

The School Counseling Connection

HCPSS High School Counseling Monthly Newsletter

We're Here to Help!

Welcome Back Students and Families!

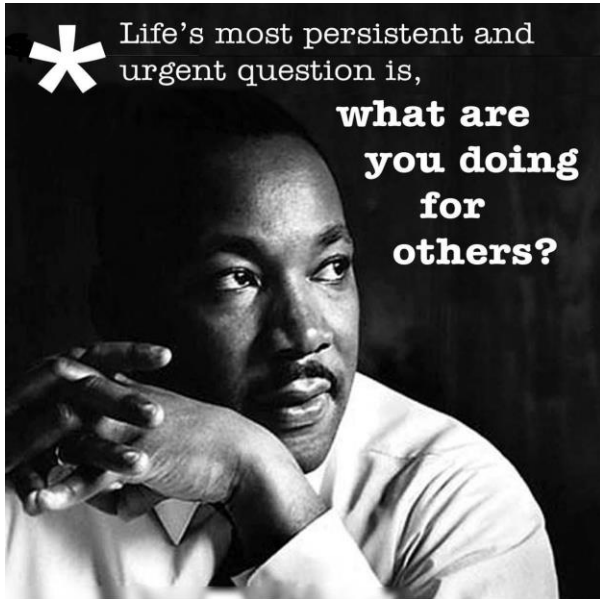


Image retrieved 1/11/2021 from:
<https://in.pinterest.com/pin/82542605642389436/>



Image retrieved 1/11/2021 from:
<https://www.lovethepic.com/image/299591/no-act-of-kindness.-no-matter-how-small-is-ever-wasted>

January 18, 2021 - Martin Luther King Jr. Day Day of Service "A day on, not a day off."

Monday, January 18th marks the 35th anniversary of the federal holiday in honor of Rev. Martin Luther King's birthday. It is a holiday that recognizes Rev. Martin Luther King and his tremendous work advancing civil rights and social justice through non-violent protest. MLK Day is designated as a national day of service to encourage all Americans to volunteer to improve their communities. What can you do to give back not only on January 18th but throughout the year?

Community service ideas

- [Just serve](#)
- [Volunteer project ideas](#)
- [Letter Writing Team - Letters to Soldiers](#)
- [Brighten a day - Letters to Elderly or Front Line Providers](#)
- [Donate to your local food bank OR organize a food drive](#)
- Community service through school clubs
- Pick up trash and clean up your neighborhood
- Collect blankets or toiletries for the homeless
- Collect school supplies for children
- Rake leaves for an elderly neighbor
- Mow your neighbor's lawn
- Offer dog-walking services
- Call a local nonprofit, YMCA, community center or other organization and ask how you can help

STUDENT WELL-BEING

Coping Skill Spotlight: Taking care of you.



Citation: https://gvms.garnetvalleyschools.com/our_school/guidance_office/covid-19_resources

As we considered a self-care activity for the student well-being section of this newsletter our mind kept returning to the amount of hard that is occurring in our lives today. We thought it was important that we acknowledge the hard. We are experiencing and watching hard events daily. It's hard to not turn away. The feelings we are experiencing are hard. The conversations are hard.

Our emotions are everywhere. One minute we are fine. We say, "I'm fine." I'm okay, really." Yet our bodies may feel differently. We are tired. We are snapping at family or friends. We are unmotivated. Maybe we are overwhelmed. Stomach aches, headaches. We may be utterly exhausted. Our emotions can tell a story.

This is a gentle reminder that it's okay to not be okay. It's okay to sit with your feelings. Identify and acknowledge your emotions. It's not going to feel good. And, yet your body and your mind will be thankful for your processing and reflecting. Write it down. Draw your feelings and experiences. Listen to music that mirrors your feelings. Talk a walk and just think and feel. Pet your dog/cat, if you have one, and say your feelings out loud. Reach out to family, a friend, a trusted adult and tell them. Tell them the good and the hard in your world. When the world, your world, is scary and/or hard, always take care of you. Put boundaries in place. Focus on what you can control. Breathe! Connect! Or take time to be alone. That's okay too!

Take care of you.

Your school counselors

MINDFUL PRACTICE: The selfie hug

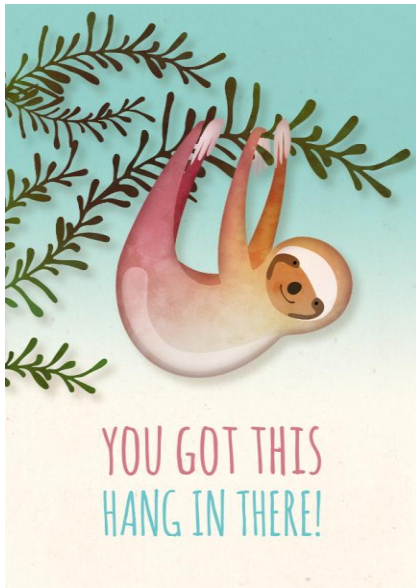
Scientists have proved that hugging someone for 20 seconds releases serotonin – the happy hormone. Studies also show hugs can lower blood pressure, reduce stress and anxiety and even improve your memory. Research also says that this happens when you receive a hug.

**Alternative to the practice in the video:**

1. Pause, take a deep breath, recognize and vocalize that you are in a moment of failure/struggle and failure/struggle is simply a part of work.
2. Next, put both hands over your heart, feeling your heartbeat and rhythmic rising and falling of the chest from breathing, and repeat: "May I be kind to myself and may I live with ease."

Image retrieved 1/11/2021 from:

<https://www.kaartje2go.nl/sterkte-kaarten/kaart/opbeurende-kaart-luiaard-you-got-this-hang-in-there>

COUNSELOR CONNECTION

YOUR SCHOOL COUNSELOR IS HERE FOR YOU! Email your school counselor if you have any questions or concerns.
#BetterTogether