

Hall County Schools WELLNESS

healthy minds, healthy bodies



Creating Calm from Chaos

Mindfulness at Home

Inner Explorer presents their mindfulness app for families, which is an extension of the program used in more than 30,000 classrooms. The stressors in our lives are growing. During the Covid pandemic you may access their easy to use mindfulness program for free to support you and your family.

Proven benefits of the program are :

- ♥ **REDUCES STRESS.** Guided breathing and relaxation exercises are easy to do and replace fight or flight responses with calm.
- ♥ **BOOSTS THE IMMUNE SYSTEM.** Regular practice enhances health.
- ♥ **IMPROVES LEARNING.** With many students working online and at home, daily use helps kids focus and learn.
- ♥ **FOSTERS RESILIENCY.** Teaches children tools to deal with challenges and the skills will last a lifetime.

The 5 W's of Mindfulness

what is mindfulness?

Mindfulness means paying attention to what's happening right now with curiosity and kindness and without judgment.

why mindfulness?

Mindfulness is popular because it is very effective for reducing stress and for improving focus which helps learning.

when?

One can practice mindfulness any time. However, practicing mindfulness in the morning often sets the tone for a calm and lovely day.

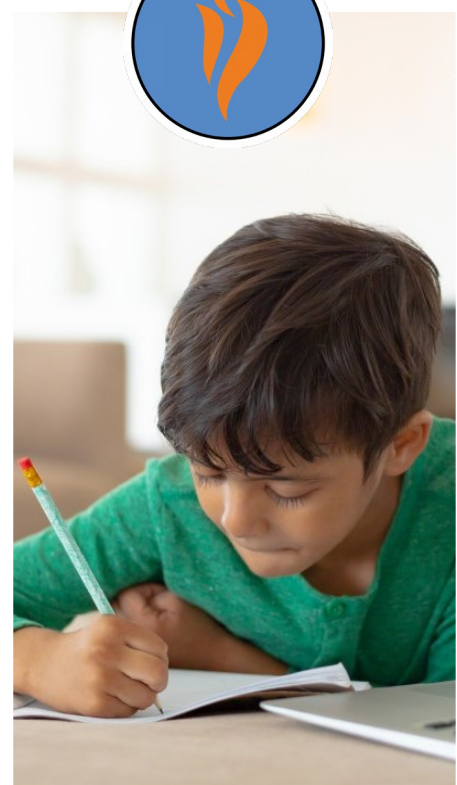
who?

Inner Explorer was designed for Pre K – 12th grade students. However, many adults utilize the program on a daily basis. Practicing as a family magnifies the benefits and creates calm and connection.

where?

Practicing in as quiet a place as possible is always a good idea to minimize distractions.

Learning and working from home can have its challenges in these uncertain times. We hope these tips help guide parents and students with scheduling their day, provide ideas for family time, physical fitness, mental wellness practices and community news.



Resources for Families during COVID-19

[Click here](#) for tools and resources for talking with children, planning activities at home, coping with stress and anxiety, and more!



I AM PRESENT

FROM



innerEXPLORER™

- **South Hall Food Pantry** - Monday afternoons 4:00-6:00 pm and Thursday and Saturday mornings 10:00 am -noon. Call to confirm if open at (678) 865-6588
- **Good Shepherd Lutheran Church on South Enota Food Pantry** - Open on Mondays from 1:30 to 3:00 pm and Thursdays 10:00 to 11:30 am. An appointment is requested at (770)532-2428.
- **Grace Episcopal Church Food Pantry** - By appointment only starting Friday, April 17th. Call (678) 696-1235 for further instructions.
- Are you in need of some help with food? Do you know people who might be? Or do you want to help?

Prince of Peace Catholic Church

Address: 6439 Spout Springs Rd, Flowery Branch, GA 30542 Phone: (678) 960-0040

Every Wednesday and Friday, from 12:00 pm to 3:00 pm, our Society of St. Vincent de Paul will be on hand to either collect your food donations or distribute groceries to those who need a little extra help at this time. Questions? Email stvd@popfb.org

For a list of items needed, visit: <http://ow.ly/kdJa5ozkINh>

- **United Way Compass Center** - Call for referrals to resources that are operating right now in the community. (770) 536-1121

Food Resources Available!



Augusta University Health Express Care App for COVID-19 Virtual Screenings

Patients concerned about coronavirus (COVID-19) can now be screened for the virus without ever having to leave home, thanks to a new telehealth platform from Augusta University Health System. Through Augusta University Health System COVID-19 Virtual Screening, patients can now receive free virtual screenings for COVID-19, 24 hours a day, seven days a week, with no appointment required, when they visit the [AU Health COVID-19 Virtual Screening website](#) or download the AU Health Express Care app for Apple or Android devices.



HealthMPowers is providing virtual learning resources for teachers and families to improve healthy eating, hand washing and physical activity behaviors to improve health and fitness.



Currently, all YMCA facilities are closed in order to protect the safety of their members and community. However, they have mobilized their network, facilities, and partners to launch three specific initiatives that will be crucial in the coming weeks: childcare support for healthcare workers, first responders and those on the frontlines of COVID-19; expanded hunger relief programs; and Operation R.E.A.C.H. to support members in high risk groups.

[Click here](#) to learn more!

Doing
good
does you
good!

Kindness during the coronavirus outbreak



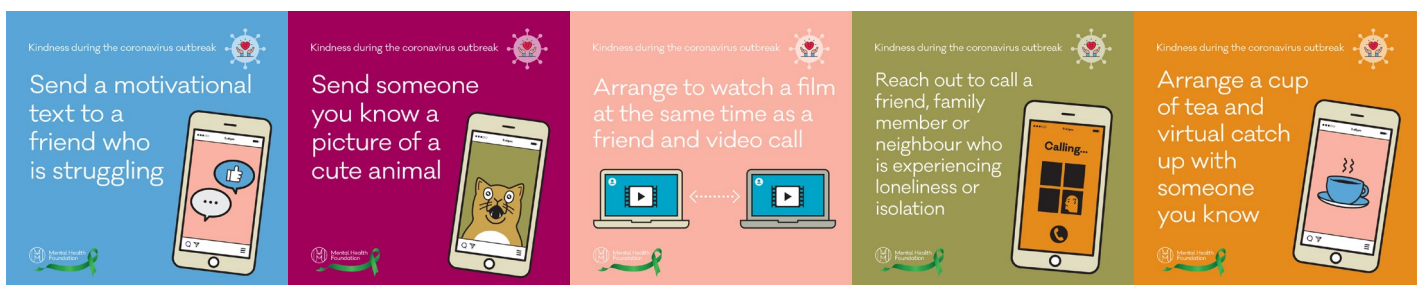
Random Acts of Kindness

Mental Health Foundation

One thing that we have all seen all over the world is that kindness is prevailing in uncertain times. People are coming together to sing on balconies in Italy, others are setting up groups to offer support to the elderly or vulnerable – like collecting groceries or calling them for a chat. We have heard stories of people having virtual movie nights and creating choreographed dances over video chat to share with the world. *We have learned that amid the fear, there is also community, support, and hope.* The added benefit of helping others is that it is good for our own mental health and wellbeing. It can help reduce stress and improve your emotional wellbeing. In short, doing good does you good.

There are lots of things that we can do for other people to inspire kindness in unforeseen times:

1. Pick an item from the list provided [here](#). Scroll down to the list - Get involved with random acts of kindness
2. Take action
3. Share the kindness on social media
4. Tag @mentalhealth on [Twitter](#) and @mentalhealthfoundation on [Instagram](#) and [Facebook](#)
5. Use the hashtag **#CoronavirusKindnessHallCo**



THINGS TO DO

EXPERIENCE MUSEUMS AROUND THE WORLD

- [British Museum: London, England](#)
- [Guggenheim Museum: New York, NY](#)
- [National Gallery of Art: Washington, D.C.](#)
- [Musee d'Orsay: Paris, France](#)
- [National Museum of Modern & Contemporary Art: Seoul, Korea](#)
- [Pergamon Museum: Berlin, Germany](#)
- [Rijksmuseum: Amsterdam, Netherlands](#)
- [Van Gogh Museum: Amsterdam, Netherlands](#)
- [The J. Paul Getty Museum: Los Angeles, CA](#)
- [Uffizi Gallery: Florence, Italy](#)



TAKE A GUIDED TOUR THROUGH A NATIONAL PARK

- [Hawaii Volcanoes National Park: Hawaii](#)
- [Carlsbad Caverns National Park: New Mexico](#)
- [Bryce Canyon National Park: Utah](#)
- [Kenai Fjords National Park: Alaska](#)
- [Dry Tortugas National Park: Florida](#)



STAY-CATION IDEAS FOR THE WHOLE FAMILY

- Watch a [Broadway Show](#)
- Visit the [Cliffs of Moher in Ireland](#)
- Visit the [San Diego Zoo](#)
- Visit the [Center for Puppetry Arts](#)
- Visit [Mr. Schofield's farm](#) as he teaches us about bees hives, how bees make honey, and raising cattle



VISITING PARKS AND RECREATIONAL FACILITIES

Staying physically active is one of the best ways to keep your mind and body healthy. In many areas, people can visit parks, trails, and open spaces as a way to relieve stress, get some fresh air and vitamin-D, stay active, and safely connect with others. While these facilities and areas can offer health benefits, it is important that you follow the steps below to protect yourself and others.

DO

- ✓ Visit parks that are close to your home
- ✓ Prepare before you visit
- ✓ Stay at least 6 feet away from others and take other steps to prevent COVID-19
- ✓ Play it safe around and in swimming pools. Keep space between yourself and others.

DON'T

- ✗ Visit parks if you are sick or were recently exposed to COVID-19
- ✗ Visit crowded parks
- ✗ Use playgrounds
- ✗ Use hot tubs, spas, water playgrounds, or water parks
- ✗ Participate in organized activities or sports



125 IDEAS TO KEEP KIDS ENTERTAINED

[click here](#)



FREE YOGA

In response to the many school closures taking place, Down Dog is offering free access until July 1st for all students and teachers. To access the free membership, please register by visiting downdogapp.com/schools.





District 2 Public Health

Pamela Logan, M.D., M.P.H., M.A., Health Director

1280 Athens Street • Gainesville, Georgia 30507

PH: 770-535-5743 • FAX: 770-535-5958 • www.phdistrict2.org

Banks, Dawson, Forsyth, Franklin, Habersham, Hall, Hart, Lumpkin, Rabun, Stephens, Towns, Union and White Counties

FOR IMMEDIATE RELEASE

CONTACT: Dave Palmer, Public Information Officer

DATE : April 30, 2020

PH: 770-531-5679 • FAX: 770-535-5958

DISTRICT 2 PUBLIC HEALTH ANNOUNCES CHANGES AND UPDATES FOR TESTING

GAINESVILLE, GA – District 2 Public Health announces updates to schedules, testing criteria and specimen collection sites. Previous testing criteria was to test individuals with fever, cough and shortness of breath. Due to **new testing criteria** from the Centers for Disease Control and Prevention (CDC), we can now test anyone with these additional symptoms: chills, shaking with chills, muscle pain, headache, sore throat, and loss of taste or smell.

District 2 has also expanded the hours of the call center. The **new call center hours** are: 8:30 am to 7:00 pm, every day including Saturday and Sunday. All county health departments will continue to schedule appointments during normal business hours, 8:00 am to 5:00 pm, Monday through Friday.

The **Specimen Point of Collection (SPOC)** in Hall County will now operate as follows: Monday through Friday, 8:30 am to 5:00 pm. On Saturday from 9:00 am to 5:00 pm, and on Sunday from 9:00 am to 12:00 pm.

In addition, a **Specimen Point of Collection will be opened in Franklin County**. This site will operate on Tuesday and Friday of each week, beginning on May 5. This location will better serve residents in Franklin and Hart. Residents can contact the call center above, call Franklin County Health Department at 706-384-5575, or call Hart County Health Department at 706-376-5117 to schedule testing.

The **Specimen Point of Collection Site in Towns County** will continue to operate as scheduled. Residents can call Towns County Health Department at 706-896-2265, Union County Health Department at 706-745-6292 or Rabun County Health Department at 706-212-0289 to get an appointment for testing.

An appointment is needed at each of the Specimen Points of Collection. Please call the call center 770-531-5600 or your local health department to schedule an appointment for testing.

END

Emotional Support and Additional Resources

The Georgia COVID-19 Emotional Support Line provides 24/7 free and confidential assistance to callers needing emotional support or resource information as a result of the COVID-19 pandemic. The Emotional Support Line is staffed by volunteers, including mental health professionals and others who have received training in crisis counseling.

A partnership between The Georgia Department of Behavioral Health & Developmental Disabilities, Beacon Health Options and Behavioral Health Link

**Georgia COVID-19
Emotional Support Line
866-399-8938**



Georgia
Department of
Behavioral Health
& Developmental
Disabilities



**Georgia Crisis
& Access Line**

1-800-715-4225
mygcal.com

Sponsored by the  Department of Behavioral
Health and Developmental
Disabilities

Georgia Crisis & Access Line (GCAL) is available 24 hours a day, 7 days a week, and 365 days a year to help you or someone you care for in a crisis



**CARES Warm Line
1-844-326-5400**

Substance Abuse Challenges
Call or text every day of the year
8:30AM-11:00PM



COVID-19 Hotline (844) 442-2681

The State of Georgia has a new COVID-19 hotline. If you believe that you are experiencing symptoms of COVID-19 or have been exposed to the novel coronavirus, please contact your primary care doctor or urgent care clinic. Please do not show up unannounced at an emergency room or health care facility.


Hall County Health Dept COVID-19 line: (770) 561-5600

Peer2Peer Warm Line

Operating since the opening of the Peer Support and Wellness Center of Decatur in 2008, the warm line provides Georgians the opportunity to receive peer support over the phone 24 hours a day.

How to contact the Peer2Peer Warm Line

- Call 888-945-1414 (toll-free) statewide, or locally:
 - Decatur: 404-371-1414
 - Bartow County: 770-276-2019
 - Colquitt County: 229-873-9737
 - Henry County: 678-782-7666
 - White County: 706-865-3601



**PEER SUPPORT
FOR GEORGIA
888-945-1414
24/7/365
www.peer2peer.center**

This service is offered by the Georgia Mental Health Consumer Network and is funded through a contract with the Georgia Department of Behavioral Health and Developmental Disabilities.

