

News From Your School Psychologist

Issue No. 11

Topic: Mental Health

October 2023



With our faced past society and the busyness of our everyday lives, it can be easy to forget about our mental health. Make it a priority!

Mental Health

Why is Mental Health so important?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Our mental health can have a direct impact on our physical health, which is why making it just as much of a priority as our physical health is so important.

Why is Mental Health sometimes ignored?

Mental health can be put on the back burner for many reasons. For starters, people lead busy lives. There is often not much time to think about checking in with our minds and feelings on a regular basis. Additionally, there is a stigma around mental health that can cause individuals to leave concerns of emotional and social well-being unattended. Some people even feel ashamed or scared to discuss their feelings. The truth is, we all face times in our lives where we feel nervous, scared, or anxious. Rather than waiting until that happens, doing things like regular self-care, frequent check-ins, and development of coping skills can help! Don't ghost your mental health!

Mental Health

A Student's Mental Health Guide

- **Self-Care**
 - Get outside, do things you enjoy, find a creative outlet – whatever brings your mind happiness and relaxation – do it!
- **Connect with your support systems.**
 - Don't be afraid to reach out to friends, family, or other supports to lean on during difficult times
- **Don't be afraid to feel it out!**
 - It may feel a little counterintuitive at first, but the best way to deal with strong emotions is to give yourself the space to really feel them.
- **Do what works for you.**
 - Self-care is a personal thing. What works for others, might not work for you. Find what helps you the best.
- **Reach out when you need help.**
 - Don't be afraid to ask for help. Recognize that you may not be able to handle everything on your own, and sometimes, just talking it through can benefit you greatly. Professionals can even connect you with the right resources.
- **Make time to de-stress.**
 - Make sure you make time for you within your busy schedule. You cannot accomplish the things you want to your best ability if you are overwhelmed or super stressed.
- **Recognize when you need help.**
 - If you are feeling too overwhelmed, or you are experiencing intense feelings of anxiety and depression that are unusual for you and last over two weeks, talk to a mental health professional. Your school counselor or school psychologist are a start!
- **Talk to someone.**
 - You may not leave with a solution, but talking things out can help us to feel better.
- **Set yourself up for success.**
 - Practicing good habits overall can be beneficial to not only your physical health, but your mental health. Make a routine, get 8 hours of sleep, eat right, and exercise.

Spooky Self-Care

Taking care of yourself is important to ensure you are healthy emotionally, mentally, and physically. There are some great examples of spooky self-care ideas just in time for the Halloween season that can help address mental health well-being.

- Journal about your favorite Halloween or Autumn memory.
- Read a spooky book.
- Enjoy a cup of hot coco with friends and family!
- Take a walk and admire the autumn scenery.
- Bake a halloween treat for a neighbor or friend.
- Read an inspiring book or quotes.



What Can I Do As A Parent?

- **Check-in:** Check-in regularly to let your children know you care.
- **Practice mindfulness:** Research shows that practicing mindfulness can reduce anxiety and boost happiness for children at each developmental stage.
- **Keep them connected:** Keep your kiddos active and practicing interpersonal skills by getting them involved in different activities outside of the home.
- **Establish a routine:** Studies show that following a routine can help regulate mood and help ward off depression.
- **Practice positive health habits:** Sleep, nutrition, and exercise are so important. Be a model to your children and they will follow your lead. Everyone wins!
- **Talk it out:** Your willingness to talk and listen will help your child feel comfortable opening up to you with questions and concerns.
- **Have fun:** No matter how you do it, get involved and have fun with your child(ren). Not only do they recognize you care, but you can create memories that last a lifetime.

October Pawsitive Discussion

Elementary Pawsitive Discussion

This month, Mrs. Huff and Finn discussed bullying with grades K through 3. Students talked about Buster the Bully Dog and learned about the difference between being mean and being a bully, deciphering the difference in a scenario based activity. Mrs. Huff then talked with students about how this applies to them. Students covered ways to identify bullying, who they can talk with if they or someone they know are being bullied, and how to be an upstander, or someone who stands up for themselves and others, rather than a bystander.



High School Pawsitive Discussion

At this high school level, Mrs. Huff and our therapy pup met with students to discuss organization and executive functioning strategies. Students examined ways to organize information and materials for their school subjects, identify the importance of planning and scheduling study time, and how to create systems for organizing their work.



Group Counseling

Round 1 of groups are in full swing. Current groups include:

- Anger Management
- Self-Control
- Self-Esteem
- Feelings and Coping Skills
- & More!

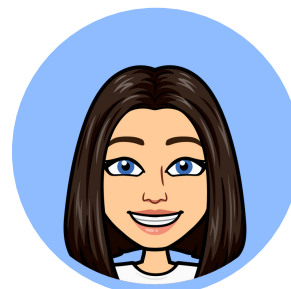
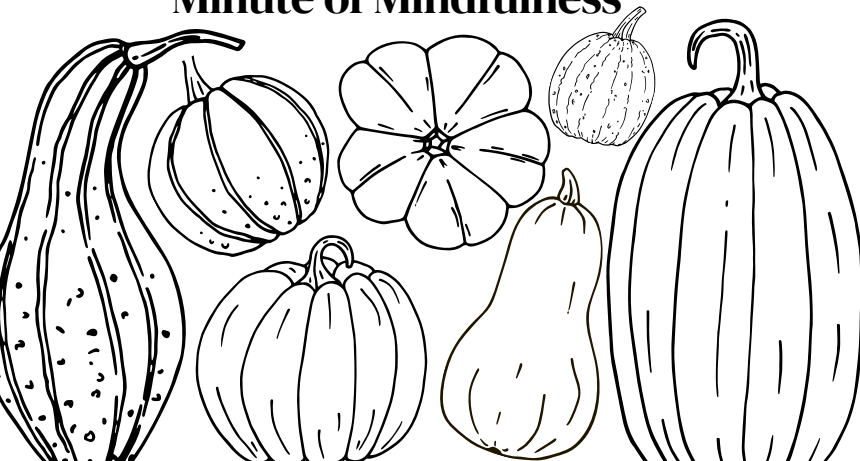


Individual Counseling

If your student is in need of direct service, please contact Mrs. Huff to further discuss individual session.



Minute of Mindfulness



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