



# March

## Counseling Newsletter



Our theme for the month of March is, *promoting mental health awareness*. The goal is to teach our students that learning about our own well-being is not only important but fun. Each year, millions of people in America struggle with mental illness. As counselors, we work to fight stigmas, provide support, educate the public and advocate for policies that support people with mental illness and their families. While managing our mental health can be a daily task for many, we can find comfort in knowing that we are not in this fight alone.

When we have open discussions about our mental health, we find comfort in knowing others around us struggle with managing stress, anxiety, and depression. We also open ourselves up to have dialogues that provide coping mechanisms and solutions. Through our own actions and choices we make each day, we can work to better our own mental as well as our physical state of being.

Knowing that we have control over our own mental health gives us back the power. It lets us know we do not have to give in to our emotions but rather, we have a say in how our day goes!

### Activity of the Month

#### *Mindfulness Week (All grade levels)*

Instead of our usual monthly classroom visits, I will be dedicating the entire week we return from spring break to educating and promoting our mental health. Each day will focus on a different mental health topic and include a hands-on activity. All grade levels will get an opportunity to participate. The activities are as follows...

**Guided Meditation-** Utilizing the *Hallow* app, students will be lead through a 15-minute faith-based meditation.

**Smoothie Surprise-** A proper diet greatly contributes not only to how we feel physically but mentally. Students will be given a smoothie, a nutritious and delicious snack to enjoy at lunch.

**Pet Therapy-** Emotional support animals and pet therapy provide a strong sense of comfort when working to overcome anxiety. Mini Moo Petting Zoo will be brought to campus to give students a chance to interact with animals and relieve stress from their day.

**Art Therapy-** Working with our hands, aids in keeping our mind busy and relieves stress. I will be partnering with Ms. Grun and providing outdoor art lesson using sidewalk chalk.



### What can be done at home?

Have open dialogues with your students about the importance of mental health. Encourage nightly activities that will reduce stress and promote their well-being.

- Get outside. Go on nightly walks, play in the yard, and exercise.
- Cook with your student. Show them the fun in making your own meals that are nutritious and delicious
- Encourage talk or play therapy that will allow your student to express their emotions.
- Pray, breathe, or mediate with your child before going to bed each night.

### Contact me!

If you have questions about any of the information you read or concerns regarding your student, please contact me at [dabrosca@seseton.org](mailto:dabrosca@seseton.org) or calling 239-455-2262