

Morgantown High School Survival & Well-Being Kit

Your Morgantown High School Counseling Department has provided you with a variety of resources and activities to help you during this time of social distancing and remote activity. Whether you need help with a serious situation, or ideas to improve your well-being and staying active, we hope you find it here. Being stuck at home doesn't mean you cannot find ways to be happy and healthy, inside and out!

Have an emergency?

If you have an emergency, and need immediate assistance, please dial 9-1-1, or go directly to your local Emergency Room.

For immediate psychiatric or psychological care please call the Monongalia County Mobile Crisis Unit at 1-844-HELP4WV or the United Summit Center crisis line at 1-844-WVKIDS-1.

24-Hour Crisis Hotlines

1. National Suicide Prevention Lifeline: suicidepreventionlifeline.org or call 1-800-273-8255 or
2. Crisis Text Line: <http://www.crisistextline.org/textline/> or Text CONNECT to 741741

Feeling anxious?

First, just breathe.

- ❖ Apps - Calm, Headspace, SAMApp, Virtual Hope Box, MY3, PocketYoga, Water Tracker
- ❖ Websites https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_subs_031720
- ❖ Yoga - Follow these Guided Meditation and Yoga sessions featuring Mrs. Dayton. https://docs.google.com/document/d/1UMB2DHZ4yh0V7dreL5y-00XdSBeQHD1bvBKB_9mgQS8/edit?usp=sharing
- ❖ Music - Listen to this Sound Bath recorded live by Ms. Hovland. https://drive.google.com/file/d/1WYOohQMvNmC_Tx0qf94TLa0S9GiMiEMM/view?usp=sharing
- ❖ Journal - Each week, journal about one positive experience you had. Did it make you smile, make you laugh, or make you feel happy or blessed? Why?
- ❖ Practice gratitude - Everyday, write down three things you are thankful for.
- ❖ Go for a walk or run. (Be sure to maintain social distancing.)
- ❖ Recite a poem or sing a song that you love.
- ❖ Practice mindfulness - Notice five things each that you can see, hear, touch and feel.
- ❖ Practice grounding techniques. <https://www.healthline.com/health/grounding-techniques>

Need inspired?

- ★ Create a Vision Board. All you need is paper or cardboard, and magazines!
Click this link for an example: <https://images.app.goo.gl/qah9Duzy9duTqTQS9>
- ★ Follow our weekly quotes posted on Twitter! @ONEMHS
- ★ Listen to a podcast.

Bored?

- Connect with friends via some means other than social media. Video chat or call one another so that you can hear and see one another in real time.
- Call to check on an elderly family member or neighbor. They will truly appreciate the gesture. As a bonus - you will feel good for having connected with someone and for performing an act of kindness.

Need help or have questions?

Contact the Morgantown High School Counseling Department. We are here for you!

If you need to reach your School Counselor, please use the email addresses listed below, send a message via Schoology*, or call the Morgantown High School Counseling Dept at 304.291.9264.

9th Grade Ms. Landry	10th Grade Ms. Fleming	11th Grade Mr. Gerlach	12th Grade Ms Smith	9th-12th Grade Ms. Kingery
lauren.landry@k12.wv.us	anfleming@k12.wv.us	rgerlach@k12.wv.us	lauren.smith@k12.wv.us	alisha.kingery@k12.wv.us

*Please know that we will do our best to get back to you as soon as we can between the hours of 8 am-2:30 pm, Monday-Friday, but may be unable to respond immediately.

Below are activities for all students to utilize about CFWV for future planning:

<p>9th Grade Activities</p> <p>~Sign-in or create a CFWV account at CFWV.com ~Now is a great time to gain more knowledge about yourself and the way you learn. ~Follow these links http://www.cfwvconnect.com/lesson2.html http://www.cfwvconnect.com/lessons/milestones/9th_Grade_Milestones.pdf All activities listed can be accessed on CFWV.com</p>	<p>10th Grade Activities</p> <p>~Sign-in or create a CFWV account at CFWV.com ~Now is a great time to explore careers and learn more about your future goals. ~Follow these links http://www.cfwvconnect.com/lesson5.html http://www.cfwvconnect.com/lessons/milestones/10th_Grade_Milestones.pdf All activities listed can be accessed on CFWV.com</p>
<p>11th Grade Activities</p> <p>~Sign-in or create a CFWV account at CFWV.com ~Follow this link http://www.cfwvconnect.com/lessons/milestones/11th_Grade_Milestones.pdf ~Start learning types of financial aid for college and technical school, visit https://studentaid.gov/ Create profiles on Scholarship finders Click “Go” on my scholarship profile on link https://secure.cfwv.com/Financial_Aid_Planning/Scholarships#/Landing Create a profile on fastweb.com</p>	<p>12th Grade Activities</p> <p>~There is still time to file the FAFSA! ~Remember Parchment is still available to send your transcript! ~Follow this link https://secure.cfwv.com/Career_Planning/Get_a_Job/Get_a_Job.aspx) for help creating resumes, cover letters, and interview tips! You will need to create a CFWV account, if you do not have one already.</p>