



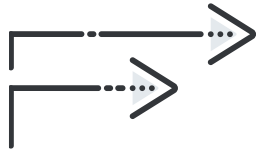
# SAP CONNECT

March 2021

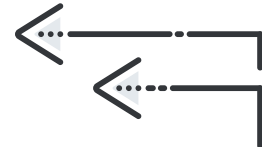
**regionten**

innovative services for mental health, developmental disabilities and substance use disorders

a better life, a better community



## *Preparing for Changes*



Notice how you feel about the changes.  
Ask yourself, "What do I need to feel safe and be successful?"

A lot of things are outside of our control,  
but there are some things that we can do to make changes easier and less scary.

### Know what to expect.

- Whether you are staying virtual or starting hybrid, know when and what will change.
- Review expectations to be clear what things will look like. Don't be scared to ask questions.
- Find out what your friends are doing and support each other by staying connected.

### What do you need to succeed?

- Get back on a regular sleep schedule.
- Keep some fidget items with you to help you feel calm and pass time.
- Who is a trusted adult that you can talk with?

### Practice strategies that will help keep you calm & safe.

- Practice coping skills like deep breathing.
- Wear your mask and maintain social distancing, if you are in the building.
- Wash your hands and use hand sanitizer throughout the day and before eating.
- Know your schedule and where you should be so that you do not feel rushed.

For more information about how to prepare and cope with the upcoming changes and transitions, or if you have additional questions or concerns about any changes reach out to a trusted adult, think about contacting your:

- School Counselor
- Administrator
- Region Ten SAP Counselor: Ms. Miller - [cmiller3@k12albemarle.org](mailto:cmiller3@k12albemarle.org)