

June 1st to 6th 2020

5 Ways to Manage Your Mental Health During COVID-19

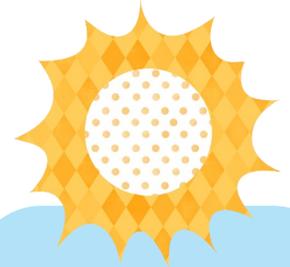
KATE HAGADONE, PHD, LP

A wellness expert offers guidance on how to protect your psychological and emotional well-being during the pandemic.

This article includes contributions from a similar article written in Michigan Medicine's Headlines publication by Daniel Ellman and Jennifer Williams.

In the midst of managing a situation like the COVID-19 outbreak, it is easy to feel overwhelmed and worried. Focusing on how to slow the spread of the virus is important for our physical health, however, identifying ways to manage our mental health is also crucial.

We may experience increased feelings of anxiety, powerlessness, impatience, irritability or frustration. We might also experience a sense of scarcity, or be concerned about increased stigmatization or xenophobia. We may feel uncertainty about the future or worry about isolation amidst rapidly changing schedules and social plans.

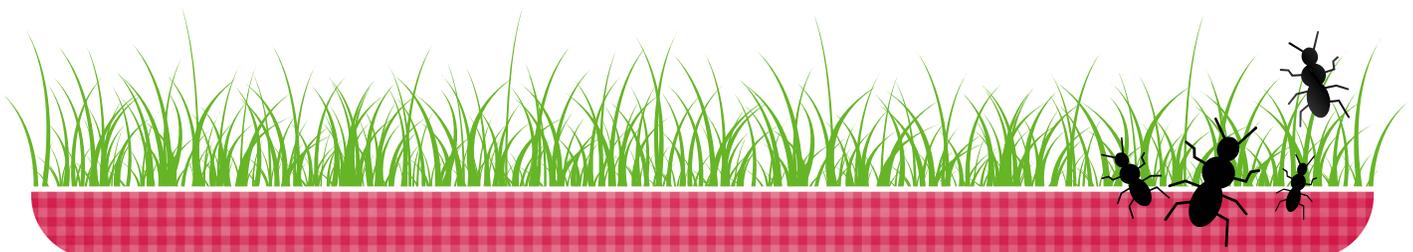


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Important Dates

21/06	Start of Periodic Test
25/06	End of Periodic Test



Health Tips

- **Avoid shaking hands and just wave.**
- **Avoid hugging others.**
- **Wash hands often with soap and water for at least 20 seconds.**
- **Use a hand sanitizer if soap and water are not available.**
- **Cover coughs and sneezes with tissues.**
- **Avoid animals (alive or dead), animal markets, and products that come from animals (such as uncooked meat).**

Take breaks from the news.

After a certain point, it can be more upsetting than informational. Make sure the information you do get is from reputable and non-sensationalist sources. And evaluate how much is helpful for you to read in a day, and aim to stick to that limit. It can be upsetting to hear about the crisis and see images repeatedly.

Try to do some other activities you enjoy to return some normalcy back to your life as much as possible. Make time to unwind and remind yourself that these strong feelings will fade.

Take care of your body.

Take deep breaths. Stretch. Meditate. Try to eat relatively well-balanced meals, move your body regularly, get plenty of sleep and highly limit alcohol and drugs. This will help boost your immunity and your resilience.

Plan for coping with a potentially sudden drop in social contact.

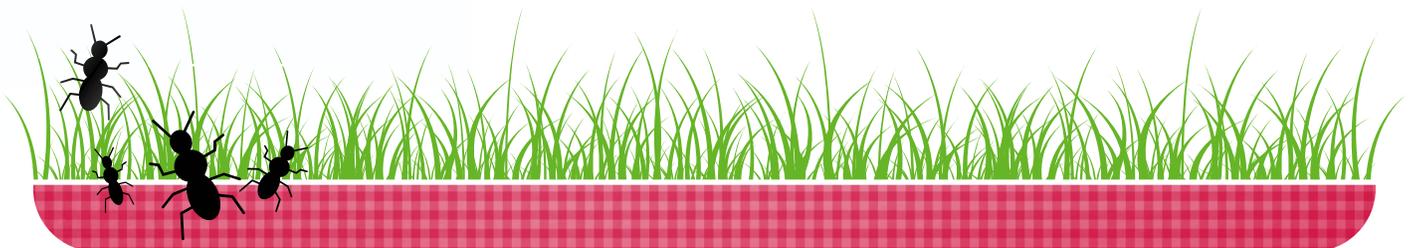
One of the most prominent ways individuals are asked to help mitigate the COVID-19 pandemic is to practice social distancing. That means remaining out of places where people meet or gather and maintaining distance (approximately six feet or two meters) from others.

In times of crisis, many people seek connection and comfort from others, says Kelcey Stratton, Ph.D., program manager for resilience and well-being services at Michigan Medicine, who is also a clinical psychologist. "It is important to find creative ways to maintain those connections. We might also find some comfort by remembering that we are not alone, and that we are all in this together to protect the health and well-being of our communities."

Create a new, adapted schedule taking cancellations into account.

Keep things as consistent as possible and focus on what you can control in terms of disease prevention and more broadly.

"Our control resides in taking reasonable precautions and avoiding unnecessary risks. To protect our emotional well-being, we can pay attention to reputable sources of information and adhere to the prevention guidelines of [Michigan Medicine](#), the [CDC](#) and the [World Health Organization](#)," says Kirk Brower, M.D., chief wellness officer for Michigan Medicine.

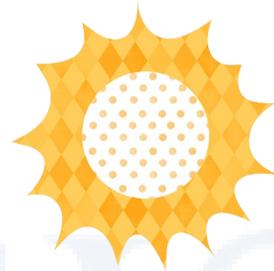


Do a "worry drop."

Write out all of your fears in a journal until your anxiety has dropped by half.

Make a daily list of what is going well and **remember the things that are going well**. Despite the current situation, maybe you are able spend more time with your kids or reading a book you have been meaning to get to or learning how to cook.

If you have a pre-existing mental health condition, these recommendations are especially important. If you have appointments with your therapist or doctor, keep them. If you are not feeling well physically, ask if they have options for video appointments.



Three things in life – your health, your mission, and the people you love. That's it.

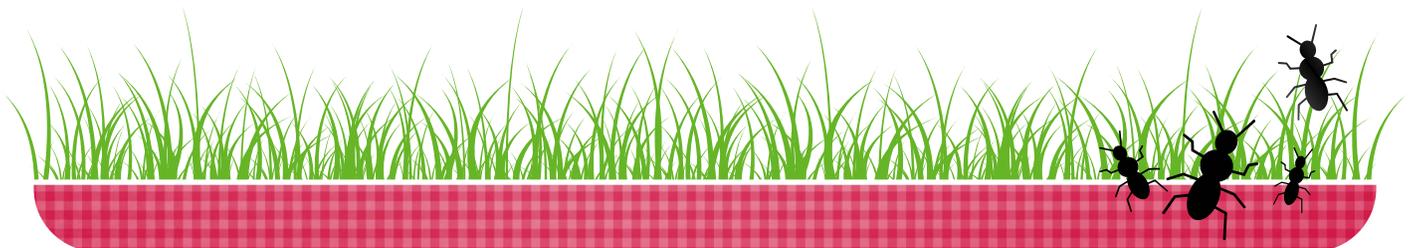
- Naval Ravikant.

How I spend my me time

Ehaan Ibrahim - Grade 4 Macaws.

Cars, Cars, Oh my cars! I love them. I have all types of cars. Big and small. I like cars because cars are fascinating, with different shapes and colors. I like race cars. It goes 'zoom' at high speed. My grandparents gifted me a race car and my uncle gifted me a military jeep on my birthday. I was very excited. I like to find amazing facts about cars. You know who invented the first car? It was Karl Benz of Germany. Mercedes Benz is a beautiful car.

I will buy the Mercedes Benz when I grow up. I love the car!! I will collect more toy cars and will fill my home with cars.



Sana Patel - Grade 2 Keas.

Dolls are my favorite. I love Dolls. I have many dolls. They are my princesses. I have named them Anna, Elsa, Sara, Tina. Anna has a baby doll named Tinka bell. On my birthday my parents gifted me a beautiful dollhouse.

My grandparents, uncle, aunty gift me dolls on my every birthday. I have got a collection of dolls and I play with them very happily.

I wish to collect Cinderella, Snow White, Rapunzel dolls. I want to fill my room with dolls and want to make a very big dollhouse. I play with my friends and my brothers in my doll-

house.

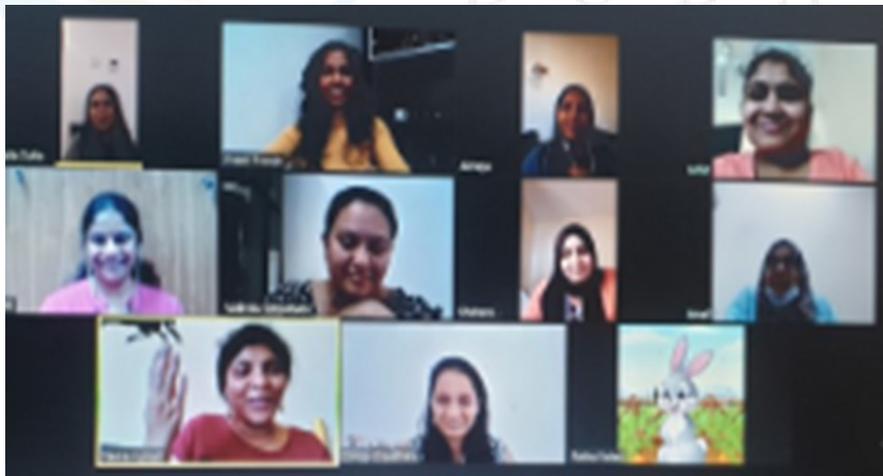
Sometimes I play with my mother and father also. They enjoy playing with me.

I Love my Dollhouse!!!

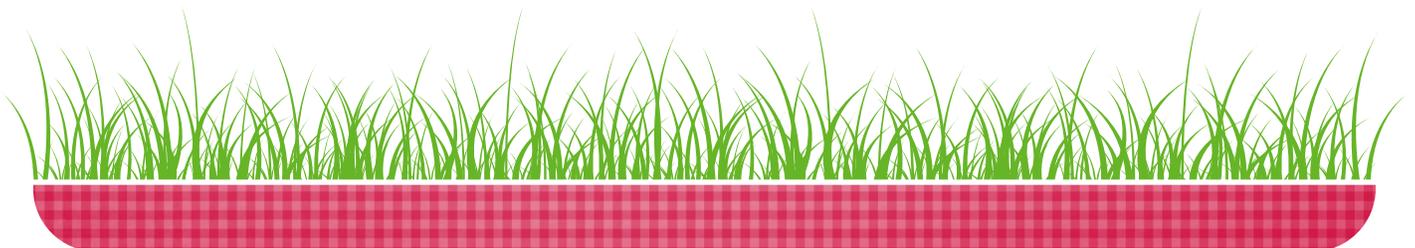


The human body is the best picture of the human soul.

- Tony Robbins.



Heroes' Hideout - Boosting parents' Mental health





Unleashed Happiness with Students – Wellbeing

Happy at Home – Stars of the week.

Can you answer this??

How many legs does a spider have?

What is the color of emerald?

What is something you hit with a hammer?

How many colors are in UAE flag??

Who is the President of India?

How many planets are in our solar system?

What is the largest mammal in the world?

What is the hardest natural substance?

What kind of tree do prunes come from?



HAPPY AT HOME

WEEK – 10

Bon Appetit – the cook and serve challenge

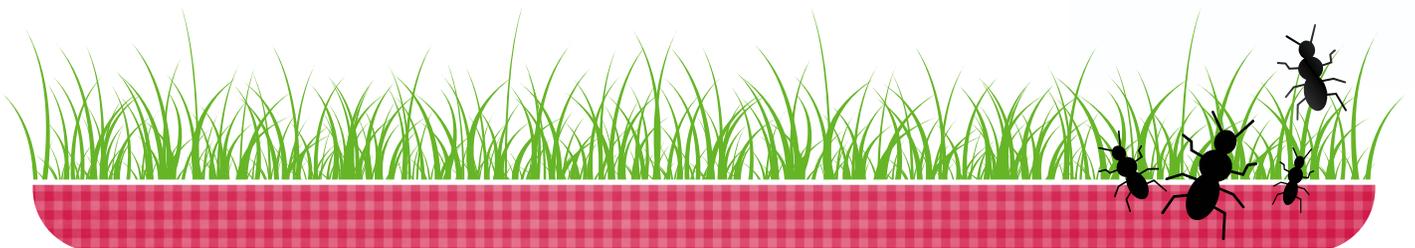
Stars of the week

- Shreeya – Grade 2 Keas
- Prarthana – Grade 3 Macaws
- Zera – Grade 4 Macaws
- Krish – Grade 5 Keas
- Jainil – Grade 6 Macaws
- Serene – Grade 7 Macaws
- Nadia – Grade 8 Keas.

Congratulations to you all!!!



To watch the star videos of week - 10 - [Click Here](#)



Calls for Celebration



SIS
DUBAI
SABARI INDIAN SCHOOL
مدارس سبيري الهندية

CELEBRATING SUCCESS
For the week 24/05/2020 – 31/05/2020.

Congratulations
Phase - 2



Best Attendance – Grade 5 Keas
Best Buddies – Grade 4 Keas
Best Inquirers – Grade 3 Macaws.



Phase - 2



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CELEBRATING SUCCESS
For the week 24/05/2020 – 31/05/2020.

Congratulations
Phase - 3



Best Attendance – Grade 7 Macaws
Best Buddies – Grade 7 Keas
Best Inquirers – Grade 8 Keas.



Phase - 3

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