
SCHOOL COUNSELING NEWSLETTER

WEEK OF 5/11/20

ACADEMIC

FINISH THE YEAR STRONG!

- Check Google Classroom and ProgressBook
- Ask for help!
- Work on your assignments to the best of your ability
- Complete and turn in all your assignments
- Once you turn in your last assignment, celebrate!

YOU GOT THIS!

**Last week of
school!
Make it count!**

CAREER

Oh, the places you'll go...



Learn more about yourself

- Do something you've never done before
- Read a book
- Do something that challenges you
- Learn something new
- Listen to a Podcast

WHAT YOU EXPERIENCE WILL HELP SHAPE YOUR FUTURE

YOU WILL ALWAYS BE A CELINA BULLDOG!

SOCIAL/EMOTIONAL

Mental Health Awareness Month

30 Day Challenge!

Day 1: What's one thing you can change in your day to improve your mental health?	Day 2: Create an emergency music playlist for when you need some love and comfort	Day 3: What do you struggle with & how can you get more support?	Day 4: What are your top 3 intentions for the day? How can you meet them?	Day 5: Try a guided meditation
Day 6: Work on coping skills you have neglected.	Day 7: Practice mindfulness today. Focus on the here and now	Day 8: How do you make things harder for yourself? How can you change this?	Day 9: Practice self-care. Pamper yourself today.	Day 10: How have your mental health struggles made you stronger?
Day 11: Focus on resting and relaxing today. It's okay to stop and recharge.	Day 12: Practice self-compassion. Show yourself some love.	Day 13: If your inbox is crazy full and makes you anxious - go on an unsubscribe spree.	Day 14: Create a sacred space for yourself.	Day 15: Take a social media break and focus on the life around you.
Day 16: Do a yoga routine specifically for anxiety or depression.	Day 17: What lessons have you learned from your mental health struggles?	Day 18: Research a new coping technique and try it out!	Day 19: Check in with how you're feeling today and then act accordingly.	Day 20: Start repairing a relationship that's been distanced by your lack of energy.
Day 21: Journal - write down your thoughts and feelings.	Day 22: Ask for help! What are your current needs & are they being met?	Day 23: Plan a date with yourself. Do what you enjoy or try something new!	Day 24: Read something that will help your mental health	Day 25: Choose an affirmation for the day & repeat it to yourself.
Day 26: Spend time outside.	Day 27: Make a plan for something hard that you have been putting off.	Day 28: Focus on your self-care routine. How can you make it more nourishing?	Day 29: Check out apps that might help with focus, time management or calmness.	Day 30: Write a letter to your mental health