

## September 2024: Counselor Corner

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Returning to school often comes with many mixed emotions that can include excitement, fear, and sometimes anxiety about the challenges and opportunities that await us this year. **Balancing** academic demands, social commitments, and extra-curricular activities can be overwhelming at times and the Counseling Department would like to remind you about the importance of **self-care** during this National Suicide Prevention Month.

A major part of self-care involves balancing the demands on our time to assure we have the time and energy to enjoy health-promoting activities because finding balance requires a conscious commitment to your **health**. Like the Olympic gymnasts many of us watched this summer, a “slip” of our balance can lead to a slip, but let’s remember that we have friends, neighbors, teachers, and staff here at Riverside supporting us in getting back up. Like the Aevium slogan promises, **we’ve got your back!**



Experts remind us that self-care strategies include having caring relationships with trusted adults, regular exercise, enough sleep, and the ability to name and regulate our emotions. Let us help you find your balance and achieve your dreams.....**there is always hope!** If you or someone you know needs support now, call or text **988** or chat **988lifeline.org!**