• Concern about being able to effectively care for a family member

• Uncertainty or frustration about how long you will need to remain in this situation and/or uncertainty about the future

• Loneliness associated with feeling cut off from the world and from friends and family

• Anger if you think you were exposed to the disease because of others’ negligence

• Boredom and frustration because you may not be able to work or engage in regular day-to-day activities

• Uncertainty or ambivalence about the situation

• A desire to use alcohol or drugs to cope

• Symptoms of depression, such as feelings of hopelessness, changes in appetite, or sleeping

Maddox Michael Smith

March 28, 2020

7 lbs., 14oz.

19.5 inches long

**May School Counselor’s Corner**

**Mrs. Goffus, Grades PK-4 (ext. 1041) and Mrs. Smith, Grades 5-8 (ext. 1119)**

**330-675-8700 - Willard PK-8 School**

**So Many Changes**

The transition to remote learning has provided us all with new emotions and perspectives about our Willard Family. If you have concerns related to traditional school topics, please contact your child’s counselor. We felt it was more important to communicate information related to common feelings and supports available during this time. Everyone reacts differently to stressful situations such as an infectious disease outbreak that requires social distancing, quarantine, or isolation.

**People may experience:**

• Anxiety, worry, or fear related to your own health status & the health status of others whom you may have exposed to the disease

• The resentment that your friends and family may feel if they need to go into quarantine as a result of contact with you

• The experience of monitoring yourself, or being monitored by others for signs and symptoms of the disease

• Time taken off from work and the potential loss of income and job security or an increase of hours in an essential job

•The challenges of securing things you need, such as groceries and personal care items



Willard, WE MISS YOU!! With everything going on, we want you to know we are thinking of you every day and are here for you and your families with anything you may need. We can be reached via email at [carole.goffus@neomin.org](mailto:carole.goffus@neomin.org) and [casey.smith@neomin.org](mailto:casey.smith@neomin.org). Our REMIND class codes are @pk4scho (Goffus) and @d7he3a (Smith). Also look for info from us on the “Willard PreK-8 School in Warren” page on Facebook.

