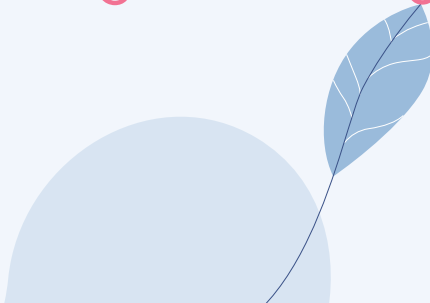
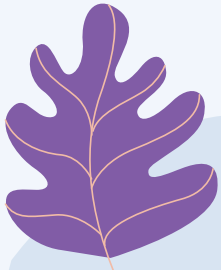


G - Gentle with Self

Mindful Moment:

Congratulate yourself on something positive you've done in the past week.

Mute your mics and say out loud, "I congratulate myself for..."



R - Relaxation

- Use strategies to calm your nervous system:
 - Deep breathing
 - Guided meditation
 - Listen to music
 - Spend time outside
 - Give yourself permission to rest and relax



R - Relaxation

Mindful Moment:

Participate in this breathing exercise with us.



A - Accomplishment

- Set small, accomplishable goals each day
- Help your children set goals as well
 - Make a daily schedule and cross off accomplished tasks
- Celebrate small accomplishments
 - Notice good things that are happening during this chaotic time
- Build on the goals each day
- Adjust goals to how you are feeling

A - Accomplishment

Mindful Moment:

True or False: I have a daily routine that is working for me right now. Answer the poll when it comes up on the screen.



P – Pleasure

- Take time for fun and doing things you enjoy
- Take time for play/family time in your daily routine
- Don't feel guilty



P – Pleasure

Mindful Moment:

In the chat window, type in one thing you have done recently that brought you joy. Don't hit enter until we tell you to!



E - Exercise

- Engage in some form of physical activity each day
- Help children incorporate this into their daily routine
- Celebrate small accomplishments
- Notice and discuss how physical activity affects your mood and ability to manage stress



E - Exercise

Mindful Moment:

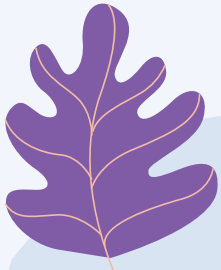
Mute your mics, stand up and do one of the following:

- 1) Ten push ups
- 2) Ten sit ups
- 3) Ten jumping jacks



S - Social

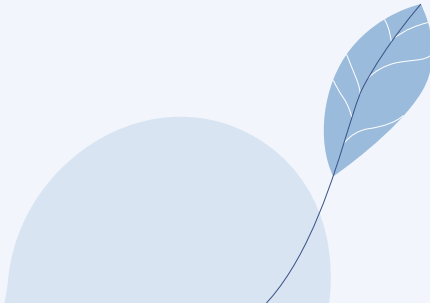
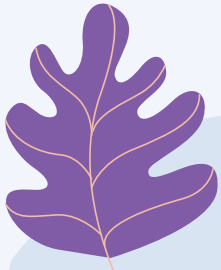
- Reach out and connect with friends and family
- Help children reach out to sources of strength and support
- Don't isolate and/or withdraw

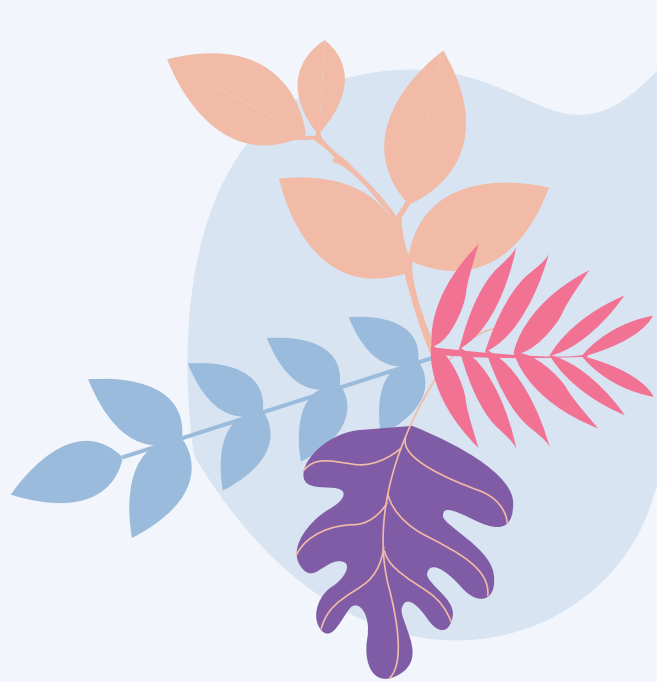


S - Social

Mindful Moment:

Raise your hand to share one way you have
been social in the last week





Other Considerations

Questions?



Resources

- GRAPES Self-Care Worksheet
- Employee Assistance Program (EAP)
- FCPS Parent Resource Center
- Counseling sessions for students
- Google Classroom code=poixzzq



Our Clinical Team


Please reach out. We're here to help!

Marly Jerome-Featherson, Social Worker
mjeromefeath@fcps.edu

Beverly Parker-Lewis, School Psychologist
baparkerlewi@fcps.edu

Beth Werfel, School Psychologist
bawerfel@fcps.edu





“Each morning we are born
again. What we do today is
what matters most.”

—Buddha



Thanks!

CREDITS: This presentation template was created by Slidesgo, including icons by Flaticon, and infographics & images by Freepik.
Please keep this slide for attribution.

Conflict Management

- How and what to ignore



Talking about Covid-19

- How can you talk to your kids about Covid-19?



