

News From Your School Psychologist

Issue No. 12

Topic: Stress

November 2023

Don't Let Stress **RUFFLE** Your Feathers



Stress

Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. Get ahead of stress by understanding how your body deals with stress and how to manage it.

FACTS ABOUT STRESS



- It can affect anyone.
- A little stress is good for you.
- Stress is controlled by your nervous system.
- Stress affects everybody differently.
- Stress can keep you from sleeping at night.
- Stress can be acute or chronic.
- Stress can impact mental performance.
- Stress can cause headaches.
- Stress causes muscle aches and tiredness.
- Stress can be successfully managed.

WHAT TO DO



- Practice your coping skills.
- Talk to a trusted adult.
- Become more efficient in time management.
- Don't procrastinate.
- Use guided meditation.
- Good nutrition and good exercise are key!
- Take time to disconnect from social media and your devices.
- Breathe and remember to take everything one thing at a time!

WHO TO TALK TO

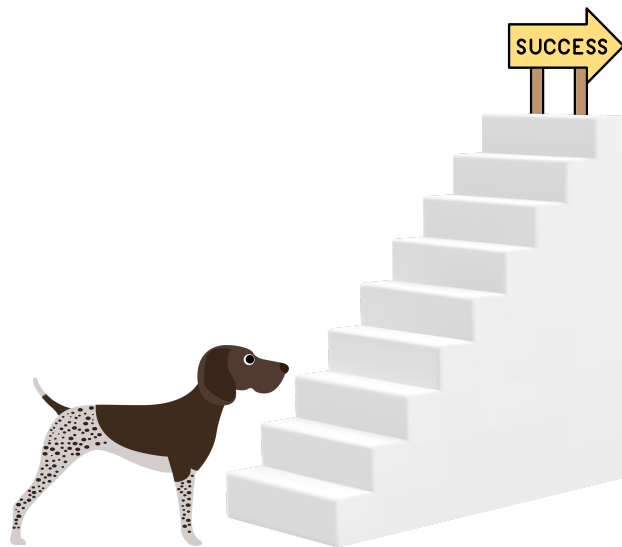


- Parents/Grandparents/Guardians
- Mrs. Huff or Mrs. Snyder
- Your counselor or therapist
- Your teachers or coaches
- Any other trusted adult

November Pawsitive Discussion

Middle School Pawsitive Discussion - Ruff Rebounders

This month, Mrs. Huff and Finn discussed the importance of resilience. Students learned what stops us from being resilient through examples of how Finn has faced adversity in his own training and goals. Students also learned how to become more resilient using the 3 C's; challenge, commitment, and control.



High School Pawsitive Discussion - Pawsome Personalities

At this high school level, Mrs. Huff and our therapy pup met with students to discuss how personality traits can help lead individuals to finding their spark, or future career. For example, a student who is very detail oriented and creative may find a career as a graphic designer to be a good fit.



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

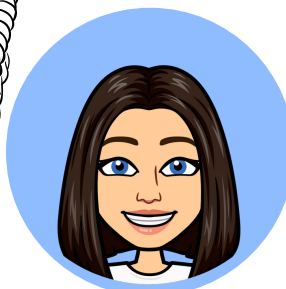
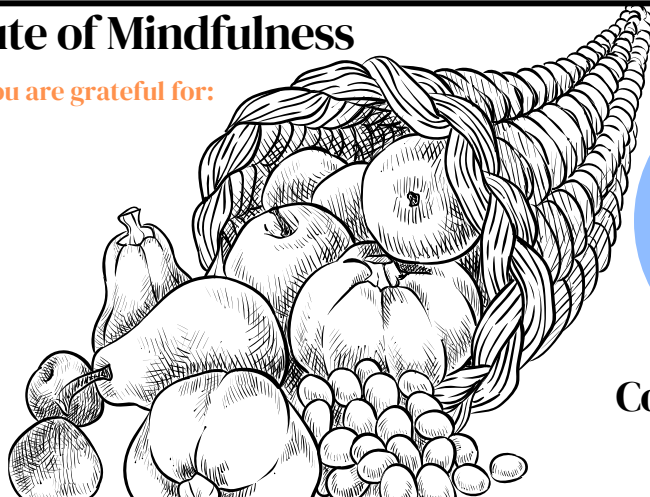
If your student is in need of direct service, please contact Mrs. Huff to further discuss individual session.



Minute of Mindfulness

Write three things you are grateful for:

- 1.
- 2.
- 3.



Contact Mrs. Huff
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