

Communities In Schools

Rockbrook Elementary



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Information...

Hey everyone!

If you are needing information regarding district closures, at-home learning or community resources, here are links that could help answer those questions. If you have specific questions that are not answered on here, please feel free to contact me. I would love to assist you and your family navigate information during this difficult time.

Breakfast/Lunch Distribution Map

https://www.google.com/maps/d/u/0/viewer?ll=33.114803407080096%2C-97.03214127612307&z=12&mid=12kXylkumC2AnfvbfkSJ5y_MHPfT_E8s

District Information

<https://www.lisd.net/covid19>

Lewisville Resource Information


<https://www.lisd.net/covid19resources>

Denton County Resource Information


<https://www.unitedwaydenton.org/covid-19-resources>

stress level

STRESS IS A REACTION TO FEELING THREATENED OR ANXIOUS. OUR BODIES' RESPONSES TO STRESS ARE BOTH NATURAL AND ADAPTIVE. HERE ARE A FEW "QUICK-FIXES" FOR YOUR ELEVATED STRESS LEVEL.

Exercise 


releases endorphins to make you feel better

Slow breathing 


lowers blood pressure, relieves muscle tension, and decreases heart rate

Diet 

fruits, vegetables, whole grains, and little caffeine helps reduce stress

Sleep 

8-9 hours is ideal

Talking to others 

identifying and expressing emotions helps manage stress

UNDERSTANDING HOW STRESS AFFECTS YOUR BODY HELPS YOU REACT AND COPE WITH DIFFICULT SITUATIONS IN A HEALTHY WAY.



YOUTUBE HAS GREAT VIDEOS!

- MINDFUL MOMENTS FOR KIDS.
- BELLY BREATHING
- GUIDED MEDITATIONS FOR STRESS RELIEF.
- MANY OF MY STUDENTS ENJOY "THE HONEST GUYS".

IF YOU OR YOUR FAMILY MEMBER'S STRESS AND ANXIETY SEEM UNMANAGEABLE REACH OUT FOR HELP. FIND SOMEONE TO TALK TO. RESOURCES ARE AVAILABLE. REACH OUT TO ME!

