

COUNSELOR CORNER

MARCH 2024

MINDFUL MARCH

BE AWARE OF SMALL THINGS THAT MAKE YOU HAPPY	WRITE A THANK YOU NOTE AND MAIL IT	GO OFFLINE FOR 1 HOUR	JOURNAL ABOUT SOMEONE WHO'S INSPIRED YOU	PRACTICE DEEP BREATHS FOR 2 MINUTES
BRUSH YOUR TEETH WITH YOUR NON-DOMINANT HAND	ENJOY FRESH MORNING AIR	SIT DOWN AND LISTEN TO A SONG WITHOUT ANY DISTRACTIONS	CHOCOLATE OR FRUIT MEDITATION	COUNT HOW MANY TIMES A DAY YOU GET DISTRACTED W/O JUDGEMENT OR CRITICISM
STRETCH	TALK WITH A FRIEND WITHOUT OFFERING YOUR OPINION	<i>Mindful craft</i>	COOK DINNER MINDFULLY	COLOR A PICTURE
STAR GAZE	10 MINUTES WITH 5 SENSES MINDFULNESS	MINDFULLY DRINK COFFEE OR TEA	TAKE 10 DEEP BREATHS BEFORE ENTERING WHERE YOU'RE GOING	BODY SCAN
ACKNOWLEDGE EVERYTHING AROUND YOU	WATCH THE SUNSET	DECLUTTER A SPACE	EAT A MEAL MINDFULLY - THINKING OF ALL SENSES	READ 10 PAGES OF A BOOK

HAPPENINGS:

YOUTH MENTAL HEALTH FIRST AID

IN THE CONTINUING EFFORTS TO IMPROVE OUR SCHOOL CLIMATE FOR EVERYONE, WE'D LIKE TO ENCOURAGE STUDENTS TO SIGN UP FOR MENTAL HEALTH FIRST AID TRAINING, WHERE THEY CAN LEARN THE WARNING SIGNS TO IDENTIFY STUDENTS WHO ARE AT-RISK OF MENTAL HEALTH PROBLEMS, AND WHAT YOU CAN DO TO HELP YOURSELF, YOUR FRIENDS, AND OTHERS TO REDUCE AND RESPOND! YOU CAN FIND THE DETAILS BELOW:

WHO: 7TH THRU 12TH GRADERS (25 PER CLASS)

WHAT: YOUTH MENTAL HEALTH FIRST AID TRAINING

WHEN: (1) MARCH 20TH AND 22ND

(2) APRIL 24TH AND 26TH

(3) MAY 15TH AND 17TH, 2024

WHAT TIME: 8:30 AM TO 12:30PM EACH OF THE TWO DAYS

WHERE: THE COMMONS

WHY: TO RECOGNIZE COMMON SIGNS & SYMPTOMS OF MENTAL HEALTH CHALLENGES AND HOW TO RESPOND IN A HELPFUL WAY.

March is the best time to start
again, because if the spring
can do it, why can't you?

