

Good News

MARCH 2022



@POSITIVELYPRESENT

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March is Mercy Registration Month

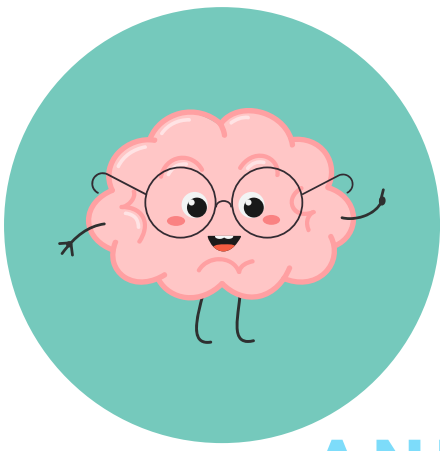
Each 9th, 10th, & 11th grade student will first enter their preliminary course choices into Powerschool.

(Directions were given at Class Meetings and can be found in the Counseling Schoology Courses as well)

Each 9th, 10th, & 11th grade student will then have an individual registration appointment with their assigned Counselor.

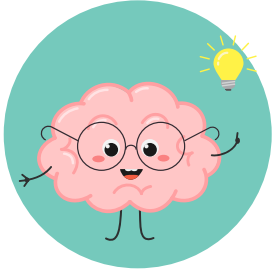
(Appointment day/times were emailed from Ms. Willis and can be found on Schoology as well)

Please note that during this time, Counselor availability will be impacted by Registration as we meet with each of our students individually.



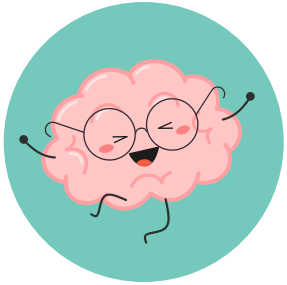
Happiness Brain Chemicals

AND HOW TO INCREASE THEM



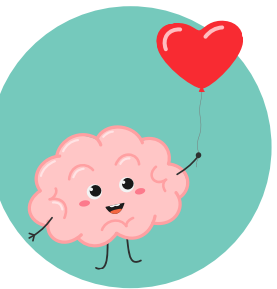
DOPAMINE—Feeling Rewarded

TRY SOMETHING NEW, LISTEN TO MUSIC, MAKE A TO-DO LIST AND COMPLETE IT



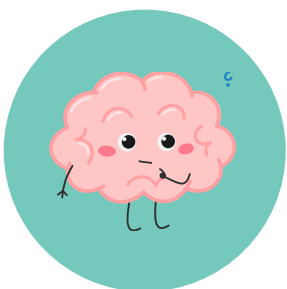
ENDORPHINS—Pain Relief

REGULAR EXERCISE, YOGA, MEDITATION, LAUGHTER, CREATING (ART, MUSIC, ETC.)



OXYTOCIN—Hormone of Love

MAKE NEW FRIENDS, SPEND TIME WITH OLD FRIENDS, DO SOMETHING KIND FOR SOMEONE, GET A MASSAGE, GIVE A HUG



SEROTONIN—Stabilize the Mood

SUNLIGHT, EXERCISE, MEDITATE, MENTAL HEALTH WALKS, HEALTHY FOODS

5 FACTS ABOUT

Eating Disorders

1

EATING DISORDERS HAVE THE SECOND HIGHEST MORTALITY RATE OF ANY MENTAL ILLNESS

2

GLOBALLY, 8.4% OF WOMEN AND 2.2% OF MEN EXPERIENCE AN EATING DISORDER AT SOME POINT IN THEIR LIFE

3

OF THOSE DIAGNOSED WITH AN EATING DISORDER, UP TO HALF HAVE MISUSED DRUGS OR ALCOHOL AT A RATE FIVE TIMES HIGHER THAN THE GENERAL POPULATION

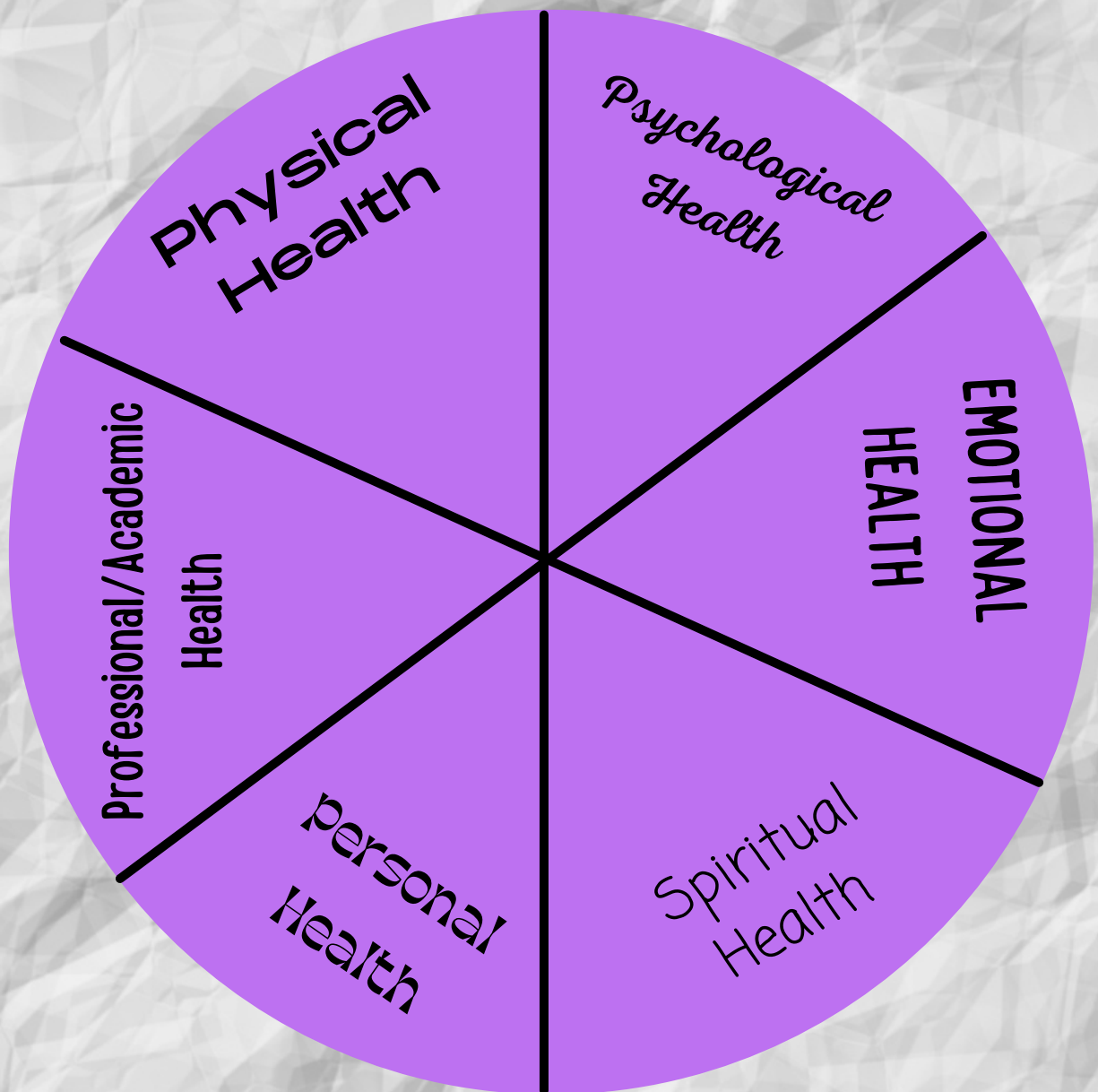
4

THOSE DIAGNOSED WITH ANOREXIA ARE FIFTY SIX TIMES MORE LIKELY TO DIE BY SUICIDE THAN PEOPLE WITHOUT AN EATING DISORDER

5

HELP FOR THOSE DIAGNOSED WITH AN EATING DISORDER IS REAL AND WITH PROFESSIONAL HELP, RECOVERY IS POSSIBLE

Enjoy a slice of the Balanced Life Pie



In trauma informed Counseling, we focus on these 6 areas of life and self-care, in order to strive toward a feeling of balance.

Turn the page to see which areas you may need to focus on.

Check out the elements of each area of self-care...

where can you improve?

Physical Health

Physical self-care refers to having safe housing, access to regular medical care services, eating healthy, exercising, getting enough sleep, getting quality sleep, taking breaks, having alone time, taking breaks from technology, & receiving nurture.

Self-care for our psychological health involves self-reflection, self-awareness, expressing our feelings, and asking for help when needed.

Here are a few ways to improve in this area: therapy, journaling, aromatherapy, creating (drawing, painting, crafting, etc.), going outdoors, sensory engagement, and listening to music.

Psychological Health

EMOTIONAL HEALTH

Taking care of ourselves emotionally means engaging in self-love and self-compassion. A few examples of tending to our emotional health include affirmations, crying when needed, trying a new hobby or practicing an old one, laughing, interacting with animals, having a vent session, or doing something kind for ourself or for someone else.

No matter how we identify regarding faith, religion, or spirituality, our spiritual health is important to striving toward a balanced life. Tending to ourselves spiritually may mean connecting with our community, prayer, service, outdoor activities, meditation, mentoring or being mentored, yoga, playing with children, or practicing forgiveness of ourself or others.

Spiritual Health

Continued on next page

Personal Health

You can care for your personal health by spending time exploring who you are and who you want to be, planning short and long term goals, putting effort into friendships and relationships, making a vision board, reading, listening to music, trying something new, or relaxing.

Self-care in the professional or academic area involves taking a lunch break, setting healthy boundaries, not taking on too much responsibility, asking for help or support when needed, taking a mental health day when needed, staying home when sick, and proactive time management.

Professional/Academic Health

Rate yourself from 1-10 in each self-care category below

(1=I do nothing in this area of self-care, 10=I've mastered this area of self-care)

Physical Health

Psychological Health

Emotional Health

Spiritual Health

Personal Health

Professional/Academic Health

Area of self-care with highest rating

Area of self-care with lowest rating

Spend more time on this area in order to strive toward balance!

COLLEGE CORNER

What is a Gap Year?

According to the Gap Year Association, this is when a student decides to participate in a year or semester of intentional, experiential learning as an alternative to immediate college attendance or starting a career, after high school graduation. A Gap Year is intended to help a high school grad deepen their personal awareness. **Want to learn more? Check out the info graphic below and/or head to Gapyearassociation.org**

TELL ME MORE ABOUT GAP YEARS

WHAT MOTIVATES STUDENTS TO TAKE A GAP YEAR?

Everyone embarks on a gap year with a unique set of goals, but frequently students are motivated by a desire to gain deeper self-understanding, expand their worldview, and recharge between traditional academic experiences.

WHAT SKILLS DO GAP STUDENTS DEVELOP?

Every student who takes a gap year will grow from their experiences, but relational skills (self-to-others, and self-to-self) and the vital skill of rekindling one's innate curiosity are most significant.

HOW DOES A GAP YEAR SHAPE STUDENT CAREERS?

Gap year graduates are overwhelmingly satisfied with their careers: having taken the time to match academic theories to real world situations, they are both prepared for the world of work and passionate about a career they've made an informed choice to pursue.

WHAT ARE THE INGREDIENTS OF AN IMPACTFUL GAP YEAR?

When students have a leadership role in gap year planning (with their family in support) they tend to flourish - but the best lessons come from providing multiple distinct experiences: choose your own adventure.

WHAT IS THE IMPACT OF A GAP YEAR?

Significant benefits to one's career and academic trajectories are of course common for gap year grads, but even moreso it's the increases of self-awareness (maturity not ego) and a recognition of humanity's interdependence that students count most valuable.

HOW IS A GAP YEAR STRUCTURED?

Gap year students do the best if they can find the right balance between independence ('natural consequences') and support - living away from home is incredibly beneficial for some of the time, but not without some structures to support learning and balance safety.

SIX GREAT OPTIONS FOR FINDING SCHOLARSHIPS

1 **Going Merry**
THE NEW, COOL KID

- \$20 billion database of scholarships and aid
- Lots of local scholarships
- Bundled scholarships - One application applies you to multiple opportunities!
- Apply directly on site, with auto-filled forms
- Filter, favorite, or ignore scholarships
- No advertisements
- iOS and Android apps

2 **Fastweb**
THE VETERAN

- Founded in 1995
- \$3 billion in scholarships
- Clean interface with basic filters & favoriting
- Internship and part-time job search
- Android and iOS apps

3 **Scholarships.com**
THE GIANT

- \$19 billion in scholarships
- Social comments section to get advice from peers
- Quick signup process
- Some advertisements (sponsored content)
- Android and iOS apps

4 **Chegg Scholarships**
THE ALL-ROUNDER

- \$1 billion in scholarships
- Clean interface with basic filters & favoriting
- Additional student tools to: Research colleges, Buy/sell textbooks, Find tutors

5 **College Board BigFuture**
THE PLANNER

- \$6 billion in scholarships
- College search and planning tools
- Many sweepstakes-style scholarships

6 **College website**
THE NEW "HOME"

Once you've gotten admitted and/or decided on a college, check out their financial aid page, which often has information on scholarships available to their students.

HEY YOU,

You've got this today, whatever it is.

YOU MATTER VERY MUCH.

YOU ARE SO LOVED.

You are worthy,
exactly as you are.

You are exactly where you are
supposed to be.

FEELING DOWN?

MAKE A LIST!

HERE ARE SOME PROMPTS FOR SOME SPIRIT-LIFTING LIST-MAKING

List the things you would change to make the world a better place

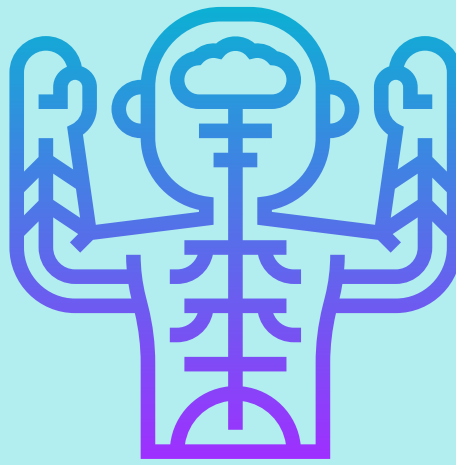
LIST THE THINGS / PEOPLE / PLACES
YOU CANNOT LIVE WITHOUT

List the things you loved about being a young child

List all of the places you would love to visit

LIST ALL OF THE SONGS YOU
KNOW BY HEART

List all of the things you would do
if fear no longer existed



Hey!
Learn
something
new!

THE VAGUS NERVE IS...

**...THE LONGEST
NERVE IN THE BODY**

**...A KEY PLAYER IN HUMAN
MIND-BODY
INTERACTION**

**...GOING TO RESPOND TO MESSAGES
FROM YOUR BRAIN ABOUT SAFETY
AND CONTRIBUTE TO YOUR BODIES
HOMEOSTASIS, OR FIGHT, FLIGHT,
FREEZE REACTIONS**

**...EASY TO STIMULATE IF
YOU NEED CALMING OR A
LIFT IN MOOD.**

**...HELPS YOUR ORGANS
RESPOND INSTANTLY TO
YOUR ENVIRONMENT**

**...STIMULATED BY:
LONG DEEP BREATHS, DIPPING
YOUR FACE IN ICE WATER,
HUMMING, OR GARGLING**

I AM A WORK-IN-
PROGRESS, NOT
A PROBLEM TO
BE SOLVED.

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