



## Adapting to the “New Normal”

I hope you have all had a good first week back to “school.” I can imagine there were some bumps in the road and things that didn’t go as planned, but that is to be expected during times of change. Change can bring a mixture of emotions; excitement, hope, gratitude, sadness, pain, and/or fear. Perhaps you felt all of these feelings at different times throughout the past few weeks. Wherever you are on your journey of accepting this new normal, please remember you are not alone. Being in isolation does not need to be isolating. Each one of us is grieving some type of loss associated to social distancing. If possible, take this time as an opportunity to reconnect with family members, share how you have been thinking or feeling, stay connected with your friends, or try the new activity or hobby you’ve been putting off. Most importantly, remember to be kind to yourself and others. We will get through this together and the staff at MTC is here to support you.

**#Self-care Challenge**— Divide perceived problems into 2 categories; **1) Things I can control** and **2) Things I cannot control**. Practice letting go of the things you cannot control and focus on what you can control.

“It always seems impossible until it’s done.”

-Nelson Mandela

### Tips for Successful Online Learning:

1. Get organized and stay organized
2. Establish a routine
3. Create a designated work space
4. Start on track and stay on track
5. Limit “digital distractions”
6. Stay connected to teachers/students
7. Make use of available resources
8. Ask for help when needed!



**Feel free to leave me a message or comment on a topic you would like more information on.**

**-Mrs. Fort, School Social Worker**

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