



KEEPING UP CONNECTIONS

Making Time for Self and Others!

Connect with Yourself!



Set time aside each day to see how you are doing!
How are you feeling? What do you need? What supports do you want to access?

Examples of activities to help you become more self-aware are:

- Mindfulness
- Journaling
- Meditation
- Deep Breathing

Connect with Friends!

Staying in touch with the people you care about it is essential to your mental health. Here are some ideas:

- Call/Video Call
- Message
- Send a letter or card in the postal mail
- Online games



Connect with your Community

Helping your community creates a sense connection and belonging. Here are some ways to get involved:

- Care-mongering is a movement to spread kindness and help others in their community
- LTHS Clubs
- Community organizations
- Faith-based organizations

Connect With Your Supports at LT:

**Teacher
Counselor
Social Worker
Assistant Principal**

Need An Appointment? Counselor Email? Find it at:

[HTTPS://WWW.LTHS.NET/DOMAIN/783](https://www.lths.net/domain/783)