



Upper Columbia Conference
of Seventh-day Adventists

EDUCATION DEPARTMENT

We know that suddenly you have been thrown in to new and uncharted waters! Learning and working from home has been a big adjustment for everyone. As we continue this journey together we want to share some resources that we hope will be helpful to you and your families spiritual and emotional health. May God continue to bless you and your family!

Connect to God

Don't forget prayer: It's never closed!

Don't forget God's word: share encouraging bible verses with yourself and those around you!

Check out this app, One Minute Pause, for providing pauses during the day to reconnect with our creator: <https://www.pauseapp.com>

Students

Emotional Health

<https://childmind.org>

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/covid-19-resource-center/family-and-educator-resources>

Parents

Balance Remote Work and Family

<https://michaelhyatt.com/how-to-balance-remote-work-and-family-life/>

<https://blog.trello.com/remote-work-guide-for-parents>

Keeping Positive

<https://michaelhyatt.com/how-to-be-resilient-in-tough-times/>

General

Health Related Resources

<https://www.adventhealth.com/coronavirus-resource-hub>

COVID-19: Facts, Grief, Loss, Trauma and Resiliency

<https://aecovid.com/resources/covid-19-facts-grief-losstrauma-and-resiliency>