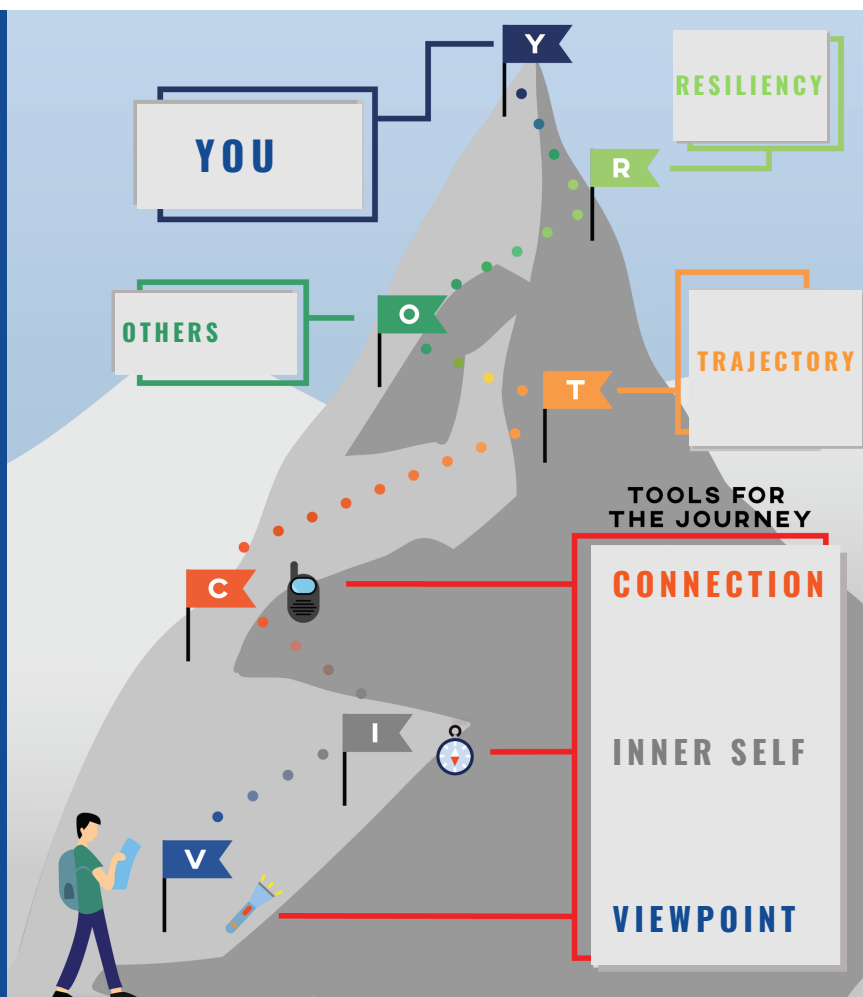


FINDING YOUR PATH TO VICTORY IN THE MIDST OF COVID-19



MAKE YOUR MENTAL HEALTH A PRIORITY... FOR YOU, FOR THEM.

We are in unprecedented times, during which you have had to pivot dramatically, essentially overnight. In most cases, you are developing new paths for delivery of lesson plans and resources for first-time home school instructors (parents). This can be especially stressful as you try to navigate new ways of instructing students as well as providing guidance to those who don't have a teaching background.

It is more important than ever to take stock of your personal mental health as you become a support system for so many. The VICTORY methodology below is designed to guide you during ANY of life's journey's or challenges, the most recent of which is the current COVID-19 pandemic.

V

VIEWPOINT: SEEING THE WORLD AS IT IS, NOT AS IT IS PRESENTED

Recognize that this is uncharted territory for you, your students and their families. The structure of your day and classroom are no longer there. What is guiding your viewpoint?...The news? Social media? Statistics? Seek to understand how you are interpreting what you are hearing and seeing. In a situation where information changes hour-by-hour, identify a source for a more stable viewpoint.

I

INNER SELF: SEEING OURSELVES AS HAVING INTRINSIC WORTH & PURPOSE

As leaders, how are you internalizing what is going on? How are you interpreting the pandemic and the feelings it creates in you? Don't run from your emotions. Focusing on your own well-being is important in order for you to be able to support the well-being of your students. For some of your students, you may be the only source of stability and health. Their mental health starts with your projected attitude and mental health.

C

CONNECTION: SHARED STRUGGLE IS KEY TO OVERCOMING

The opportunity for "Connecting" still exists. Think of creative ways that you can connect with students; links to appropriate and funny memes or videos, personal messages, individual phone calls, or even hand-written notes through the mail. You may be surprised to realize that these "Connections" have as much of an impact on you as they do on your students. The only way you can get this wrong is by not connecting at all. Keep in mind, students are likely engaging in even more social media during this time, and that these aren't always healthy connections.

T

TRAJECTORY: OVERLOOKING SETBACKS AND STAYING THE COURSE

Many things, no doubt, feel outside of your control, and you are having to learn how to "teleteach" on the fly. Rather than focusing on the limitations and barriers that exist, focus on what you can control and fight for the small wins. Whether dealing with technological difficulties, the inability to manage student engagement, unresponsive parents, or some other unforeseen issue, keep moving forward, one small step at a time. Most importantly, have fun!

O

OTHERS: BE THE "ONE" FOR SOMEONE ELSE

You are used to being the "one" for your students. That shouldn't change as you traverse a new peak. However, this can also be a time for you to be the "one" in new ways for colleagues. As you find things that students respond to, things that work, be sure to share them with others. Check in with your co-workers. Continue regularly scheduled, though virtual, staff or departmental meetings to maintain some normalcy and give a sense of community or shared struggle. You are all in the same boat! Don't attempt this alone.

R

RESILIENCY: BECOMING IMPERVIOUS TO OBSTACLES

This is a time of extreme challenge, but we will come out on the other side. Rather than asking "Why is this happening?", focus instead on "What lessons can we learn?" The goal for us all should be a renewed resilience, a heightened level of creativity, or coming away stronger than before. Recognize rewards that are available for your students, yourself, co-workers, even your community and country. Your efforts today will contribute to the greater good tomorrow.

Y

YOU: BE ACTIVE IN YOUR JOURNEY AND PRESENT IN OTHER'S

YOU have control of how YOU will respond to this challenge. This is a call to action for each of us. You've got this! You can create a safe mental outlook for yourself and be a guide for your student's journey through this crisis and beyond. You are one of the main sources of support that your students will remember being with them during this challenging time. Be a difference maker!