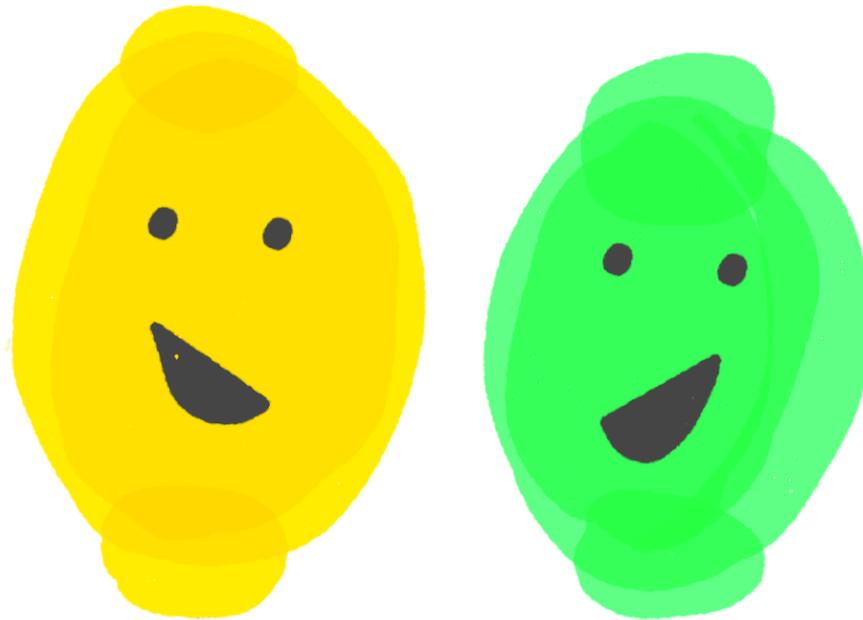


LIFE WITH LIME & LEM

SPECIAL EDITION FOR EDUCATORS DURING COVID-19

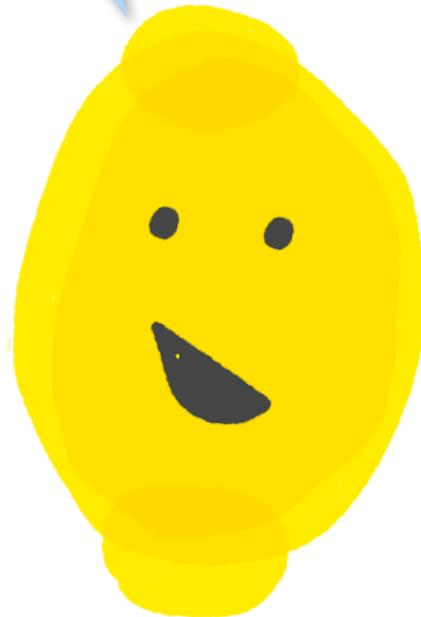


Life with Lime & Lem: Special Edition for Educators During COVID-19

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As we all put forth our best effort to survive and function during this global pandemic, it is essential that we be kind to ourselves and others.



We are all likely experiencing a swirl of emotions—fear, surprise, anger, frustration, relief, sadness—and this is normal.



It is probably safe to say that we are all feeling a bit stressed due to the uncertainty of the current situation.

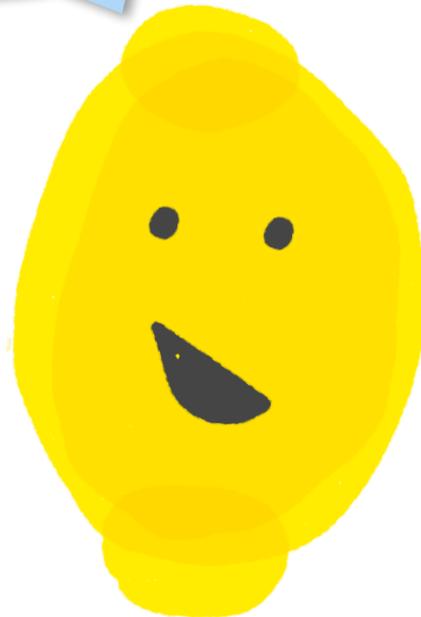


Despite the need to physically distance ourselves from others, the COVID-19 health crisis has drawn attention to how much our choices, health, and lives are interconnected.

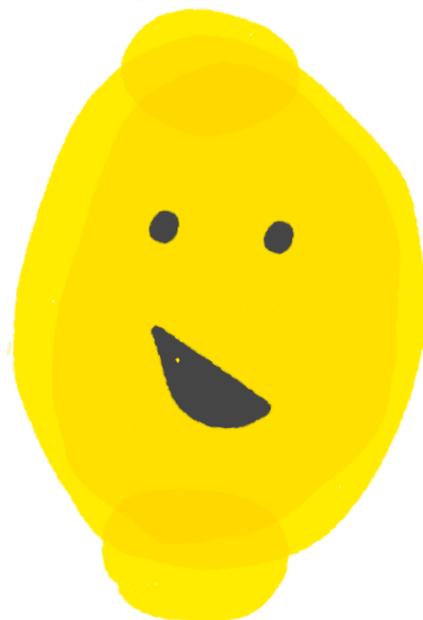


Educators, deeply invested in the academic, emotional, and social well-being of students, may find this time particularly challenging as they rapidly shift to providing services remotely and ponder how these changes will impact the lives of their students and families.

We—educators, students, parents, comic series characters like me—are adjusting to a new way of life and must remember to be patient with each other.



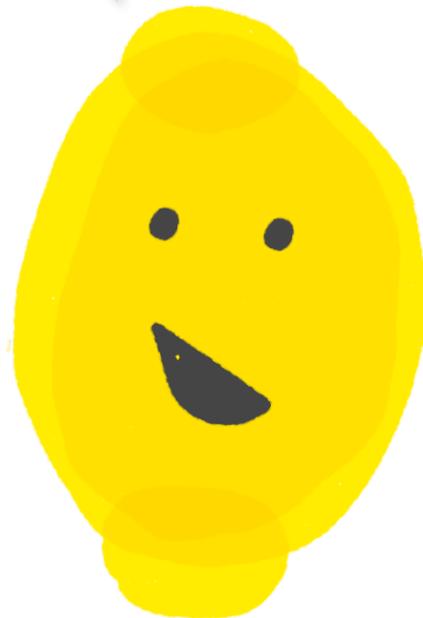
There are some factors that are beyond our control.



However, there are also many actions we can take to promote psychological and physical well-being.



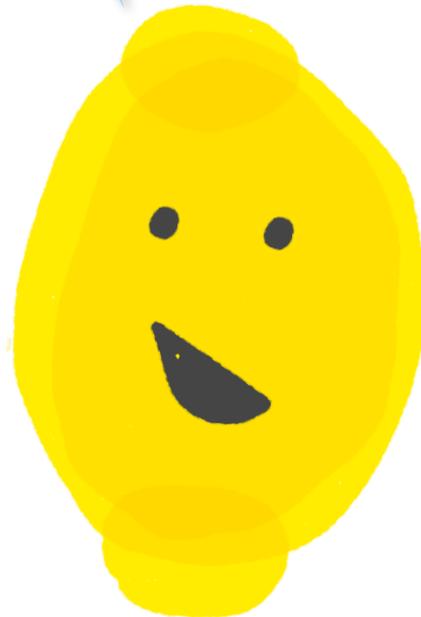
Not sure what you can do?



We are here to help!



Set realistic expectations.



Few people, if any, are functioning optimally right now. Our brains and hearts are overloaded. Set 1 to 3 realistic goals for yourself each day.



Limit exposure to stressful information.

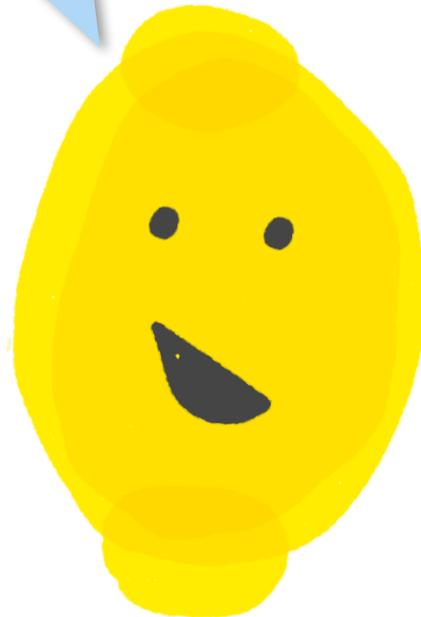
It is important to be informed but there must be a balance. Limit the amount of time you spend watching or reading news updates about the pandemic.



Turn off some of your phone alerts for news channels that are constantly posting “bad news.” Give yourself permission to delay or avoid having phone conversations with people who say things that upset you.



Monitor your self-talk. It is easy to slip into thinking negative things about ourselves, especially when our environments are littered with negative commentary.



If you catch yourself engaging in negative self-talk, immediately say (or think) “Stop,” and replace your negative thought with something more realistic and positive.



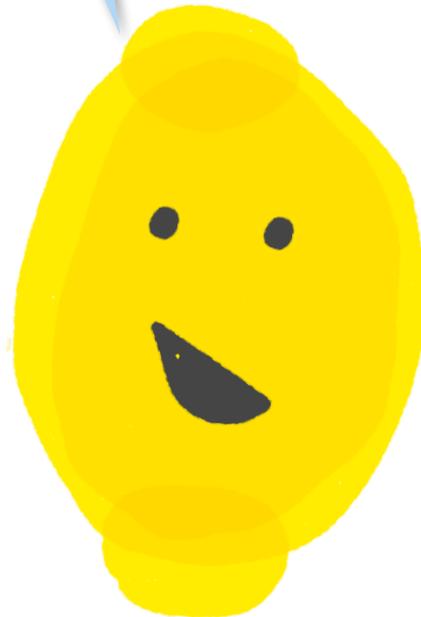
Practice gratitude.



Yes, there are troubling things going on in the world, but there is also a lot of good. Throughout the day take “gratitude moments” to acknowledge the people and things for which you are grateful.



Take frequent physical and mental breaks.



Walk. Stretch. Read for leisure. Pick up a hobby. Write. Take some deep breaths. And yes, lose yourself in your favorite television show.



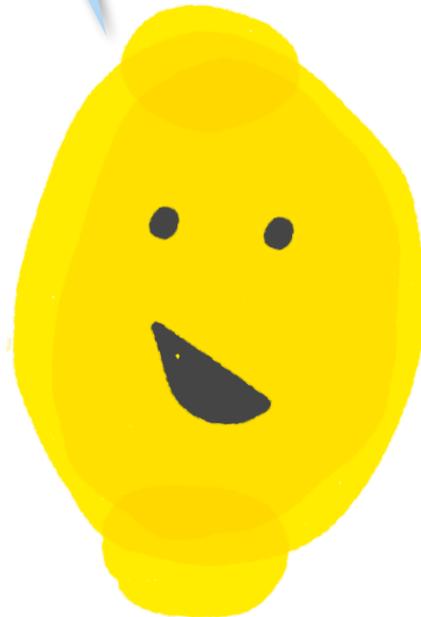
Stay connected.

Call a friend. Start a group chat via text.
Play an online game with friends. Write
someone a letter. Video chat with family.
Communicate via email.

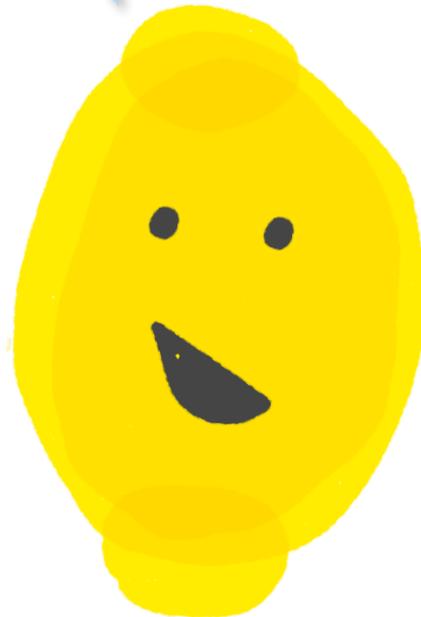


Reflect on priorities.

A lot of things are important, but few things are worth more than your physical and emotional well-being. When making choices remember that some things (e.g., health) are priceless.

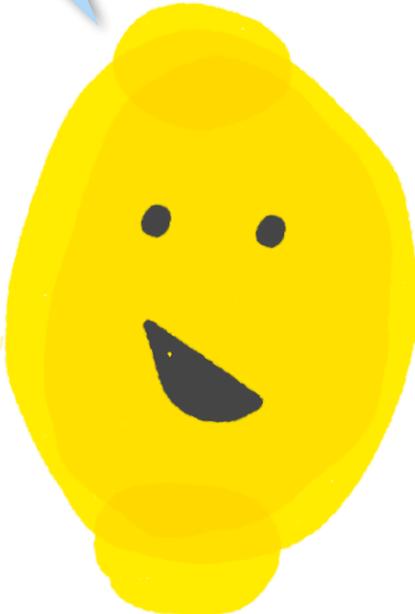


Be hopeful. Although this is the first time many of us have experienced a global pandemic or health crisis of this magnitude, history tells us that humans are resilient.



Avoid unnecessary risks, make choices that benefit yourself and others, and believe that better days are to come.



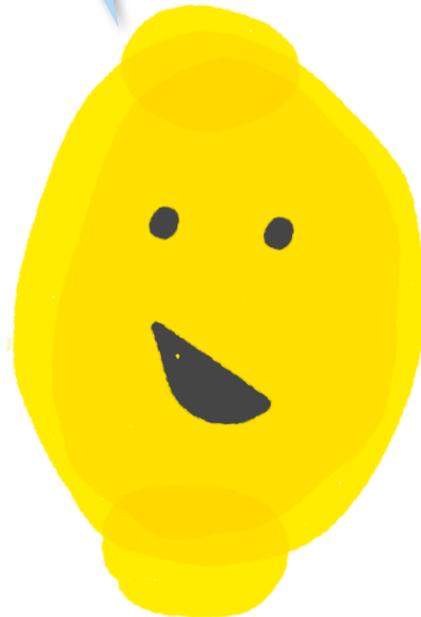
A yellow, rounded character with two black dots for eyes and a wide, dark grey smile. A blue speech bubble points to it from the top left.

Ask for help.

A green, rounded character with two black dots for eyes and a wide, dark grey smile. A blue speech bubble points to it from the top right.

Do not hesitate to ask for help. Sure, almost everyone is dealing with personal stressors and challenges, but helping benefits both the helper and the recipient.

Here are a few online resources
that provide support services
and/or information...



[Centers for Disease Control and Prevention](#)
[World Health Organization](#)
[National Alliance on Mental Illness](#)
[Substance Abuse and Mental Health Services Administration](#)
[National Institutes of Health](#)



Finally, give yourself a pat on the back,
a round of applause, or a tight hug.



Your efforts are not in vain. The
good you are doing now will be
remembered by students and
families for years to come.

You are valued.

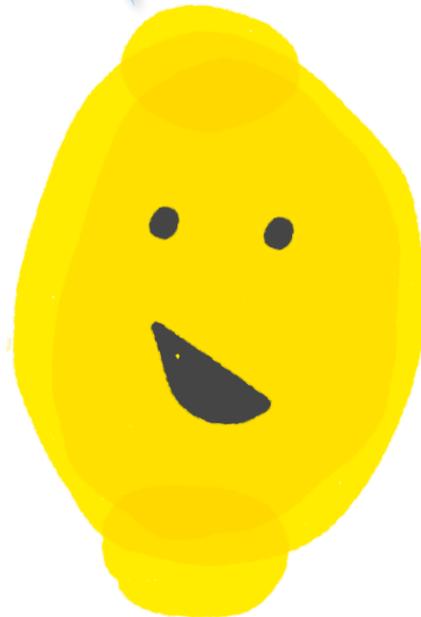


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