

WELLNESS WEDNESDAY

Beaver Local School District

As we return to school, whether in person, or virtually it is important to support the emotional needs of ourselves and each other. Emotional reactions such as grief, fear, anxiety, depression, and anger are all normal. In this issue, we have included resources and strategies to help you understand and manage emotions. An effective strategy to reduce stress and help regulate emotions is to practice Mindfulness. To begin, it is critical to know your own emotional triggers and to track what pushes your buttons. Pay attention to your body, and become aware when you start to feel stressed. Journal your feelings and come up with coping strategies to use when you notice you triggers. Some techniques can include: counting to 10 before responding, letting go of trying to over-control, recognize the another's pain may drive them to show difficult behavior that we should not take personally, use kind humor, and do some yoga or stretching. Practice healthy habits such as good nutrition, exercising, and getting enough sleep. Take time to love yourself, and give yourself grace! We are **#inthistgether**

"It is possible to prepare for the future without knowing what it will be. The primary way to prepare for the unknown is to attend to the quality of our relationships, to how well we know and trust one another." - Margaret Wheatley

Digital Read Alouds



Back To School Anxiety: 8 Tips For How To Cope

[Link to Website](#)

1. **Make A To-Do List**
 - By writing things down will reassure you won't forget.
2. **Share Your Biggest Fear With A Friend**
 - Speaking your fear aloud removes power and you can start focusing on the good.
3. **Distract Yourself**
 - Start a new project, go out with friends, or read a book.
4. **Exercise**
 - Releasing hormones helps drop anxiety and return to a state of calm.
5. **Meditate**
 - Take time to quiet your mind, and tune out whats around you.
6. **Limit Caffeine Intake**
 - Caffeine is a stimulant, which often makes anxiety worse.
7. **Repeat A Mantra**
 - A phrase that brings feelings of peace "I've got this!"
8. **Focus On The Now**
 - Shifting negative thoughts will relieve anxiety and you can move forward.

From Your School Psychologists



WELCOME BACK BEAVER LOCAL! We are so excited to be working with learners near and far. Feel free to reach out to us with any questions or if you need additional resources.

Ashley Carson:
ashley.carson@beaverlocal.org
Kara Kovach:
kara.kovach@beaverlocal.org

25 Fun Mindfulness Activities for Children & Teens



Additional Resources

- [Free Resources to Help Anxious Children](#)
- [Mental Health Activities For High School Students](#)
- [Supporting Vulnerable Students in Stressful Times: Tips for Parents](#)
- [How to Help Anxious Kids in Social Situations](#)

RELAX WITH MINDFUL COLOURING

IF YOU'RE FEELING WORRIED OR STRESSED, COLOURING CAN REALLY HELP YOU TO...



COVID CareLine:
1-800-720-9616 to connect to behavioral health professionals

CrisisText Line: Text **HOME** to **741741** for free 24/7 support.