I know we are all trying to get used to our current circumstance but I wanted to remind you of a few things:

- This is temporary. We will be able to get back to our normal lives and this will become just another learning experience for all of us.
- This is one of those rare times that the entire world is going through the same thing. So, if you are having problems, stressed, depressed or anxious, reach out. I can promise you, we can relate on a very personal level.
- I want to stress to all of you that I am still planning our summer activities, exchange and the County Fair. I cannot guarantee that we will have the exact Fair that we all know and love but I am working on back up plans as a worst case scenario. I can guarantee that you will have a chance to show off your hard work either in person or an online format.
- I will be doing a lot of events via Zoom. If you have a smart phone, you can download the app or if you are on a computer, you can just click on the link that I provide. All of my zoom sessions will be password protected (see invites for the password) and recorded. If you are unable to attend a meeting but want to watch it, let me know and I will send you the recording. On that same note, if you are not able to join us on zoom or watch the recordings, let me know and we can talk on the phone or I can send you emails of what was discussed.
- Please like our La Plata County 4-H Facebook page. I will be posting a lot of information and activities over the next few weeks.

It is very important that we are all taking care of ourselves both physically & mentally. Here are some things I pulled from the CDC [www.cdc.gov](http://www.cdc.gov)

**Things you can do to support yourself**

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate, try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Before you go to bed, focus on the things that make you happy and what you are grateful for. DO NOT get on social media or watch the news before bed.
- Connect with others. Talk with people you trust about your concerns and how you are feeling. Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

**Reduce stress in yourself and others**

- **Sharing the facts** about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful.
- When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them.

Learn more about [taking care of your emotional health](#).
In this month’s HUBS:

- Updates – p 1
- 4-H Chit-Chat Check-in – p 2
- New Family Orientation – p 2
- Leader & Volunteer Meeting – p 2
- MQA – p 4
- May County Council Meeting – p 3
- Record Book Info – p 3
- Add/Drop Dates – p 3
- Higher Education Scholarship – p 3
- Horse Project Info. – p 3
- Poultry Meetings – p 4
- Rabbit Meetings – p 4
- Goat, Sheep & Swine Tag-In – p 4
- Fair Camping Spaces – p 4
- Adventure Day Camp – p 4
- Rumble in the Rockies – p 5
- Shooting Sport Project Info. – p 5
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- Mental Health Wellness Tips – p 9
- Suicide Prevention – p 12

Upcoming Zoom Sessions to join:

- **4-H Chit-Chat Check-in**
  - Friday, April 3rd at 2:00 pm
  - Join the CODY Project on Zoom for a fun check and chat about our lives right now and how we are all doing.
  - Join Zoom Meeting: [https://zoom.us/j/812853144](https://zoom.us/j/812853144)
  - Meeting ID: 812 853 144 (No password for this one)
  - Or Call in: (253)215-8782 or (301)715-8592

- **New Family Orientation**
  - Wednesday, April 15th, at 6:00 pm
  - All families are welcome to attend our New Family Orientation on Zoom! We will be talking about what to expect in your first year in 4-H and how to prepare for Fair. Please bring any questions you have!
  - Join Zoom Meeting
  - [https://zoom.us/j/888079237?pwd=Y28xdlhBSmJKak9TdGRnN3UveWNudz09](https://zoom.us/j/888079237?pwd=Y28xdlhBSmJKak9TdGRnN3UveWNudz09)
  - Meeting ID: 888 079 237
  - **Password:** 016969
  - Or Call in: (253)215-8782 or (301)715-8592

- **4-H Volunteer & Leader Meeting**
  - Wednesday, April 22, at 6:00 pm
  - All leaders & volunteers are welcome to join. We will be discussing online options with your members, summer activities, fair and any concerns you or your members may have.
  - Join Zoom Meeting
  - [https://zoom.us/j/562037975?pwd=WHhFckpJY0ttUmlVSmtRNEowSy92QT09](https://zoom.us/j/562037975?pwd=WHhFckpJY0ttUmlVSmtRNEowSy92QT09)
  - Meeting ID: 562 037 975
  - **Password:** 032401
  - Or Call in: (253)215-8782 or (301)715-8592

- **Meat Quality Assurance (MQA)**
  - If you haven’t taken the MQA class before or your 4-H age is 14 and you are doing a BREEDING OR MARKET project, you are required to complete the MQA. ALSO if you are planning on taking pigs to the State Fair in 2020, you are required to attend even if you did the class in the past.
  - You have 2 options to complete your MQA:
    1. Complete the MQA PowerPoint (attached to the same email as the HUBS) and do the online test for your age group.
       - Juniors (8 to 10 yrs. old) [Link to Quiz](#)
       - Intermediates & Seniors (11 to 18 yrs. old) [Link to Quiz](#)
    2. *recommended for new members* - Join us for a Zoom session on April 23rd at 6:00 pm THEN complete the online quiz.
       - Join Zoom Meeting
       - [https://zoom.us/j/535299879](https://zoom.us/j/535299879)
       - Meeting ID: 535 299 879
       - Or Call in: (253)215-8782 or (301)715-8592

Alerts!

Download the Zoom app on your smart phone

Follow La Plata County 4-H on Facebook

Karen Lindner, our 4-H AmeriCorps, has created a blog for STEM. The link to the blog is here [https://karouselkidsstemkreation.s.tumblr.com/](https://karouselkidsstemkreation.s.tumblr.com/)

Interested in earning about gardening? Check out The Garden Project of SW Colorado’s website: [https://www.thegardenprojectswcolorado.org/online_lesson_materials](https://www.thegardenprojectswcolorado.org/online_lesson_materials)
May County Council Meeting
Thursday, May 7 at 7:00 pm

Join Zoom Meeting
https://zoom.us/j/5014276566?pwd=VFhMUlRGenJEejhMYXJCWmtuMVZiQT09
Meeting ID: 501 427 6566
Password: 8675309
Or Call in: (253)215-8782 or (301)715-8592

All Record Books & Exhibit Requirements for General Projects
All record books & exhibit requirements for general projects are available on our website:
www.laplatacounty4h.org If you have any questions about your record books or projects please contact at Angela 970-749-8883 or fountainaj@co.laplata.co.us

Add, Drop and Enrollment Deadlines
The last day for the 2020 4-H enrollment is fast approaching! April 1st, is the last day that anyone can enroll in 4-H and still participate in the La Plata County Fair. If you know of anyone that has not enrolled yet, please contact them and let them know they must do so by April 1st.

The last add a project is May 1st and the last day that to drop a project, without penalty, is June 1st. For all adds or drops, you can go to www.co.4honline.com or contact Angela at 970-382-6465 or fountainaj@co.laplata.co.us

2020 La Plata County 4-H Scholarships
Seniors, don’t forget to apply for our 2020 Higher Education Scholarships! We will be offering four (4) $500 dollar scholarships to 2019-2020 currently enrolled members that are in good standing and are looking to go on to higher education in the fall of 2020. Applications are due by May 1, at 5:00 pm, in the Extension Office. Scholarship Award recipients will be announced at the June 4th County Council Meeting. Applications are available at the Extension Office or Angela can email you one.

Horse Project - Important Dates

Spring Fling in Durango
Horse Show May 16th @ 9 am
Gymkhana May 17th @ 9:30 am

Horse Certificates are due ONLINE by May 1st at 5:00 pm
Horse Safety Take Home Test due by June 1st at 5:00 pm

Friday Night Lights - Gymkhana in Durango
June 12th at 5:30 pm

Invitational in Durango
Horse Show June 27th @ 9 am
Gymkhana June 28th @ 9:30 am

San Juan Basin District in Durango
Horse Show July 11th @ 9 am
Gymkhana July 12th @ 9:30 am

****All of our Gymkhanas and Horse Shows are open to the public. ****

Fair Dates for Horse Project:
Record Books Due: July 20th to 26th by 5 pm
Horse Show: Aug. 1st @ 9 am
Gymkhana: Aug. 2nd @ 9:30 am
Interviews: Aug. 3rd – between 8 am and 1 pm
Demonstration: Aug. 3rd – between 8 am and 5 pm
Hippology: Aug. 3rd – between 10 am and 2 pm
Poultry Project Meetings

There are only 2 poultry project record books:

**Market**-used for any market species: turkey/s, chickens (fryers and roasters), ducks, geese

**Breeding**-used for Egg production, Show Birds, Breeding turkeys, breeding chickens, breeding waterfowl. Basically if you are doing any project that is not a market/meat project you use the Breeding record book.

**If you are doing both a market and a non-market project you will have 2 records books.** You cannot put breeding and market projects together in one book, they are judged separately!

If you are new to the poultry project please consider joining our Facebook Page

These meetings count towards you Poultry Supreme Awards! All meetings are at the La Plata County Fairgrounds.

- May 28 – Florida room – 6:30 pm
- June 25 – Florida room – 6:30 pm
- July 23 – Animas room – 6:30 pm

Rabbit Project Day

Rabbit Project meetings will be held at the La Plata County Fairgrounds. All members are welcome and rabbit project members are encouraged to attend. Points from attending meetings go towards the Supreme Rabbit Award.

- May 28 – Pine room – 5:30 pm
- June 25 – Pine room – 5:30 pm
- July 23 – Pine room – 5:30 pm

**NEW DATES** 4-H and FFA Swine, Sheep & Goat Tag-in

We offer three opportunities for our 4-H members to tag-in their Swine, Sheep & Goats. All members are welcome to go to either tag-in; however, if you are planning on going to State, you MUST tag-in at the Durango location.

**Swine, Sheep & Goat – May 27th**, from 3:30 pm to 6:30 pm at the La Plata County Fairgrounds. All animals that will be shown at the Colorado State Fair must have a nomination card and pay $3.00 to get a retinal scan.

***PLEASE NOTE*** All members that want to take their animals to State Fair, must tag-in this date.

**Swine, Sheep & Goat** – For all members that DO NOT want to attend State Fair, there will be two weigh-ins to choose from; They will both be on **May 30th**, one for Ignacio/Bayfield area and another for Marvel/Breen area, from 9 am to 10:30 am.

Camping Spaces at the Fair

We will start accepting reservations for camping spaces at the fair on Monday, June 3rd. You are welcome to come in to the office and sign up or give us a call at 970-382-6465. Space is VERY limited and will only be taken on a first come, first served basis. Cost is $40.00 per space.

2020 Summer Fun 4-H Adventure Day Camp

I am excited to announce that I will have TWO weeks of Adventure Day Camp in June! Activities will run the week of June 8th to 12th and June 15th to 19th, 9 am to 3 pm each day. You can sign up for the full two-weeks or individual days. You do not need to be enrolled in a specific project to attend any of the activities. We want youth to explore new projects. The cost will be $5.00 a day or $20 for the week or $40 for the full two weeks.

We are limited on registration with a max of 20 members per day. Enrollment will be on a first come first serve basis with preference given to members who sign up for the full two weeks.

We will be supplying snacks during camp time; however we ask the each youth brings their own lunch and water bottle. Camp is open to all Junior and Intermediate 4-H members. Cloverbuds will be considered for certain days.

*If we finish our activities early, we will play outside or go swimming at the Rec Center so please pack a swimming suit and towel each day.
Rumble in the Rockies & Old Fort Jackpot – Goat, Sheep & Swine Show
June 20th & 21st at the La Plata County Fairgrounds
Saturday, June 20th Lambs & Goats start at 9 am & Swine starts 1:00 pm
Sunday, June 21st – Swine starts at 9:00 am and Sheep & Goats starts at 1:00 pm
All entries close 1 hour before the show.
$25.00/head cash entry fee
$20.00 Showmanship
*Showing out of trailers is encouraged*

La Plata County 4-H Shooting Sports Completion Requirements
(This does not include the your club requirements)
Tim Karp is the Shooting Sports Superintendent. You can call him after 5:00 pm at 970-946-0938 with any questions.
*We are hoping to start practices after May 15th. Angela will send out emails to all shooting sport members when the practices are scheduled.*

- You must work with a certified 4-H Shooting Sports Instructor (who is certified in the discipline in which you are shooting) for a minimum of 3, one hour training sessions. You must work with the same instructor for all 3 of your training sessions. (Shooting Sport Competitions do not count as training sessions).
- You must do and turn in a completed record book, and display board and do a project interview at the La Plata County Fair.
- All Intermediate (11 to 13 years old) and Senior (14-18 years old) 4-H Shooting Sport members must have a Hunter Safety Card.
- All Junior (8-10 years old) members are only required to have a Hunter Safety Card if they are planning on competing at the State Fair.
- Members may shoot in as many disciplines as they want, but only have to sign up for one discipline to have as their project and turn in at the La Plata County Fair.

Important Dates in 2020 *Dates are subject to change*

APRIL

1
Deadline for all returning and New 4-H Members to register in 4-H and still participate in the La Plata County Fair

15
New Family Orientation – ZOOM
https://zoom.us/j/888079237?pwd=Y28xdlhBSpunkjKak9TdqGRnN3UveWNudz09
Meeting ID: 888 079 237  Password: 016969 Or Call in: (253)215-8782 or (301)715-8592

22
Volunteer & Leader Meeting – ZOOM
https://zoom.us/j/562037975?pwd=WHhFckpY9070UmlSmtRNEowSy92QT09
Meeting ID: 562 037 975  Password: 032401 Or Call in: (253)215-8782 or (301)715-8592

23
MQA – ZOOM
https://zoom.us/j/535299879
Meeting ID: 535 299 879 Or Call in: (253)215-8782 or (301)715-8592
**May**

All in person events until May 15\textsuperscript{th} are canceled due to COVID-19

1. Last day to ADD Projects.
2. Dog ID Forms MUST be uploaded to 4honline by 5 pm
3. Horse Certificates MUST be uploaded to 4honline by 5 pm
4. Horse Safety Test due by 5 pm
5. Higher Education Scholarships due by 5 pm
6. Spring Fling Horse Show – 9:00 am - La Plata County Fairgrounds
7. Spring Fling Gymkhana – 9:30 am - La Plata County Fairgrounds
8. C.O.D.Y. Meeting – 6:30 pm – Extension Building
9. Extension Office closed for Memorial Day
10. 4-H/FFA Livestock Tag-in for Market Sheep, Swine and Goats (Durango Option), Fairgrounds 3:30 p.m.-6:30 p.m. (If you are planning on attending State Fair, you MUST attend this tag-in)
11. Rabbit Meeting – 5:30 pm – Extension Building
12. Poultry Meeting – 6:30 pm – Extension Building
13. Fair Board Meeting – 7:00 pm – Extension Building
14. 4-H/FFA Livestock Tag-in for Market Sheep and Swine (Ignacio/Bayfield and Marvel/Breen Options) *9:00 a.m. to 10:00 a.m.*

**JUNE**

1. Last Day to DROP Projects
2. Fair Camper Sign Up
3. 4-H County Council Meeting - 7:07 pm – Extension Building
4. Adventure Day Camp – 9 am to 3 pm each day – Pre-registration Required
5. Friday Night Lights Gymkhana – 5:30 pm – Rodeo Arena
6. Ranch Horse Versatility Clinic – times TBD – LPC Fairgrounds
7. 4-H Community BBQ Tickets, Posters and Fair Entry Forms Available
8. Adventure Day Camp – 9 am to 3 pm each day – Pre-registration Required
9. C.O.D.Y. Meeting – 6:30 pm – Extension Building
10. Ramble in the Rockies & Old Fort Jackpot – La Plata County Fairgrounds
11. State 4-H June Conference – CSU Campus *CANCELED*
12. Rabbit Meeting – 5:30 pm – Extension Building
13. Poultry Meeting – 6:30 pm – Extension Building
14. Invitational Horse Show – 9 a.m. – La Plata County Fairgrounds
15. Invitational Gymkhana – 9:30 a.m. - La Plata County Fairgrounds

**JULY**

1. 4-H Horse Council Meeting – 6:06 pm – Extension Building
2. 4-H County Council Meeting – 7:07 pm – Extension Building
3. Extension Office Closed in Observance of Independence Day
4. Exchange Trip
5. San Juan Basin District Horse Show – 9 a.m. – La Plata County Fairgrounds
6. San Juan Basin District Gymkhana – 9:30 a.m. - La Plata County Fairgrounds
7. ALL CLUB TREASURERS BINDERS & IRS FORMS ARE DUE BY 5 P.M. to the Extension Office
8. Shooting Sports Fair Shoot Entry Forms due by 5 p.m. to the Extension Office
9. 4-H Fair Dog Show Entry Forms due by 5 p.m. to the Extension Office
10. C.O.D.Y. Meeting – 6:30 pm – Extension Building
11. All 4-H/FFA Animal and Community Service Record Books, Fair Entry Forms and Fair Royalty Applications due into the Extension Office
12. Rabbit Meeting – 5:30 pm – Extension Building
13. Poultry Meeting – 6:30 pm – Extension Building
Last Day that 4-H/FFA Livestock/Horse/Dog Record Books and Entry Forms and Community Service Books accepted in the Extension Office - before 5 p.m.

ALL Sold and Unsold Truck Raffle Tickets are due by 5:00 pm

County Fair Shotgun ONLY Fair Shoot – 9 a.m. – Witt’s property in Ignacio

County Council Meeting & BBQ Preparation & Pizza Party – 6 p.m. – Extension Office**RSVP to Angela 970-382-6465 or fountainaj@co.laplata.co.us **

TBD

Fair 4-H Dog Show – 9 am – Grassy Area next to the Extension Building

AUGUST

1  
La Plata County Fair Horse Show – 9 a.m. – La Plata County Fairgrounds

1  
Open Class Rabbit Show – 9 a.m. – La Plata County Fairgrounds

1  
County Fair Shoot (not Shotgun) – 9 a.m. – Wright’s property in Ignacio

2  
La Plata County Fair Gymkhana – 9:30 a.m. – La Plata County Fairgrounds

3  
4-H Demonstration Contest and Hippology test, Dog, Poultry, Rabbit & Breeding Project Tests.  
4-H Cake Decorating and 4-H Creative Cooks Contests  
4-H Record Book Interviews for Horses and Dogs in the AM  
4-H Record Book Interviews for Beef, Sheep, Swine, Goat, Rabbit & Poultry in the PM

4  
4-H General, Natural Resource and Consumer Science Entry and Interview Judging Day from 8 a.m. to 10 a.m. 
Fashion Review Judging – 1 p.m. - Patio

4-H Public Fashion Review - 7 p.m. - Patio

5-9  
Official dates for La Plata County Fair

5  
4-H Livestock projects delivered and weighed in

8  
4-H County Fair BBQ - Senior Center Lawn

8  
Junior Livestock Sale

8  
County Fair Family Dance, 9:30 p.m. – 12 p.m. - Patio $5.00 charge per entry.

9  
CODY Project Foam Party – 11:00 am – Between both Arenas – Bring clothes that can get wet & dirty!

9  
All Animals & Projects must be picked up and taken home at 2:00 pm

9  
4-H and Open Class Premiums can be picked up between 2 pm and 3 pm

11  
County Fair 4-H Champion General, Natural Resource, Home Ec. projects eligible for State Fair Competition - due in Extension Building by 8:00 am, for transporting to State Fair

19  
C.O.D.Y. Meeting – 6:30 pm – Extension Building

28-Sept 7  
Official Dates of Colorado State Fair, Pueblo, CO

Club Reports

Animas Valley 4-H – March, 2020

At the Animas Valley Grange, on March 10th, the Club met early to decorate Easter cards for Sunshine Gardens residents. The Club will not be able to deliver these themselves because of the corona–virus. Alli B.’s family will deliver them. The regular meeting was called to order at 7:30 p.m. by president Sydney and the final arrangements for the Granger Tea and community movie night were discussed. The historian Alli B. told the Club about her interview with some 4H alumni and the historian McKenzie A. presented the 2019–2020 club scrapbook that she has been working on. Zane E. gave the parliamentarian moment. Since there were three guests, who were possible new members, the club members each explained their current projects to them. The meeting was adjourned at 8:12 p.m.

-submitted by McKenzie Albright
Florida 4 Leaf 4-H Club

Reporter-Cooper Hanhardt

The Florida 4 Leaf 4-H club has had a fantastic year so far. We started the year with electing new officers:
President-Maddy Mortimer
Vice-President-Brock Fassett
Secretary- Elizabeth Wancura
Treasurer-MaryAnne Fassett
Reporter-Cooper Hanhardt
Parliamentarian- Kate Baker

Our club decided to do a fun activity and community service together in December. We all went to see Doolittle at a showing only for our 4H members, After the movie we all went to Wal-Mart and bought several things for needy families and children in our area, we also bought for names from the Angel Tree for Christmas. When we went to Walmart, Kali gave each group a list and we went shopping. We used money that we earned throughout the year. Everyone took gifts home and wrapped them and then we delivered them.

In February our club decided to make and decorate cookies and take them to the local business that support our 4-h club. We also gave some to police stations. So some of us made cokes then all of us got to decorate them.

At each of our meetings, we give reports, have cloverbud activities, conduct business and 4-5 members do a demonstration speech. This year, one of the reports was from members who went to state fair and members who went to stock show. We have heard demonstrations on all kinds of things, like animal parts, animal birthing kits, fly tying, science projects, fingerboards, and lots of others.

Generation’s 4-H Club February Meeting

The meeting was called to order at 6:35pm Lucy lead the pledges. there were 15 kids minutes from january were tables as well as the treasurer's report, Jordan motioned and Audry 2nd. we talked about the chilli cook off and that we were going to look to wee what we had then discuss what we needed to get. We decided that we were going to donate $200 to the church to help pay for the bills, cole motioned and Bailey 2nd. said that Jerami, Paige, and Corale were going to do demonstrations for next month. Then adjourned the meeting at 7:03, Jerami motioned and Hayde 2nd.

--Kylee Pontine
**Generation's 4-H Club March Meeting**

The meeting was called to order at 6:50 pm. Tia led the pledges, and there were 11 kids. I read the secretary report. Cole motioned and Zane second, the treasured report was 3,379.85. Tia motioned and Jeremy 2nd. For new business we were planning on setting a date to go to the trampoline thing in Farmington. We talked about important dates such as weigh in, tag in and things like that. Discussed demonstrations for April, and then adjourned the meeting at 7:08 Zane motioned and Jeremy 2nd. Then we did demonstrations.

-- Kylee Pontine

**Ignacio Westerneers 3-11-20 Report**

The meeting was called to order at 7:06 pm Monday, March 10th, 2020. There were 21 members/guests attending the meeting. First, we introduced everybody in the club for the benefit of new members and we said what we did today. Next, we celebrated March birthdays. Rylee P. read the minutes. Then, Vaughn L. gave the treasurer's report. Old Business: fundraisers; we are going to do concessions at the Ignacio fairgrounds during horse shows. The Livestock Judging team gave the livestock judging report. Next, Kory J. and Guy W. read the hubs. Payton W. gave the Royalty report. Demonstrations: Colton H., Guy R. We adjourned the meeting at 7:42 pm.

Sincerely, Vaughn C. Lee, Reporter

**Mt. Allison Getters 4H March Meeting**

Meeting was called to order on March 9th 2020 at 6:41pm. We had 10 members present. February minutes were read and approved. Treasurer’s report was given for the month of February. Our old business was writing community service reports. New business was fall fundraiser and trail clean up. Meeting was adjourned at 7:25pm.

Sincerely, Veronica B. Reporter

**MENTAL HEALTH WELLNESS TIPS**

I shared this to our 4-H Facebook page but I wanted to include it in the HUBS as well

Eileen m. Feliciano Psy.D, a doctoral level Psychologist in NYS with a Psy.D. in the specialties of School and Clinical Psychology.

1. Stick to a routine. Go to sleep and wake up at a reasonable time, write a schedule that is varied and includes time for work as well as self-care.

2. Dress for the social life you want, not the social life you have. Get showered and dressed in comfortable clothes, wash your face, brush your teeth. Take the time to do a bath or a facial. Put on some bright colors. It is amazing how our dress can impact our mood.

3. Get out at least once a day, for at least thirty minutes. If you are concerned of contact, try first thing in the morning, or later in the evening, and try less traveled streets and avenues. If you are high risk or living with those who are high risk, open the windows and blast the fan. It is amazing how much fresh air can do for spirits.

4. Find some time to move each day, again daily for at least thirty minutes. If you don’t feel comfortable going outside, there are many YouTube videos that offer free movement classes, and if all else fails, turn on the music and have a dance party!

5. Reach out to others, you guessed it, at least once daily for thirty minutes. Try to do FaceTime, Skype, phone calls, texting—connect with other people to seek and provide support. Don’t forget to do this for your children as well. Set up virtual playdates with friends daily via FaceTime, Facebook Messenger Kids, Zoom, etc—you kids miss their friends, too!

6. Stay hydrated and eat well. This one may seem obvious, but stress and eating often don’t mix well, and we find ourselves over-indulging, forgetting to eat, and avoiding food. Drink plenty of water, eat some good and nutritious foods, and challenge yourself to learn how to cook something new!
7. Develop a self-care toolkit. This can look different for everyone. A lot of successful self-care strategies involve a sensory component (seven senses: touch, taste, sight, hearing, smell, vestibular (movement) and proprioceptive (comforting pressure). An idea for each: a soft blanket or stuffed animal, a hot chocolate, photos of vacations, comforting music, lavender or eucalyptus oil, a small swing or rocking chair, a weighted blanket. A journal, an inspirational book, or a mandala coloring book is wonderful, bubbles to blow or blowing watercolor on paper through a straw are visually appealing as well as work on controlled breath. Mint gum, Listerine strips, ginger ale, frozen Starburst, ice packs, and cold are also good for anxiety regulation. For children, it is great to help them create a self-regulation comfort box (often a shoe-box or bin they can decorate) that they can use on the ready for first-aid when overwhelmed.

8. Spend extra time playing with children. Children will rarely communicate how they are feeling, but will often make a bid for attention and communication through play. Don’t be surprised to see therapeutic themes of illness, doctor visits, and isolation play through. Understand that play is cathartic and helpful for children—it is how they process their world and problem solve, and there’s a lot they are seeing and experiencing in the now.

9. Give everyone the benefit of the doubt, and a wide berth. A lot of cooped up time can bring out the worst in everyone. Each person will have moments when they will not be at their best. It is important to move with grace through blowups, to not show up to every argument you are invited to, and to not hold grudges and continue disagreements. Everyone is doing the best they can to make it through this.

10. Everyone find their own retreat space. Space is at a premium, particularly with city living. It is important that people think through their own separate space for work and for relaxation. For children, help them identify a place where they can go to retreat when stressed. You can make this place cozy by using blankets, pillows, cushions, scarves, beanbags, tents, and “forts”. It is good to know that even when we are on top of each other, we have our own special place to go to be alone.

11. Expect behavioral issues in children, and respond gently. We are all struggling with disruption in routine, none more than children, who rely on routines constructed by others to make them feel safe and to know what comes next. Expect increased anxiety, worries and fears, nightmares, difficulty separating or sleeping, testing limits, and meltdowns. Do not introduce major behavioral plans or consequences at this time—hold stable and focus on emotional connection.

12. Focus on safety and attachment. We are going to be living for a bit with the unprecedented demand of meeting all work deadlines, homeschooling children, running a sterile household, and making a whole lot of entertainment in confinement. We can get wrapped up in meeting expectations in all domains, but we must remember that these are scary and unpredictable times for children. Focus on strengthening the connection through time spent following their lead, through physical touch, through play, through therapeutic books, and via verbal reassurances that you will be there for them in this time.

13. Lower expectations and practice radical self-acceptance. This idea is connected with #12. We are doing too many things in this moment, under fear and stress. This does not make a formula for excellence. Instead, give yourself what psychologists call “radical self-acceptance”: accepting everything about yourself, your current situation, and your life without question, blame, or pushback. You cannot fail at this—there is no roadmap, no precedent for this, and we are all truly doing the best we can in an impossible situation.

14. Limit social media and COVID conversation, especially around children. One can find tons of information on COVID-19 to consume, and it changes minute to minute. The information is often sensationalized, negatively skewed, and alarmist. Find a few trusted sources that you can check in with consistently, limit it to a few times a day, and set a time limit for yourself on how much you consume (again 30 minutes tops, 2-3 times daily). Keep news and alarming conversations out of earshot from children—they see and hear everything, and can become very frightened by what they hear.

15. Notice the good in the world, the helpers. There is a lot of scary, negative, and overwhelming information to take in regarding this pandemic. There are also a ton of stories of people sacrificing, donating, and supporting one another in miraculous ways. It is important to counter-balance the heavy information with the hopeful information.
16. Help others. Find ways, big and small, to give back to others. Support restaurants, offer to grocery shop, check in with elderly neighbors, write psychological wellness tips for others—helping others gives us a sense of agency when things seem out of control.

17. Find something you can control, and control the heck out of it. In moments of big uncertainty and overwhelm, control your little corner of the world. Organize your bookshelf, purge your closet, put together that furniture, group your toys. It helps to anchor and ground us when the bigger things are chaotic.

18. Find a long-term project to dive into. Now is the time to learn how to play the keyboard, put together a huge jigsaw puzzle, start a 15 hour game of Risk, paint a picture, read the Harry Potter series, binge watch an 8-season show, crochet a blanket, solve a Rubix cube, or develop a new town in Animal Crossing. Find something that will keep you busy, distracted, and engaged to take breaks from what is going on in the outside world.

19. Engage in repetitive movements and left-right movements. Research has shown that repetitive movement (knitting, coloring, painting, clay sculpting, jump roping etc) especially left-right movement (running, drumming, skating, hopping) can be effective at self-soothing and maintaining self-regulation in moments of distress.

20. Find an expressive art and go for it. Our emotional brain is very receptive to the creative arts, and it is a direct portal for release of feeling. Find something that is creative (sculpting, drawing, dancing, music, singing, playing) and give it your all. See how relieved you can feel. It is a very effective way of helping kids to emote and communicate as well!

21. Find lightness and humor in each day. There is a lot to be worried about, and with good reason. Counterbalance this heaviness with something funny each day: cat videos on YouTube, a stand-up show on Netflix, a funny movie—we all need a little comedic relief in our day, every day.

22. Reach out for help—your team is there for you. If you have a therapist or psychiatrist, they are available to you, even at a distance. Keep up your medications and your therapy sessions the best you can. If you are having difficulty coping, seek out help for the first time. There are mental health people on the ready to help you through this crisis. Your children’s teachers and related service providers will do anything within their power to help, especially for those parents tasked with the difficult task of being a whole treatment team to their child with special challenges. Seek support groups of fellow home-schoolers, parents, and neighbors to feel connected. There is help and support out there, any time of the day—although we are physically distant, we can always connect virtually.

23. “Chunk” your quarantine, take it moment by moment. We have no road map for this. We don’t know what this will look like in 1 day, 1 week, or 1 month from now. Often, when I work with patients who have anxiety around overwhelming issues, I suggest that they engage in a strategy called “chunking”—focusing on whatever bite-sized piece of a challenge that feels manageable. Whether that be 5 minutes, a day, or a week at a time—find what feels doable for you, and set a time stamp for how far ahead in the future you will let yourself worry. Take each chunk one at a time, and move through stress in pieces.

24. Remind yourself daily that this is temporary. It seems in the midst of this quarantine that it will never end. It is terrifying to think of the road stretching ahead of us. Please take time to remind yourself that although this is very scary and difficult, and will go on for an undetermined amount of time, it is a season of life and it will pass. We will return to feeling free, safe, busy, and connected in the days ahead.

25. Find the lesson. This whole crisis can seem sad, senseless, and at times, avoidable. When psychologists work with trauma, a key feature to helping someone work through said trauma is to help them find their agency, the potential positive outcomes they can effect, the meaning and construction that can come out of destruction. What can each of us learn here, in big and small ways, from this crisis? What needs to change in ourselves, our homes, our communities, our nation, and our world?”

Eileen m. Feliciano Psy.D
Here are 11 simple strategies managing emotions and tapping into your body and brain’s capacity for shifting negative emotions into a more positive or calm mood.

1. **Smile to make yourself feel good.** Find a mirror, make it fun. If it doesn’t feel right to start with, you will soon be laughing at yourself and feel better naturally. The muscles we use to smile will tell our brain we are happy. Do it for at least 30 seconds.

2. **Smile to make others feel good.** Create that connection, open communication, trigger those mirror brain cells that make us experience empathy for others.

3. **Get up and move.** Jump around. It is important to move our lymph nodes to get toxins out of our body. Our lymphatic system doesn’t have muscles to get it moving; it works when we move other parts of our body and allow gravity to massage it. Bouncing is the best way. Raising our arms generates the release of hormones under our armpits – often referred to as ‘happy hormones’. Again, this will tell our brain we are happy and makes us feel better. Get up from your desk regularly.

4. **Check in with your body.** Do a body scan. Take note of where you are holding tension and your overall physiology. Relate these tensions and changes to the emotion you are feeling to begin to understand where and how different emotions affect you.

5. **Physically remove the tension.** If you feel tense in the arms, shake your arms; if you feel tight in your chest, stretch and expand or breathe deeply.

6. **Breathe.** Take 6 deep diaphragmatic breaths. Our body cannot sustain anger through deep breathing. Let the lower lungs have that oxygen to pass around your body and brain. This will calm you and flood you with oxygen. You may feel tingly. Do it for at least 60 seconds.

7. **Talk to someone.** Express your feelings to begin to resolve the situation. Vent to a friend or colleague rather than suppress emotions.

8. **Disengage and re-engage emotions.** Park a challenging emotion to deal with later, rather than just avoiding it. Acknowledge and accept the feeling then use your emotional intelligence to help generate a more useful emotion.

9. **Label your emotion.** The part of the brain that can label or name an emotion is the same part that ‘feels’ the emotion. Labelling is proven to reduce the intensity. Just by saying “I feel angry” you actually feel less angry.

10. **Label emotions for others.** We can often disarm an emotionally charged situation by acknowledging what people are feeling. “I sense you are angry, can you tell me how you feel?” This encourages others to consider and label their emotions with greater accuracy: “Yes, I feel angry” or “No, I am not angry, I am annoyed”.

11. Talk to someone. Express your feelings to begin to resolve the situation. Vent to a friend or colleague rather than suppress emotions. – Angela is ALWAYS available to talk to. 970-749-8883

**Suicide Prevention & Hotlines:**
Axis Health – They have a 24/7 hotline, where you are able to call with questions, concerns or someone to talk to. 970-247-5245
Pediatric Partners of the Southwest- They are equipped to assist with any concerns and have professionals that specialize in assisting youth. Horse Gulch Health Campus, 810 E 3rd Street, Suite #301 Durango, CO 81301
ALL school counselors are available to assist any student.
Axis Health offers FREE trauma support to ANYONE – Monday thru Friday between 8 am and 5 pm. All you need to do is walk in and say that you have experienced a traumatic event and that you need to see someone. 281 Sawyer Drive, Suite 100, Durango, CO 81303 - Phone: 970.259.2162