



# March



## Counseling Newsletter

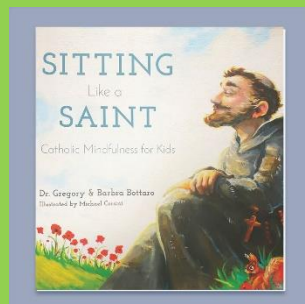
Our counseling theme for the month of March is *practicing Mindfulness* and understanding how it connects to our *Catholic faith*. Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. While mindfulness is something we all naturally possess, it's more readily available to us when we practice on a daily basis. Whenever you bring awareness to what you're directly experiencing via your senses, or to your state of mind via your thoughts and emotions, you're being mindful.

Mindfulness may help practitioners self-regulate—which helps them provide the supportive, nurturing co-regulation that children need in order to develop a strong foundation of social-emotional skills. Mindfulness can be extremely helpful for students that have been diagnosed with ADHD, anxiety, depression, or autism.

### Activity of the Month

#### *Catholic Mindfulness*

**All Grades-** As a school community, we will read *Sitting Like a Saint* by Barbra Bottaro and Dr. Gregory Bottaro. Ms. D'Abrosca will go class to class throughout the month sharing this story with students. This book was written to help you introduce your children to some of the great saints of our faith. In addition it can be used to help you and your children grow in the peace beyond all understanding that comes from being loved by a Father who takes care of us. Mindfulness may seem like a new concept, but as it is presented in this Catholic context, it is something that has been practiced since Jesus commanded us to "not be anxious" about our lives. These exercises are an effective way of teaching our children, through the bodies God gave us, how to accept our feelings without criticizing ourselves for having them, and at the same time how to control our expression of them.



### What can be done at home?

There are countless ways you can practice mindfulness at home. Stop, take 5 minutes, and try the following practices...

- Pray. Before dinner, bed, in times of stress. It is the best form of meditation.
- Practice deep breathing
- Use the Hallow app and listen to the daily Gospels.
- Talk about the Saints and the ways they can influence our daily practices.

### 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