

Hello Junction City Parents and Community,

Can you believe what we are going through and have been through already in just the last few weeks alone? Neither can we! The changes and the new adjustments are truly astounding, overwhelming, frightening, and the list goes on. As if that is not enough, we have to be prepared for the likelihood of yet more change. Because of all this, the JCSD Counseling/Psych Team wanted to take a few minutes to recognize the stress this might be having on you and your family and remind you all to please stop, breathe, and most importantly, to practice good self-care habits so that you have the energy and wherewithal to navigate this crazy, unique time in all of our lives.

You are important and many people may depend on you such as your children or other family members, which can be a daunting task. As you may realize, one of the best ways you can navigate this and continue the hard work you are doing is to practice good self-care habits and take care of yourself first! We have put together a short video (@ 10 minutes) [Family Self-care Video](#) of a few self-care reminders and tips we thought particularly important and ask that you take a look when you have a chance.

We know a lot of resources have been shared lately, but we attached some that are all about you and how to support yourself during these changing times. As always, please reach out to us if you need any support. We are here for you!

Stay healthy, wash those hands and breathe! You Got This!

JCSD Counseling/Psych Team

[Self-Care Resources](#)

[JCSD Family Resources](#)

[JCSD Counseling/Psych Staff contact information](#)