

Mental Health Moment

Presented by the Counseling Department

Building Trust

As we ring in a new school year, we cannot forget to what we are returning and where we have been over the last 18 months of our lives. We have overcome many challenges both personal and academically. Some of you have had more than your fair share of struggles and some have been absent from these school walls since March of 2020. Some of you may be stepping into high school for the first time although you may be sophomores! With this comes learning our school culture, forming connections, building trust, and finding your place in the school community. This all sounds well and good, but it might be difficult for some as maybe you have been socially distanced from peers for much of the last year and a half. For you, forming relationships and building trust with peers and adults may be hard. Throughout this edition of our Mental Health Moment, we will share ideas about what it means to build trust. We encourage you to recognize the emotions you might feel, explore them with a friend or trusted adult, document/journal through your emotions, and seek support from your Professional School Counselor if you find you need more assistance. We are here to support you and guide you through the transition to high school and your educational career. We wish you all a wonderful, and safe, school year!

Warmly,

The Counseling Team



When you make
a commitment,
you build hope.
When you keep it,
you build trust.

- Stephen M .R. Covey



DAILY INSPIRATIONAL QUOTES

True Belonging

True belonging is the spiritual practice of believing in and belonging to yourself so deeply that you can share your most authentic self with the world and find sacredness in both being a part of something and standing alone in the wilderness.

True belonging doesn't require you to change who you are; it requires you to be who you are.

Brené Brown

Scan the code to take
a copy:



Your *best* relationships are not built. They are *rebuilt*, and *rebuilt*, and *rebuilt* over time.

—Joe Takash

BE LEADERLY

healing

We don't heal in isolation but in connection

Connect

Connection

The energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.

Brené Brown

Building trust is life to a healthy relationship. When trust is low, anxiety is usually high. When anxiety rises, our priority in the encounter shifts to self-preservation by way trying to control each other.

#KYLO

HOW TO BUILD TRUST IN A RELATIONSHIP

- T** TRUTH
- R** RESPECT
- U** UNDERSTANDING
- S** SAFETY
- T** TRANSPARENCY
- I** INVEST TIME & EMOTIONS
- N** NICENESS
- G** GENUINENESS