
Campo Connect: Wellness

Thursday, October 8, 2020

Jenna Wrobel, Wellness Coordinator
Liana Holcomb McCann, Intake Specialist

Daily Non-Negotiables

- **Follow routines.**
- **Exercise.**
- **Sleep.**
- **Eat well.**
- **Watch screen time.**
- **Focus on family relationships.**

Distance Learning Best Practices

- **Designate school/study spaces.**
- **Encourage phone-free class/study times.**
- **Help prioritize.**
- **Explore use of large calendar.**
- **Establish screen-free timeouts during the day.**
- **Build in school, family, and personal time every day.**

Rebuilding Resiliency

- **Accept life as it is now.**
- **Acknowledge grief.**
- **Adopt both-and thinking.**
- **Seek fulfilling activities, new and old.**
- **Maintain and strengthen relationships outside the home.**
- **Emphasize self-compassion, gratitude, connection, saying “no.”**

Wellness Center Services and Resources

- Free, confidential counseling services
- 15-minute check-ins
- Lunchtime connection activities (Weds and Fri)
- Parent consultation
- Wellness supply table
- Visit webpage for resources
- Instagram: @campowellness

Contact Us!

Jenna Wrobel, Wellness Coordinator

jwrobel@auhsdschools.org x. 5196

Liana Holcomb McCann

lhmcann@auhsdschools.org x. 5123

Wellness Referral: [bit.ly\CHSwellreferral](https://bit.ly/CHSwellreferral)