



Counselor Corner

April, 2025



SPRING is in the air

Updates from the RSD Counselors

- Meeting the challenges associated with being a member of a multi-disciplinary team within an educational setting requires an understanding and respect for the role of each team member. The basis of a therapeutic alliance is a trusting relationship between the student and the counselor, within the confines of their respective Code of Ethics. The ACA Code of Ethics, as most code of ethics do, devotes a section on Confidentiality and Privacy, and details the counselors' responsibility to establish and uphold appropriate boundaries, disclosing only essential information with the consent of the student and/or legal guardian.
- Remembering that the students "health" is everyone's priority, we are dedicated to collaboration and committed to establishing consensus on strategies and approaches to reach the agreed-upon goals. Please join in the conversation with us!

Change of Seasons

- Seasonal changes can have a significant impact on mental health, influencing mood, energy levels, and overall emotional well-being. As the seasons shift, particularly with the transition from winter to spring, individuals may experience a variety of emotions.
- The impact of seasonal changes on mental health is closely tied to environmental factors such as sunlight, temperature, and social dynamics. Reduced sunlight can lead to disruptions in circadian rhythms that govern sleep patterns and mood regulation.
- Managing the effects of seasonal changes on mental health often involves embracing healthy habits that align with the rhythms of each season. Engaging in physical activity, committing to restful sleep without distractions, maintaining a balanced diet, and practicing mindfulness can help individuals adjust to the changing seasons. For those who experience significant emotional distress during these transitions, seeking professional support, such as therapy or light therapy, can provide relief.