

Towne Parents

Create a plan - what can I do to prepare myself and my family? These are short-term, attainable goals that help your mind process what is and isn't possible at this moment. In this way, you harness worry to control the things you can control.

Acknowledge - we are in a difficult time, and we won't have all the answers for the foreseeable future.

Limit - the flow of activating information

Mindfulness - It allows you to balance and smooth out that fight or flight activation with softer, gentler moments that create a more open, social, or serene feeling

Check out the website for resources to help!
https://hs.franklintowne.org/school_counselors