

Mercy High School
Counseling Department

GOOD NEWS

January 2021



A MONTHLY NEWSLETTER

January 2021

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WHAT IF THE ONLY THING ON YOUR TO-DO LIST TODAY WAS:

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<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input checked="" type="checkbox"/>	BE KIND TO YOURSELF
<input type="checkbox"/>	

@POSITIVELYPRESENT

Used with permission by Dani DiPirro @positivelypresent

TRUE

Self Care

(MORE THAN JUST BATH BOMBS)

In times like these, it is not difficult to unconsciously slack on taking care of oneself. Sure, there is total value in choosing to treat yourself with a pedicure or massage, although today, we are going to focus on a few more basic areas of crucial self care.

PHYSICAL SELF CARE

Our physical health can directly impact our mental health and vice-versa. So, neglecting one area can lead to issues in the other. Level One physical self care includes **getting adequate sleep, healthy hydration, regular/healthy eating, and personal hygiene**. If we are not successfully tending to any of these needs, this is where the self care journey must begin. Nailing all of the above? Level Two physical self care involves **daily physical activity (walking, exercise, play, stretching, etc.) and daily moments of (awake) rest**.

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SOCIAL SELF CARE

Depending on your family's personal safety plan right now, social self care may be a challenging area for many, at the moment. Level One social self care refers to **regular social connection to, or communication with others**. Often times, this requires planning ahead and making time to fulfill your social needs. Level Two social self care might include more meaningful, deeper relationships, establishing social boundaries, and having a support system in place for times in need.

EMOTIONAL SELF CARE

This area of self care is often the most neglected. Level One emotional self care would include practicing **healthy stress management and expressing our feelings**. Even when our plates are full of daily tasks and life stressors, making time and putting in effort toward managing stress in a healthy way is arguably one of the most important life skills we should continuously strive to master. Level Two emotional self care might involve acts of kindness, emotional maturity, journaling, or participating in therapy.

PERSONAL SELF CARE

Personal Self Care involves **identifying, accepting, and further developing our personal identity**. Level One personal self care could simply entail creating a list of all of the words, descriptors, and identifiers that accurately describe who we are, what we stand for, and where we come from. Level Two personal self care involves truly respecting and accurately representing oneself, out in the world. Honoring how we feel, what we enjoy doing, and what kind of life we want to live each day should be the ultimate personal self care goal.

Assess Your Self Care Success

Give each area of self care a rating from 1-10

*1=I put zero effort into and/or have no satisfaction
in this area of life*

*10= I am 100% dedicated to and/or fulfilled
in this life area*

Physical Self Care: ____

Social Self Care: ____

Emotional Self Care: ____

Personal Self Care: ____

Where is your lowest number?

That is the area where you should focus
on making improvements.

Not sure where to start?

Reach out to your Mercy Counselor for guidance!

NEED TO SMILE?

**Google:
"baby panda videos"**

**I promise, you will
not regret it!**

Action Items for Allies & Advocates

**IF YOU ARE SOMEONE STRIVING TO INCREASE YOUR "WOKENESS",
THE MERCY EQUITY GLOSSARY IS FOR YOU.**

HERE ARE A FEW ITEMS:

ALLY

Someone who makes the commitment and effort to recognize their privilege (based on gender, class, race, sexual identity, etc.) and work in solidarity with oppressed groups in the struggle for justice.

Allies understand that it is in their interest to end all forms of oppression, even those from which they may benefit in concrete ways. Allies commit to reducing their complicity or collusion in the oppression of those groups and invest in strengthening their knowledge and awareness of oppression.

ANTI-BLACK

Anti-BlackThe Council for Democratizing Education defines anti-Blackness as being a two-part formation that both voids Blackness of value, while systematically marginalizing Black people and their issues. The first form of anti-Blackness is overt racism. Beneath this anti-Black racism is the covert structural and systemic racism that categorically predetermines the socioeconomic status of Blacks in this country. The structure is held in place by anti-Black policies, institutions, and ideologies.

The second form of anti-Blackness is the unethical disregard for anti-Black institutions and policies. This disregard is the product of class, race, and/or gender privilege certain individuals experience due to anti-Black institutions and policies. This form of anti-Blackness is protected by the first form of overt racism.

ANTI-RACISM

Anti-Racism is defined as the work of actively opposing racism by advocating for changes in political, economic, and social life. Anti-racism tends to be an individualized approach and set up in opposition to individual racist behaviors and impacts.

BIGOTRY

Intolerant prejudice that glorifies one's group and denigrates members of other groups.

CULTURAL APPROPRIATION

Theft of cultural elements for one's use, commodification, or profit — including symbols, art, language, customs, etc. — often without understanding, acknowledgment, or respect for its value in the original culture. Results from the assumption of a dominant (i.e. white) culture's right to take other cultural elements.

DISCRIMINATION

The unequal treatment of members of various groups based on race, gender, social class, sexual orientation, physical ability, religion, and other categories.

[In the United States] the law makes it illegal to discriminate against someone based on race, color, religion, national origin, or sex. The law also makes it illegal to retaliate against a person because the person complained about discrimination, filed a charge of discrimination, or participated in an employment discrimination investigation or lawsuit. The law also requires that employers reasonably accommodate applicants' and employees' sincerely held religious practices, unless doing

IMPLICIT BIAS

Also known as unconscious or hidden bias, implicit biases are negative associations that people unknowingly hold. They are expressed automatically, without conscious awareness. Many studies have indicated that implicit biases affect individuals' attitudes and actions, thus creating real-world implications, even though individuals may not even be aware that those biases exist within themselves. Notably, implicit biases have been shown to trump individuals' stated commitments to equality and fairness, thereby producing behavior that diverges from the explicit attitudes that many people profess. The Implicit Association Test (IAT) is often used to measure implicit biases concerning race, gender, sexual orientation, age, religion, and other topics.



The Perry Virtual Experience is a free, 2.5-hour, interactive online experience for high school and college-aged women who are interested in pursuing careers in orthopaedic surgery and engineering. The Perry Virtual Experience is scheduled for February 2021.

Participants will hear from women leaders in these fields and dive into online orthopaedic simulations and biomechanics experiments. Additional information can be found at: perryinitiative.org/pve/

P2P page

A MONTHLY MENTAL HEALTH MEMO BY MERCY PEER 2 PEER LEADERSHIP

Happy New Year Mercy! While sorting through all of the “New year, new me” posts, there is one thing to remember: this year is what you make it. However easy it may be to look back at the past year and conclude that there was nothing we could have done to change its impact on our lives, it is important to look more closely at the mask wearing, lockdowns, and loss of loved ones. While no one could have changed all of these circumstances the world was suddenly subject to, we can all change the way we adapt to them.

During school I found myself stuck in a monotonous cycle of assignments and studying, and my life became centered around school. I was not focused on taking care of myself or the toll that online school was taking on my mental well being. However, over this Christmas

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break I rediscovered my love for painting and realized it is my ultimate stress reliever. Painting is a simple way that I can personally take back control of my day, no matter how stressful it may be. After I paint, a restart button has been pressed in my mind. By focusing my energy onto something creative, I can let go of the pent up angst regarding my work load. I like to imagine each brushstroke as a release of negative energy until I am able to return to my most centered state. My day, once again, seems to be teeming with possibilities and opportunities for productivity instead of an expansive obstacle course of tasks to be completed. Ten or twenty minutes of relief can provide for you throughout the whole day, while stress can decrease your productivity.

2021 is a fresh start for us all, even if the circumstances from the past year have carried over. We can all treat this new year as a symbol of hope in the sense that time is still moving forward and so is society. We can look at these 12 months ahead of us one day at a time and set goals to achieve so we are able to avoid that monotonous cycle and instead of regarding each day as a task to be completed, we can take breaks for ourselves and do the things that make us happy.

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What do you want to remember when you reflect on 2021 this December? I encourage you to make it more than watching Netflix in your room and edging through your online courses. Instead, take charge of yourself and your outlook on this new year to come. View it as a novel opportunity designed especially for you. Pursue experiences that make life exciting and engaging. Decide on one thing you can do each day that makes you happy, even if it's for a few minutes, and take care of yourself before you fall into a sea of stress or regress into a dark corner of your room to avoid all of your responsibilities. This year can be your year, but it's up to you to take control.



when you're in a DARK PLACE

@POSITIVELYPRESENT



LOOK FOR
INSPIRATION



SEEK OUT
ASSISTANCE



FIND A
CREATIVE OUTLET



PRACTICE
GRATITUDE



GIVE YOGA
A TRY



DO A
DIGITAL DETOX



LISTEN TO
RELATABLE SONGS



SHAKE UP
YOUR ROUTINE



KNOW IT WON'T
LAST FOREVER