

March 24, 2020

Dear King David Family,

As we settle into our temporary new normal of physical distancing and remote learning, the King David Counselling Team would like to reach out to you to let you know that you are not alone. All of us - Lu, Jodi, Abby, and Jordana - are available on our regular work schedules.

Our hope is to make appointments via email and have online conversations and meetings. We want to be there for you and support you in our usual capacities. Please feel free to reach out to us via our email addresses, which can be found by [clicking here for the staff directory](#).

Please make sure that you are taking your mental health seriously during this time. There is no denying that these are stressful times. Try your best to create a new comfortable daily routine in your home. Stay in contact with friends and family members as much as you can to relieve the feeling of social isolation. If you can, keep a weekday schedule, stay active, take care of one another, and get outside to enjoy the sun and fresh air. Be kind and compassionate, and stay secure and calm while being alert and engaged with life as it is.

Here is a five minute mindfulness exercise that helps regulate and deepen your breath, which signals to your mind that you are safe and not in danger. If 10 seconds is too difficult for you, start with 5 seconds.

- Sit comfortably
- Inhale slowly and deeply for 10 seconds
- Hold for 10 seconds
- Exhale slowly for 10 seconds
- Repeat
- While you do this, notice your breath, notice any sensations anywhere in your body, and give your breath to those places for comfort, ease and healing.

We hope to hear from you soon. If we are unavailable at the time that you need or this is an emergency, please [email Russ Klein](#).

Thank you.
Lu, Jodi, Abby and Jordana