
Supporting Students Emotional Health

— Anna Brown, School Psychologist
Jordan Payne, School Social Worker
Langley High School —



All feelings are ok

We are feeling a LOT these days. There's a lot to feel!

GUESS WHAT? It's all normal. It's all OK.

“There is not enough time for me to finish my homework, play a sport, and have free time”

“I have no motivation”

“I’m so stressed with everything”

“I don’t have time to sleep”

“My family is putting a lot of pressure on me”

“I just started having panic attacks for the first time”

“I’m really behind with my work and not sure if I can catch up”

“It’s hard to stay focused in the classroom and doing homework”

Emotional Management Strategies

Strategy:



Time Out

Why It Works:

Gives you a chance to cool down away from the pressure of the situation

Why It Works:

Releases natural chemicals that help you let go of tension and feel better

Strategy:



Walk It Out

Strategy:



Here's how I feel...

Talk It Out

Why It Works:

Helps you understand the source of your stress and connect with others

Why It Works:

Helps you get some distance, think things through and review your progress

Strategy:



Write It Out

Strategy:



Deep Breathing

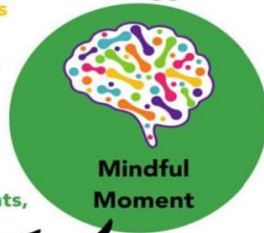
Why It Works:

Moves your focus from your stress to your breath, helps you release tension, and gets more oxygen to your brain for clearer thinking

Why It Works:

Helps let go of unwanted thoughts, decreases your pulse rate, and changes your focus.

Strategy:



Mindful Moment

Supporting Emotional Health at Home

1. Have open conversations - listen and validate their feelings
2. Predictable routines
3. Problem solve together
4. Practice positive coping/gratitude
5. Model confidence and calm behaviors
6. Support the home/school connection



Behaviors may be your child's way of telling you they are stressed. These behaviors may be indicators of when to consult with the school.

- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and "acting out" behaviors in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

School Counselors, School Psychologists, and School Social Workers are available to support students, families and staff.



Langley Supports for Mental Health and Wellness

- Therapy Dogs- 1x a month during lunch
- Yoga- 1x a month during Langley Links
- Wellness Week (second semester)
- SEL lessons/screeners during Langley Links
- Executive Functioning Groups
- Mindfulness Groups
- SOS- Signs of Suicide 9th and 11th graders
- Teen Mental Health First Aid- 25 students
- Youth Mental Health First Aid- 30 parents
- Attendance Supports (Return to Learn, Check and Connect)
- Consultation for community supports and services
- AND More!

Support at Langley HS - Clinical Team

Anna Brown, School Psychologist

adbrown@fcps.edu

703-287-2886

Jordan Payne, School Social Worker

jpayne@fcps.edu

703-287-2874

Our offices are located in Student Services with the counselors and the Substance Abuse Prevention Counselor (Kelly Rankin)

Additional Resources

Langley Wellness Site: <https://langleyhs.fcps.edu/resources/mental-wellness>

Langley Wellness Room: Coping strategies and self-care techniques developed by the clinical team.
https://sites.google.com/d/1FdSThj4J-T2Ma9zi9m3N7AhMw63BEWgw/p/1GWQk2-wovNcc0ZQ4slBOy_9E5ajW9qKU/edit

The FCPS Website contains valuable information regarding how to talk with your child on managing stress, healthy coping, community and emergency mental health resources. Click the following link: [Mental Health & Community Resources website](#)

Our Healthy Minds Blog will also be updated with entries: [Healthy Minds Blog](#)

Online training simulations are available to help you learn and recognize signs of distress, manage conversations, and connect your student/family to support services. For more information, click the following link: [Kognito](#)

**NEED
HELP?**

MENTAL HEALTH RESOURCES
24/7 EMERGENCY NUMBERS

In case of a life threatening emergency, call 911

CrisisLink Regional Hotline: **703-527-4077**

CrisisText: Text **NEEDHELP** to **85511**

Dominion Hospital Emergency Room:
703-536-2000

Inova Emergency Services: **703-289-7560**

Mobile Crisis Unit: **1-844-627-4747**

National Suicide Prevention Lifeline:
1-800-273-TALK or **1-800-SUICIDE**

Merrifield Center Emergency Services:
703-573-5679

TTY dial **711**