

Mental Health Moment

Presented by the Counseling Department

WELCOME TO THE 2022-2023 SCHOOL YEAR!

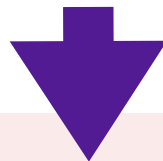
WOOOHOOO!!! We are back! Welcome to the start of our new school year. We hope everyone had a restful, peaceful, safe, and enjoyable summer break. Whether you're a returning student, or brand new to our campus, we welcome you! We are happy you are here! Our Mental Health Moment this month encourages healthy habits to start the new year and some words of encouragement. For the first time, we are trying an interactive prompt to encourage students to share their voice. Parents, please share the link with your child and help them complete it. It is 100% anonymous for many reasons, but we want to hear from your child. Results will be shared with our campus faculty to give them essential insight about their students. [Link here: https://forms.gle/brzGm7B1YwYvxoyQ7](https://forms.gle/brzGm7B1YwYvxoyQ7)

Thank you!

Your Counseling Team



REMEMBER!

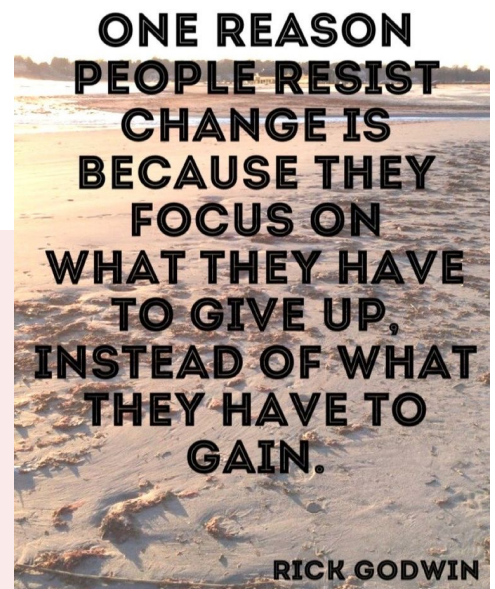


SCARED?

GOOD.

WE DON'T GROW
WHEN WE STAY
INSIDE OUR
COMFORT ZONE.

www.thatmumlife.com





Scan the code to take
a copy:



WHEN THE ANXIETY HITS:

Accomplish BIG Things With a
GROWTH MINDSET!

Success Begins With Believing You Can

| Instead of Thinking... | Think This... |
|----------------------------------|---|
| I can't do it. | I'm still learning. I'll keep trying! |
| I'm not good at this. | What can I learn to get better at this? |
| It's good enough. | Is this the best I can do? |
| It's too hard. | With more practice it will get easier! |
| I'm afraid of making a mistake. | Mistakes are how I learn & get better! |
| They are better at it than I am. | What can I learn from them? |
| I don't know how. | I can learn how! |
| I can't make this any better. | I can always find ways to improve! |
| I don't like challenges. | Challenges make me better! |
| I give up. | I'll try a different way! |

**YOU MATTER!****GET YOUR ZZZ'S!****SLEEP TIPS
for teens****Keep a schedule**

Going to bed and waking up at the same time everyday is key to getting quality sleep. Even on weekends!

**Have a pre-bed routine**

It doesn't need to be elaborate, but having a set of steps you follow before bed will train your mind that it's time to sleep. Try a relaxing shower or bath.

**Avoid caffeine**

Coffee and energy drinks are stimulants that can keep you awake. Use lunch time as your cut-off for food and drinks with caffeine.

**Prepare your sleep space**

Your bedroom should be cool, dark and quiet for the best sleep. Try a fan and/or thick curtains in your room. If there are noises you can't control, consider some ear plugs.

**Listen to hypnosis or meditation**

It can be hard to 'switch off' a racing mind at night. Try listening to a sleep hypnosis or guided meditation recording while you drift off to sleep at night.

**Ditch the tech**

This one might be hard to do, but avoiding technology for the hour before bed will definitely improve your sleep quality. This includes your phone!

www.thedeepsleepco.com/sleep-issues-in-teens

TIPS FOR SUCCESS:

leader
IN ME
7 HABITS



be
PROACTIVE

Find your voice...
discover your talents.

YOU are in
charge of YOU.

2 begin
with the
END IN MIND

3 put
first things
FIRST

Know what you want
before you do it.

Work first,
then play.

4 think
WIN-WIN

5 think first
to understand,
then to be
UNDERSTOOD

I win, you win,
everyone wins.

Listen first,
then talk.

6 SYNERGIZE

7 sharpen
the
SAW

Work together
to do better.

Take care of
YOURSELF.

**BELIEVE IN THE
POSSIBILITY OF
"WHAT IF"!**

Do more than just exist
this week. Do more than
just get by. Follow your
heart a little more.
Evoke a genuine smile from
your soul. Take care of you.
Make yourself happier. Be
good to your precious life.
Bless your dreams.
-S.C. Lourie

