

Mental Health Moment

Presented by the Counseling Department

Why is Counseling Important?

In honor of Counseling Awareness Month we will spend time discussing why counseling services are important and how it can help each person in their journey through life. No matter what your background is, what your life story is, or the mental health needs you might have, counseling services are appropriate for each and every person throughout life. Our approach as school counselors is to provide brief, effective solutions to the issues you're facing at the time. We want to help resolve the issue and get you back into class. As school counselors, we are trained to support you through life's challenges while you're in high school, but outside of the school day you may find counseling services are necessary.

In society we find there are stigmas about receiving services. Sometimes these stigmas exist because of family traditions and beliefs, cultural values, and even religious reasons. While we respect the history of each person, knowledge is power and sometimes knowing is enough to cause change.

Read on for insight about the power of counseling!

Your Counseling Team



Understanding Mental Health

Mental health refers to your social, emotional, and psychological well-being. While your mental health can be impacted by some things you can't control (e.g., family history, life experiences, genes, brain chemistry), you can control how well you look after your mental health.



Why take care of your mental health?

Mental health affects how you feel day to day. If you're feeling sad, angry, or anxious, it's hard to focus on your studies and enjoy what you're doing. Regular day-to-day life can be struggle.

Mental health affects your relationships. Your relationships with family, friends, and classmates are all impacted by how you feel. If you're dealing with sadness, anger, anxiety, or stress, building and maintaining quality relationships is very difficult.

Mental health affects your success. Whether it's success in school, your career, or achieving a goal you've set, you're more likely to succeed when you're in a good place mentally. When you're healthy and happy, you accomplish more.

You take care of your physical health by eating healthy, exercising, and going to the doctor. If you have the flu, you go to the doctor, rest, and get better. You don't pretend you don't have the flu. Treat your mental health the same way. Keep it healthy, and if you're having difficulties, get help.

Scan the code to take a copy:



Reasons To Go To Therapy

- You won't hear things like "it's gonna be okay, I know how you feel, you will get over it".
- You get an entire hour to talk about whatever you want guilt-free.
- Saying things out loud helps you understand them in a different way.
- A therapist helps you develop insight and coping skills.
- There is no competition in dialogue. A therapist won't talk about their problems and make those problems bigger than yours.

@NEDRATAWWAB

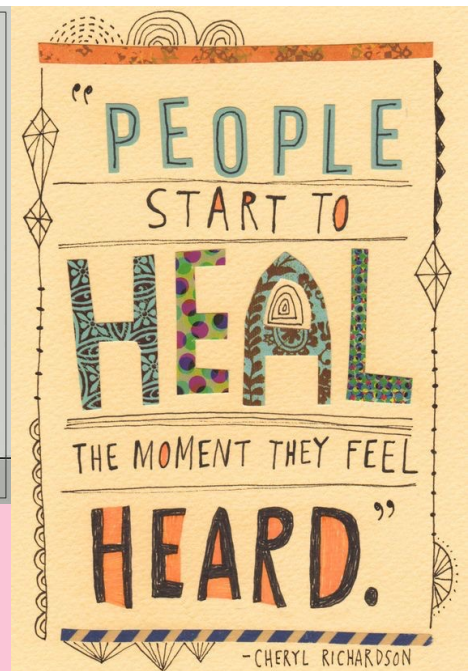
Beneath every behavior
there is a feeling.

And beneath each feeling
is a need.

And when we meet that need,
rather than focus on the behavior,
we begin to deal with the cause,
not the symptom.

- ASHLEIGH WARNER | ITheMindsJournal

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10 REASONS WHY YOU SHOULD GO TO COUNSELING

1. TALKING THERAPY IS EXTREMELY EFFECTIVE

Simply speaking to someone who has an unbiased opinion and doesn't know you is such a great help in itself.

3. YOU BECOME A LOT MORE IN CONTROL OF YOUR FEELINGS

During your counseling session, you will learn techniques in which you can control your feelings and change your behavioral patterns to avoid falling into bad routines with your health, physically and mentally.

5. THERE'S NOTHING TO BE ASHAMED OF BY GOING TO COUNSELING

You're not seen as weak by going to counseling.

7. THERE IS COUNSELING FOR EVERY ISSUE

Counseling isn't for specific people or problems, anyone can go to counseling no matter how big or small your problem, you will not be judged for seeking help from a counselor.

9. FIND A COUNSELOR THAT'S RIGHT FOR YOU

All counselors are different and have different approaches and if you try out counseling and don't feel completely comfortable with your counselor, you can change counselors and find one you're happy with so they can help you to become your best self.

2. COUNSELING IS A SAFE ENVIRONMENT TO SPEAK ABOUT ANYTHING

Everything you say in a counseling session is completely confidential between you and your therapist, providing it won't cause harm to yourself or others.

4. YOU LEARN THAT IT'S OK TO TALK ABOUT THINGS

A lot of us find ourselves too proud to open up about problems we're facing and actually admit that we need help.

6. IT HELPS YOU COPE WITH LIFE A LOT BETTER

Counseling will give you a new outlook on life and help you deal with your problems so much better.

8. IT'S EXTREMELY IMPORTANT TO LOOK AFTER YOURSELF

Self-care should be a priority in everyone's lives and we often put everyone before ourselves and let our mental health go unseen to.

10. THE HARDEST PART IS MAKING THE CALL, IT ALL GETS BETTER FROM THERE

Picking up the phone and ringing a counseling service, contacting a counselor online or making an appointment with your doctor to get referred to counseling is usually the hardest part for most people.

NORMALIZE
GOING TO
THERAPY
THE SAME
WAY WE
NORMALIZE
GOING TO
THE GYM

@sticcarppopstic



My therapist taught me to interrupt my anxious thinking with thoughts like:

"What if things work out?" and
"What if all my hard work pays off?"

So, I'm passing that onto you wherever you are,
whatever you're leaving,
or whomever you're becoming.

- SINCLAIR P. CEASAR III | ITheMindsJournal

THE MINDS JOURNAL

We Don't Have
to Do It Alone.
We Were Never
Meant to

BRENÉ BROWN

LETTERED BY KENSIE KATE

HAPPY BRAIN CHEMICALS: HOW TO HACK THEM

DOPAMINE

THE REWARD CHEMICAL

- Try something new
- Listen to music
- Make a small list of tasks and complete them

SEROTONIN

THE MOOD STABILIZER

- Get some sunlight
- Exercise
- Meditate
- A healthy diet

OXYTOCIN

THE LOVE HORMONE

- Get or give a massage
- Spend time with friends
- Show affection
- Do something nice for someone

ENDORPHINS

THE PAIN RELIEVER

- Regular exercise
- Yoga and meditation
- Create music or art
- Laughter

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Advocating For Yourself Looks Like:

- Setting healthy boundaries
- Making space for your feelings
- Honor your purpose and calling
- Asking for help when you need it
- Develop self-love and self-care practices
- Allowing yourself to express your emotions
- Going to therapy, seeking mentorship, or coaching

- NAKCIA HOMER | ITheMindsJournal



SOURCE:
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