

GUIDANCE NEWS

April 2020 – Week 4 • Email: nhayes@iu08.org •

What can I do?



Get your zzzzzz's!

The National Sleep Foundation suggests we get enough sleep based on our age. Check out the guidelines below to see how you are doing!

Age	Recommended Amount of Sleep
Newborns (0-4 months)	14-17 hrs
Infants (4-11 months)	12-15 hrs
Toddlers (1-2 yrs)	11-14 hrs
Preschoolers (3-5 yrs)	10-13 hrs
School age 6-13 yrs	9-11 hrs
Teenagers 14-17 yrs	8-10 hrs
Young Adults 18-25 yrs	7-9 hrs
Adults 26-64 yrs	7-9 hrs

FEELINGS CHECK-IN: SELF-CARE

Have you ever flown on an airplane? When you do, the flight attendant reminds flyers that if there is an emergency on the plane and the cabin loses pressure, adults should put on their own oxygen mask first so they are then able to help others. The same holds true in life! Current stressors (like school closures from the COVID-19 pandemic) can greatly impact our physical and mental health. Adults often find themselves putting the needs of others before their own (part of the gig, right parents?). While being unselfish is beautiful and usually encouraged, in times of great stress or crisis, it is important to remember that self-care is vital.



“Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health.”

-source psychcentral.com

It's OK to put your needs first in order to stay healthy in mind and body! In fact, I encourage you to take some time every day to do a “feelings-check in” with yourself and offer yourself the same encouragement and support you give others. You deserve it! ☺ ~Mrs. Hayes

What's Happening?

Earth Day is April 22

Since 1970, Earth Day has been celebrated all around the world. It encourages us to actively keep our planet healthy. Clean air and water help keep us healthier, too, so consider doing your part to help Mother Nature! Grab a garbage bag and some gloves and turn your next outing into a clean-up adventure! When we each do our part, we can accomplish great things!



The Bucs Go Green!



Even without a baseball season, the Pittsburgh Pirates care about our planet!

<https://www.mlb.com/pirates/community/green-initiatives>

Quick Tip

Check out Mrs. Hayes' Web Site!



<https://sites.google.com/iu08.org/counselor-corner/home>