

STUDENT SUPPORTS

Many people have asked how to help our students cope with stress and anxiety during this pandemic, while we are all figuring out how to manage it ourselves. [The CDC has put together a valuable guide on easing fear and anxiety](#) during this uncertain time.

The meditation site Headspace is also [offering a free collection called Weathering the Storm](#). It offers guided meditations and sleep and movement exercises to help get everyone through this time.