

Counseling Connections

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Message from Your School Social Worker

The SBS team truly believes we can't talk-the-talk without being able to walk-the-walk. So, we're sharing some of what we've done to **"make the best of it"** and how we've put into practice the resources we've shared with you.

We all have taken this opportunity to practice self-care and spend time doing things we really enjoy. Some things Mrs. Proctor has done are having a daily routine that includes getting dressed to go to "work"; focusing on my physical health by eating healthy and exercising; and focusing on my mental health by taking opportunities to take a walk, read a good book, and spend quality time with my family.



What have you done this past week to focus on your physical and mental wellness? Are there ways you can improve on what you're currently doing to help you through the next several weeks?

We know that physical and mental wellness are very much intertwined. The better you feel, both physically and mentally, the easier it is to handle challenges in life. With this in mind, we want to share a few ways you can improve on both your physical and mental wellbeing.

Mrs. Proctor, Karen.Proctor@Amitahealth.org

Personal health is more than physical

Mental health = Mental well-being Our emotions, thoughts, social interactions, understanding of the world around us, and ability to solve problems and overcome difficulties are all part of our mental health.

Similar to physical health, you can have good mental health by engaging in "healthy" habits. Some ways to support good physical health is to exercise regularly and have a healthy diet. For good mental health, it isn't about feeling happy 24-7

because we all have days when we feel a bit down, stressed, or overwhelmed by things in our lives. To support good mental health, you want to practice looking at problems or concerns realistically, don't ignore them, and use coping skills to problem solve and manage intense emotions. When we actively engage in our physical and mental health we feel better overall!!

Practicing Mindfulness

Mindfulness is intentionally focusing our attention to the present moment without placing judgement on our thoughts or feelings. It's a great skill to practice daily and is especially helpful in times of stress and crisis. By focusing only on the present moment, instead of the past or future which often leads to feeling overwhelmed and anxious, our mind shifts resulting in an improved mood and reduced stress and anxiety.

Guided Mindfulness

https://drive.google.com/file/d/1hXfC232OrtOu9lKsonBktK_MhE-NPIWB8/view?usp=sharing

I Am Peace by Susan Verde

<https://www.youtube.com/watch?v=hXA3837uv3w>

Staying Active:

Let's not forget to stay active and workout daily! These family friendly resources will help you get physical while at home.

Cosmic Kids – fun and exciting yoga, mindfulness, and relaxation practices for kids.

<https://www.youtube.com/user/CosmicKidsYoga>

Yoga with Adriene – 500+ videos for adults and kids.

<https://yogawithadriene.com/adriene-mishler/>

Do Yoga With Me – yoga for all ages

<https://www.doyogawithme.com/>

The Body Coach – engaging home workouts for all ages

<https://www.youtube.com/user/thebodycoach1>

Peloton App - free 90-day trial to exercise content (yoga, meditation, strength, cycling, running and more)

Joke Of The Week: Humor is one of the best ways to improve your mood during stressful or difficult times.

