

*Hempstead Public Schools
Adult and Community Education Program*

Message to Our Students

In these uncertain and unprecedented times, it is natural to experience stress and anxiety. We know you might be feeling anxious and disoriented about the sudden lifestyle changes that the Coronavirus Pandemic has brought us.

Listed below are several suggestions that can help you during this crisis:

- Keep in touch with family and friends and connect via phone, WhatsApp, Face Time or Skype. Try not to be isolated.
- Reach out to your teacher and other classmates.
- Watch news in moderation. While it is important to stay informed, too much information adds to the stress.
- Make sure you are sleeping well and taking care of your bodies.
- Continue your schoolwork by staying in contact with your teacher. Maintaining your personal goals such as exercising, eating well, educating yourself, etc. can help to reduce stress and anxiety.

Being anxious in this time is a completely normal response. We will get through this, and when we emerge from this crisis, we will have a better appreciation and respect for ourselves and each other.

Please be stay safe!

With Regards,

Hempstead Adult Education
Program