

Week of May 11th, 2020

School Counselor Connection Newsletter

Loma Verde Elementary School

Greetings Loma Verde Family,

This is your School Counselor, Mr. Arias. I hope you are feeling safe and healthy! In observance of **Mental Health Awareness Month**, I am providing some practical tips on **managing anxiety and stress**. These strategies work both for kids and adults. I recommend you try what fits your needs! I also provided a **Self-Care Menu** for ideas on keeping balance on a daily basis. I hope some of these help!

Remember to reach out for support from trusted loved ones, your child's teacher, or other professionals. I am available as well through e-mail and highly recommend contacting the **Family Resource Centers** at the numbers listed below for a variety of resources.

Best regards,
Diego Arias, M.S., PPS

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Quote of the Week: "Today you are you, that is truer than true. There is no one alive who is youer than you." – Dr. Seuss

Try these coping strategies!

6 Stress-Busting Strategies for Kids!

- Supportive Relationships
- Mental Health Care
- Balanced Nutrition
- Mindfulness Practice
- Physical Activity
- Quality Sleep

*See the full document at:
https://img1.wsimg.com/blobby/go/6365f4da-115a-4d63-a7fa-96cf31874f55/downloads/caregivers_and_kids_california_surgeon_general.pdf?ver=1587511385944



5 WAYS TO HELP A CHILD MANAGE ANXIETY



Thought Clouds

Close your eyes and imagine you are laying down in a warm sunny place that has a sky full of fluffy clouds. Think of your worry and watch it float to a cloud then take a deep breath and blow the cloud away. The cloud carries the worry with it.



Create a worry box

Use an old shoe or postage box and decorate it with drawing, collage, and other craft items. Each time you have a worry write it down and place it in the worry box. Once it is in the box you let the worry stay there until it is time to open it again with a trusted adult to talk about it.



5 Finger Breathing

Put your hand straight out like you are giving someone a high five. Use your pointer finger on the opposite hand and place it at the bottom of your thumb. As you breathe in move your finger to the top of the thumb and as you breathe out move your finger to the bottom. Do this for each finger until you reach the bottom of your pinky.



Belly Breathing

Take a slow deep breath in and fill up your belly like a balloon. Breathe out slowly like you are blowing out your birthday cake candles. If you place your hand on your belly you will feel it move up and down with your breathing.



Ground Your Senses

Take a deep breath and name

5 things you can see.
3 things you can touch

4 things you can hear
2 things you can smell

SELF-CARE MENU

- take a few deep breaths 5 MINS
- stretch your body 5 MINS
- listen to your favourite song 5 MINS
- meditate on your purpose 15 MINS
- read a chapter of a book 15 MINS
- journal out your thoughts 15 MINS
- take a walk outside 30 MINS
- get crafty 30 MINS
- cook a new recipe 30 MINS

Community Resources

- Family Resource Centers: Hours 9:00am-3:00pm (please call over the phone)

Open Door at Palomar High School – (619) 407-4840
 Beacon at Vista Square Elementary – (619) 422-9208