Start with what you can control.
For some, the experience of COVID-19 can feel very unnerving, thus causing them to retreat into a cocoon of inaction. Similar to a turtle going into its shell to protect them from harm, the threat of this pandemic can cause individuals to retreat physically and emotionally into their metaphorical or virtual shell.

The problem with retreating
It is well documented that human connection/interaction acts as a protective factor, promoting positive mental health outcomes. With no predicted date and time when the threat of COVID-19 will be over, the coping strategy of retreat is not one that can be sustained in a healthy way for the long term. Therefore connection, whether virtual or in person, is an important component of successfully negotiating this COVID-19 pandemic period. Another element of retreating that doesn’t work, is the negative impact that it has on completing our daily responsibilities. When we are in retreat mode there is a palpable impact on completing assignments for work, school and daily living. Further, life is occurring each day and there are achievements to be had and contributions to be made that are impossible to complete if we continue to cope by retreating.

What is one thing that you can control? To negotiate the COVID-19 pandemic we must be actively and safely engage in forging a new path forward in the age of Corona. A path that will take daily...

---

**WELLNESS IN ACTION**

---

**PRINCIPALS CORNER**

Principal Maximillian Re-Sugiura, I.A. Principal: MReSugiura@schools.nyc.gov

As a school community we are here for you! Please continue to reach out to us and let us know how we are doing and what we can add to our services so that you feel supported. We are stronger together!

Please stay connected to the school community.

---

**PARENTS**

PTA: click link below
https://artanddesignpta.org

---

**STUDENTS**

Tutoring: click link below
www.artanddesignhs.org/tutoring

Connect with me at our Town Halls by clicking below:
12th grade
11th grade
10th grade
9th grade

---

**HEALING HIGHLIGHT**

Webinar on Prioritizing Your Mental Well-being during COVID-19. Presenter: Dr. Laurie Santos, Yale Psychology Professor, Wellbeing Researcher.

[Click here to Access Webinar]

---

**NYC RESOURCES**

- [DOHMH COVID-19 Coping & Emotional Wellbeing Webpage](https://www.doh.nyc.gov/covid-19-coping-emotional-wellbeing/)
- Tip sheet: Grief and Loss During the COVID-19 Outbreak – [click here to read more](https://www.doh.nyc.gov/covid-19-coping-emotional-wellbeing/)

---

**GUDANCE CORNER**

Michelle Daly, AP of Guidance: mdaly6@schools.nyc.gov

---

**STUDENTS**

Tutoring: click link below
www.artanddesignhs.org/tutoring

Connect with me at our Town Halls by clicking below:
12th grade
11th grade
10th grade
9th grade

---

**HEALING HIGHLIGHT**

Webinar on Prioritizing Your Mental Well-being during COVID-19. Presenter: Dr. Laurie Santos, Yale Psychology Professor, Wellbeing Researcher.

[Click here to Access Webinar]

---

**NYC RESOURCES**

- [DOHMH COVID-19 Coping & Emotional Wellbeing Webpage](https://www.doh.nyc.gov/covid-19-coping-emotional-wellbeing/)
- Tip sheet: Grief and Loss During the COVID-19 Outbreak – [click here to read more](https://www.doh.nyc.gov/covid-19-coping-emotional-wellbeing/)

---

**CRP CORNER**

Click on the following links for virtual support groups:
- [Student Groups](https://www.crppartnership.org/student-groups)
- [Parent Groups](https://www.crppartnership.org/parent-groups)

[Click here to give consent to participate in a virtual group]

[www.crppartnership.org](http://www.crppartnership.org)