Raise your hand if you’ve had more than 1 but less than a billion Zoom meeting? Keep your hand up if you are over it. We have all unexpectedly increased the amount of virtual activity in our lives. Whether you’re working virtually, helping to teach your children, or trying to stay connected with friends and loved ones, virtual meetings have become a necessary part of our lives. Here’s the thing, we can be grateful for the technology and grow tired of it at the same time. Technology that allows us to virtually connect is very important right now. As many have said, social distancing does not have to mean social isolation. There are several platforms that enable us to keep in touch with family and friends and provide educational services to students. And this is great. But also remember to log off.

Sitting for extended periods of time is not healthy for our backs or our circulation. Staring at a screen—be it tablet, laptop, or phone—for hours creates eye strain. When you can, go portable with your meeting by walking around or changing your seating. If you safely can, sit outside on a patio or porch or garage.

Create boundaries. We have meetings that must be attended and those that are optional. Be selective with optional meetings. It is okay to say, “No.” Between meetings move around. Also, don’t forget to give your eyes a break. After your last virtual meeting, try giving yourself 30 minutes (or more) of device free time. Go for a drive, ride a bike, play outside, just give your brain and body time to decompress.

Also, remember that Zoom exhaustion is experienced by adults and children, and we may not be aware of it. If we find ourselves or our children irritable, tired, or feeling listless, it’s okay to pause. Give yourself and your child permission to take a brain break. During the meeting, type in the chat that you will be back, then turn your mic and camera off, and do a 2-3 minute stretch, grab a snack or drink, then return back to the meeting. We’ve got this.

KISD Out of the Darkness Virtual Campus Walk

On Saturday, April 25th, KISD partnered with the American Foundation for Suicide Prevention and The Excel Center to host its first ever virtual Out of the Darkness Campus Walk. The walk was initially scheduled to be in person, but with the efforts of Amanda Bigbee and the Keller Cares committee, it became a successful virtual event.

The event kicked off with a keynote from Mrs. Texas, Kaylyn Sisk. Members of the KISD community shared videos to raise awareness and funds in support of suicide prevention. In fact, the Keller ISD community raised $18,821, well above and beyond the initial goal of this event. Thank you to all of those who supported Out of the Darkness, and we look forward to next year.

The National Suicide Prevention Lifeline is available 24/7 in English and Spanish.
COMMUNITY RESOURCES

Keller ISD Resources
Click on picture to access resource

The Keller ISD Counseling page provides information and links to numerous resources including mental healthcare providers, social emotional learning activities, KISD meal distribution information, KISD tech help, and more.

Friends for Life provides an anonymous way to report if you or a friend is in an unsafe situation. Students can report over the phone, through the website, or via text.

RESOURCES & WEBSITES

Good Morning America discusses COVID-19 and its impact substance use and mental health, Thursday, April 30th at 9am
Interview with David Kniffen, Jr. and Dr. Madeline Andrew from Enterhealth Addiction Treatment Center.

When You're Too Busy and Too Tired for a Self-Care Practice
Blog post by Margarita Tartakovsky about how positive self-talk can be the best self-care for you.

Book Recommendations of the Week

A Terrible Thing Happened
By: Margaret Holmes

Depression: A Teen's Guide to Survive and Thrive
By: Jacqueline B. Toner, Ph.D. & Claire A.B. Freeland, Ph.D.

Crisis Response Hotlines

- SAMHSA Disaster Distress Helpline
  1-800-985-5990 (English & Spanish)
  SMS: TalkWithUs to 66746
  SMS (Spanish): Hablanos al 66746
  TTY: 1-800-846-8517

- National Suicide Prevention Lifeline
  1-800-273-TALK (8255)
  1-888-628-9454 (Spanish)
  1-800-799-4TTY (4889)

- Texas Youth Helpline
  Call: 1-800-989-6884
  Text: 512-872-5777

- To Report Neglect or Abuse
  1-800-252-5400

- Friends for Life Tipline
  817-469-TIPS (8477)

Krispy Kreme donut picture

Suicide Prevention Lifeline
Call 1-800-273-TALK
Crisis Text Line
Text TALK to 741741
www.afsp.org/covid19