



Mercy San Francisco Wellness and Counseling

Distance Learning Recommendations March 12 - 25, 2020

Dear Mercy Students, Families and Faculty,

Wellness and Counseling will remain available to students during regular school hours through the duration of the school's campus closure. If students need to access counseling or wellness, they can email or G-chat [Ms. Wickham](#), [Ms. McVeigh](#), or [Ms. Hui](#) to set up a time. Counseling and Wellness will use a confidential video chat service to "meet" with students.

If the matter is concerning and urgent, please use the following support:

1. If this is an emergency, call 911
2. Crisis Text Line (24/7) , text "hello" or "listen" to 741-741
3. CA Youth Crisis Line (24/7), 800-843-5200
4. National Suicide Prevention Hotline, 800-273-8255

Here are some self-care tips for distance learning at home:

- **Set a schedule for work that creates good boundaries.** When you are working on classwork from home, it is easy to slip into the habit of working late into the evening, as well as throughout the day. On the flip side, it is easy to procrastinate from work and feel like you have a lot of time to complete assignments, which may not be true.
- **Maintain or create a meaningful morning routine.** Even though in many cases, you will not be leaving your house, it is helpful to get yourself ready in the morning as if you were. Eat breakfast, get dressed, and give yourself enough time before class starts to be fully present during class.
- **Eat lunch during lunch break.** Since you are following an actual class schedule, utilize your lunchtime for actually eating and drinking a healthy meal. Try not to eat during "class periods" as this can be distracting to you and others in the class.
- **Set a sleep schedule.** Although you will not have to commute to school, you want to make sure you avoid staying up late. Aim to get at least eight hours of sleep a night to ensure you have enough energy the following day.
- **Try to fit in movement and fresh air.** Making time for a walk or some light exercise can boost motivation and increase productivity. Even if it is a short trip around the block, you will find yourself with more energy throughout the day.
- **Have a designated work space.** If you do not already have a place to do homework effectively, now is a good time to create one. Create a small study area, with a desk and upright chair. Lighting is key to avoid eye strain and a tidy area will help to keep your mind clear. Avoid working on your bed!
- **Minimize distractions.** It may be more tempting than when you are on campus to look at your phone, go online, or engage in social media. Help yourself by preventing your phone from distracting you- place it in another room or turn your

phone off completely during class time.

Contact

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