



Counselor's Corner

Coping Skills For The Busiest Time of the Year

The holiday season is considered to be the best time of the year for those of us that celebrate. However, it also comes with lots of stressors and pressures: financial strains, event overload, family demands, time constraints, reminders of grief and loss. It can become overwhelming. Just like adults, children also experience a lot of stress during this time of the year. The difference is, children don't have a lot of experience handling these situations, so they may not have the coping skills needed to navigate the ups and downs of the holiday season. There are a variety of coping strategies that can be beneficial during this time, and honestly, all year long. Coping strategies are anything that we can do in the moment of a stressful situation to help us regulate our emotions, in order to feel better (deep breathing, journaling, napping, stretching, walking, taking a quick brain break, taking a warm bath... the possibilities are endless). It is really powerful when parents and guardians can make self-care a priority. Modeling self-care for our children sets them up to be healthy adults. Plus, it's important to remember that we can't take care of others unless we take care of ourselves first. So, do something kind for yourself today.



Middle School Character Education

Last year during middle school character ed., Mrs. Hardy shared the tragic story of her daughter's passing after an incident with Fentanyl. This month she was able to share her story with 6th graders, while 7th and 8th graders continued learning about the dangers of illegal substance use. It's never too early to start a conversation with your child about the dangers of substance use. Below are two great resources that are available to help parents and guardians start those difficult conversations.

[Song for Charlie - Holiday Huddle](#)

[Connect Effect](#)



Continue the conversation about healthy ways to use social media.

Seven Social Media "Sins"

1. Constantly counting likes
2. Ignoring impact on mood
3. Comparing yourself to others
4. Engaging in conflict
5. Airbrushing your life
6. Neglecting obligations
7. Using social media addictively

Six Tips for Healthy Social Media

1. Be aware of the content you are being exposed to.
2. Know how to keep yourself safe
3. Know when it's time to take a break
4. Follow people and things you enjoy
5. Engage with others instead of comparing yourself to others.

Resources

[Sims Fayola Foundation](#): A mentorship program for boys. Learn more about the program [here](#).

[We don't Waste Food Program](#)- Food resource regardless of income

[Mental Health Resources](#)

[Mental Fitness Resources](#)

Family Fun

[14 Colorado Activities to do over Winter Break](#)

[40 Things Kids Can Do During Winter Break](#)

[Festive Activities](#)

[Winter Break Bucket List](#)

[9 Holiday Activities](#)

