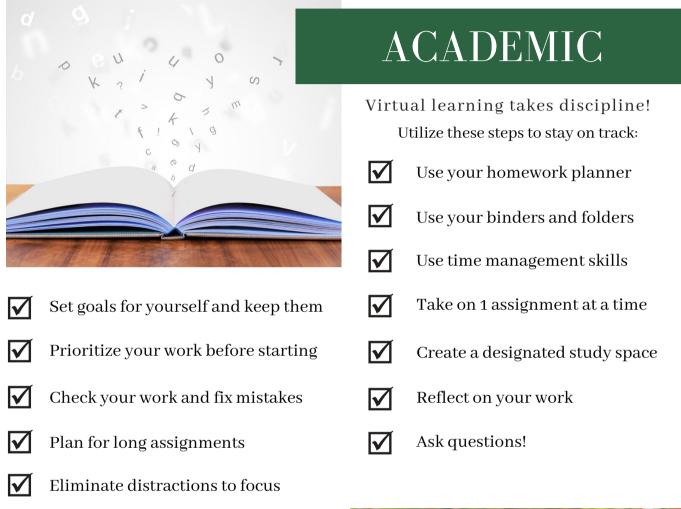
SCHOOL COUNSELING NEWSLETTER

Week of 3/30/20



CAREER

Take some time to get to know yourself



What am I good at?



- What interests me?
- What skills do I possess that might help me earn a living?
- How can I turn my interests and skills into a rewarding and engaging career path for myself?



One way to explore these questions is through the Myers & Briggs test



SOCIAL/EMOTIONAL

In between studying and completing homework, take time for yourself:



Take a few deep breaths 5 mins



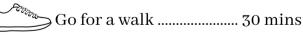
Stretch your body 5 mins



Listen to your favorite song .. 5 mins



Meditate on purpose 15 mins





Read a chapter of a book .. 15 mins



Journal your thoughts 15 mins

Get crafty 30 mins

