

*The School Counseling Connection*  
 HCPSS Middle School Counseling Monthly Newsletter  
***We're Here to Help!***  
***Welcome Back Students and Families!***



Image retrieved 3/8/2021 from: <https://www.womenscenter.vt.edu/Program/womens-month.html>

March is Women's History Month! We take this time to reflect on the achievements, ingenuity, and contributions of women both past and present, while looking forward to a future filled with hope and endless possibilities. Wondering how to celebrate Women's History month? ([Virginia Tech, 3/2021](#))

**Consider these following ideas** ([LiveYour Dream.org, 3/2021](#)):

- Explore the history of women's rights,
- Be aware of issues women still face today,
- Post on social media to spread awareness of Women's History month,
- Support a women's nonprofit,
- Watch movies directed by women and with female leads,
- Spin tunes by female artists,
- Have a mini ceremony and give out awards to each of your gal pals to celebrate their resilience, compassion, and accomplishments
- Celebrate the inspiring women in your life by writing a thank you note

### **#choosetochallenge**



Image retrieved 3/8/2021 from <https://www.freepik.com/free-photos-vectors/international-women-day>

### **What is International Women's Day?**

Let's use our voices and #choosetochallenge. We can all choose to challenge and call out gender bias and inequality. We can all choose to lift and celebrate women's achievements. Together, we can all help create an inclusive world. How will you choose to challenge? ([International Women's Day, 3/2021](#))

**“If you don't see a clear path for what you want, sometimes you have to make it yourself.”**

**~ Mindy Kaling**

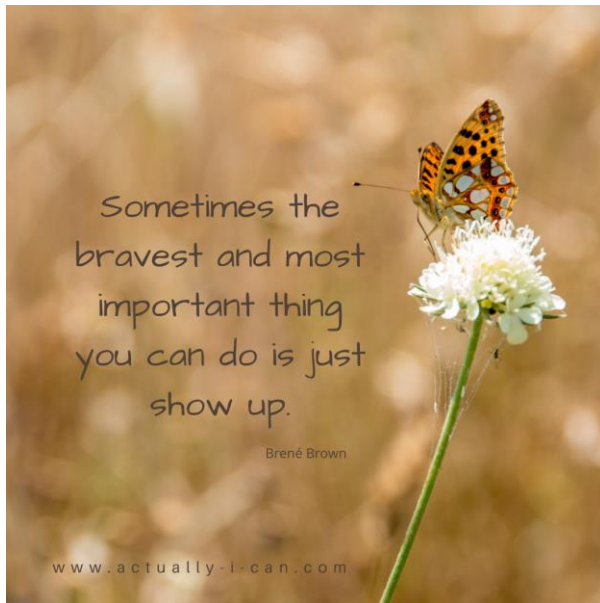
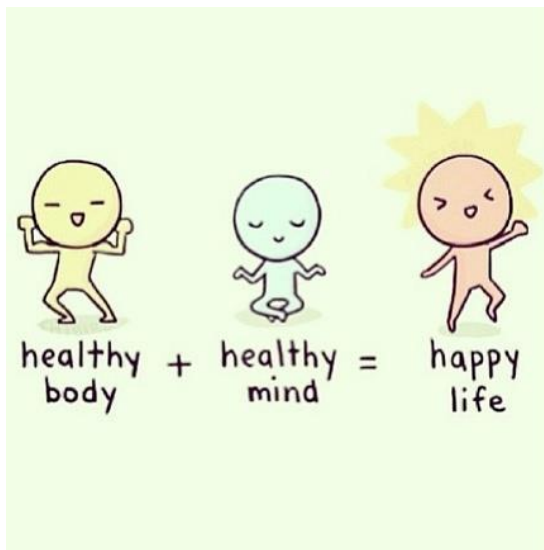


Image retrieved 3/2/2021 from:  
<https://actually-i-can.com/weekly-tips/sometimes-the-bravest-and-most-important-thing-you-can-do-is-just-show-up>

**Change is upon us!** Many of us are moving from hybrid to virtual over the next month. Daylight savings is March 14th and the first day of spring is March 20th. Warmer weather is upon us. We hear birds chirping in the morning. Daffodils are sprouting. Sixty degree weather!

As we manage transitions and change in our lives be sure to take time for you. Practice grounding and mindfulness. Bring yourself to the present moment. Listen to the birds chirping in the morning. Stop and smell the roses/flowers/grass literally. Remind yourself to focus on what you can control. Take time to acknowledge all your feelings during the transitions/changes. I think of authors, Brené Brown and Glennon Doyle often when there's change and life is hard. They remind us to show up however you can and that you can do hard work.

## Our Emotional Health



**Let's talk about emotional health.** Did you know that our mental health and our physical health are reliant upon our emotional well-being? Many of us are overwhelmed with our emotions. *We may struggle to relate to what we are feeling and to understand our emotional experiences.* This can take place even when our feelings are appropriate and a natural reaction to what's taking place in the world at the time. We may feel emotionally overwhelmed and oftentimes we may not know how to handle this or how to cope. As we said earlier change is upon us. Sometimes change can be hard. *If you begin to feel overwhelmed take a deep breath, acknowledge the feeling and practice a coping skill.*

## STUDENT WELL-BEING

### *Coping Skill Spotlight: Journaling*

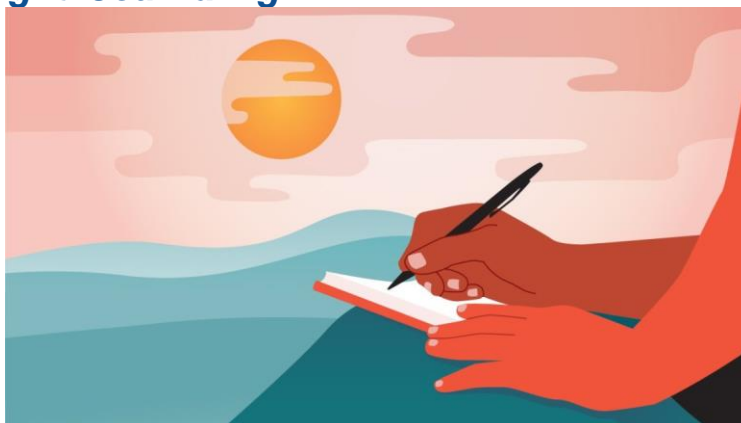


Image retrieved 3/4/2021 from: <https://culturecrusaders.com/2020/04/15/journaling-101-how-to-start-manifesting/>

***What's so great about journaling?*** Did you know that journaling may help ease our distress when we're struggling? It can allow us to process our feelings and think through how to approach a problem. It allows us a safe space without judgement and unnecessary feedback. It can be hard to get into journaling at first. Like everything else it requires daily practice. Journaling is not a one size fits all. The practice of journaling is shaped by your intention and your needs. It can be a way to cope with your feelings as well as manage anxiety, depression, or feelings of being overwhelmed. It is a tool that can help you learn more about yourself.

If you struggle with what to write you can use prompts to help you (see below link) and/or you can include daily questions in your journaling e.g., a question specific to your weekly goal(s) and a question that is specific to gratitude. There are so many benefits of journaling including that it requires minimal supplies and you can practice it anywhere.

[Journaling prompts](#)

[50 writing prompts for all grade levels](#)

**A visual prompt example:**



Image retrieved 3/8/2021 from <https://www.pinterest.com/pin/2742270647837542>

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## COUNSELOR CONNECTION



Image retrieved 3/8/2021 from <https://www.wallpaperflare.com/heart-hand-signs-wallpaper-2866>

**YOUR SCHOOL COUNSELOR IS HERE FOR YOU!**

Email us if you have any questions or concerns

#BetterTogether