

Tips of the Week

1

It is important when experiencing anxiety to practice self-care, such as healthy eating and deep breathing.

2

Recognize what you can control; let go of what you cannot.

3

Ask for help from teachers or service providers if assigned work or activities that are too hard or too easy.

4

Talk to teachers or service providers if their scheduled meeting or session times aren't working.

5

There is a lot of information about COVID-19 and reentering the community, but you can always trust information from Pennsylvania's Governor or Department of Health.

6

It is important to still follow our state's guidelines and you can see that our efforts so far have helped limit the impact of COVID-19 and put us on a track back to normal.