

Counselor Corner

January 2025

New Year, New You

The start of a new year is often a time for people to reflect on how they can better themselves and their lifestyles. And while it is great to have personal goals, they can tend to feel daunting and unrealistic, leading to failure and disappointment.

SAMHSA has some ideas on how to combat this issue: Goals should be motivating—try inviting a partner to join.

Big goals should be broken down into smaller, more achievable steps. Focus on progress, not perfection. Lean on others for support. Remember: you are your own competition—forget about comparing yourself to others. And most importantly, have compassion for yourself!

www.samhsa.gov

Resolutions to Improve Mental Health

- Journal daily
- Make quality sleep a priority
- Get at least 20 minutes of fresh air a day
- Reach out to a friend or other support person at least weekly
- Get 30 minutes of exercise a day
- Do one small or big act of self-care a day
- Focus on eating whole foods versus processed foods
- Get comfortable with asking for help
- Surround yourself with people who build you up/bring you joy
- Reduce screen time

Resource Reminder

If looking to refer a student for mental health services at RSD, click the link below, or visit the district's counseling website:

https://docs.google.com/forms/d/e/1FAIpQLSf8i5XH5SShojxRcFlmfB68YO5dLkane3TS9tWXStgt_Rcghg/viewform?usp=sf_link

