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## Milford School District Social Work Newsletter

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# COVID-19 and Mindfulness

*Tips and Strategies for You and Your Child*

*April 27, 2020*

Trying to navigate life during the Coronavirus is hard. Here is some helpful information so you don't have to do it alone.

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*"Every morning we are born again. What we do today is what matters most." – Buddha*

**Mindfulness** is the practice of being present, noticing and being aware of your thoughts, feelings and body. Mindfulness is an excellent way to calm yourself when feeling overwhelmed or stressed. Mindfulness can be practiced by people of all ages and the benefits can be life changing: including lower stress levels, decreased blood pressure, improved sleep and reduction of chronic pain!



### **Morning Mindful Intention**

When you wake up, decide what your daily intention will be and remind yourself of that throughout the day. For example: "today I will look for light in the darkness" and everytime I see something that makes me smile, I will focus on that!



## Mindful Walk (Get Movin'!)

Begin walking. Walk at a normal pace or slower than normal pace. While you walk, repeat the following phrases to yourself.

May I be well.

May I be happy.

May I be free from negativity.

Pause between sentences- letting the statement sit in your brain and your heart.

If your attention wanders, gently remind yourself of your current practice.

If you are distracted by another living being (person, animal, insect), extend your awareness to them...

May they be well.

May they be happy.

May they be free from negativity.

Continue this practice for the duration of your walk.

## Mindful Eating

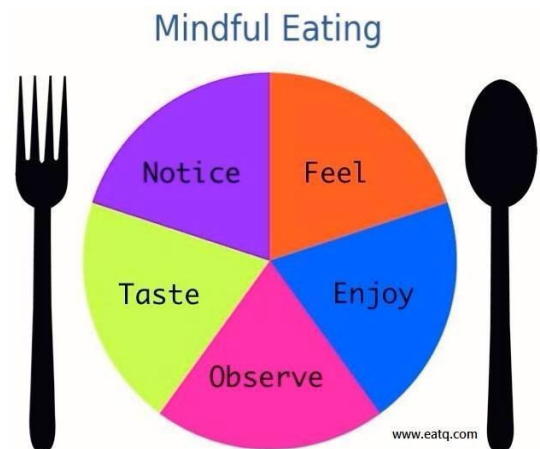
\*Notice your thoughts and feelings when you sit down to eat.

\*Feel the food- is it cold, hot, soft, hard?

\*Enjoy the taste and nourishment.

\*Observe with your 5 senses- what you smell, taste, see, hear and feel while eating.

\*Taste each part, whether sweet, sour, tangy or spicy.



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Keep in mind that you can not control everything.  
Focus and be mindful about what you DO have control over!

## RESOURCES

**\*Local resources** for rent assistance, unemployment, bills and food etc.

Dial 2-11 from any phone in NH: <http://www.211.org/services/covid19>

New Hampshire Unemployment: <https://www.nhes.nh.gov/services/claimants/file.htm>

SHARE Center- 1 Columbus Avenue Milford, NH 03055 603-673-9898 <https://www.sharenh.org>

Waypoint Family Support Warm-line: M-F 8:30-4:30 1-800-640-6486 (not for emergencies!)

### \*Emergency Resources

Suicide Hotline: 1-800-273-8255

Text line: Text HOME to 741741 to start

Domestic Violence Hotline: 1-800-799-SAFE (7233) or Bridges in Milford: 603-883-3044

### \*Online Resources

[Child Mind- Mindfulness for Students in COVID-19](#)

[Mindfulness Exercises for All Ages](#)

**\*Milford School District Support Website** [CLICK HERE!](#)

### \*Counselors accepting new clients (Telehealth):

A Peaceful Balance	154 Broad St. #1511 Nashua, NH	(603) 577-5551
Greater Nashua Mental Health	7 and 15 Prospect St. Nashua, NH	(603) 889-6147
The Counseling Center	Nashua/Manchester Locations	(603) 883-0005
The Youth Council	112 W Pearl St. Nashua, NH	(603) 889-1090

**Your Milford School District Social Workers and Mental Health Counselor are here for you. Feel free to reach out!**

Jacques Memorial: [tracy.holland@milfordk12.org](mailto:tracy.holland@milfordk12.org)

Heron Pond: [stephanie.bielik@milfordk12.org](mailto:stephanie.bielik@milfordk12.org)

Milford Middle: [erin.richardson@milfordk12.org](mailto:erin.richardson@milfordk12.org)

Milford High: [heather.fortin@milfordk12.org](mailto:heather.fortin@milfordk12.org)

Bales (DRIVE): [lisa.girouard@milfordk12.org](mailto:lisa.girouard@milfordk12.org)

