



Coffee With the Counselor

Sancheen Collins, M.Ed.



Meet the School Counselor

M.Ed., Counseling
Psychology emphasis
in School Counseling

Worked in both
schools and treatment
facilities

3rd year at Wolfle

Provide school-wide
support, small group
and individual support

Big Focus on Social
Emotional Learning
(SEL)

Both in remote
learning and when we
return in building

Overview

1

Brief description of what self-care is and why its important.

2

Types of self-care activities and times.

3

Ideas on ways to unplug.

4

Reminders for difficult days.

What exactly is Self-Care?

Any activity that we do deliberately in order to take care of our mental, emotional, social and physical health.

In other words, knowing who you are and your limits.

Recognizing when you are doing more than you are used to and trying to figure out helpful ways to cope.

Why does Self- Care Matter?

- According to research, self-care and self-compassion lead to increased:



Happiness



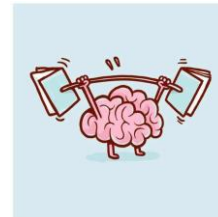
Optimism



Physical
Health



Energy



Mental
Health



Curiosity &
Exploration



Ability to
Care for
Others

Types of Self-Care



Physical

- Exercise
- Getting enough Sleep
- Healthy foods
- Drinking enough Water
- Deep Breathing
- Upkeep of personal hygiene
- Going to the doctor and dentist



Mental

- Making a plan
- Learn a new skill
- Read a book
- Make a piece of art
- Try a new recipe
- Decorate or rearrange your room
- Do something that you have been putting off

Types of Self-Care



Emotional

- Write down your feelings
- Talk to someone about how you feel
- Make a list of things that you are proud of
- Put up positive quotes or post-its in helpful spots



Social

- Spend time with friends and family
- Call someone you haven't talked to
- Say no to something unhealthy
- Set and protect healthy boundaries
- Be honest with the people around you

There is Always Time For Self-Care

5 minutes

- Drink water
- Stretch
- Send a quick text or email to a friend
- Take a deep breathe

20 minutes

- Eat something healthy
- Go on a short walk
- Take a shower or bath
- Organize a small space

There is Always Time for Self-Care

An hour

- Take a power nap
- Watch a show
- Catch up on chores
- Exercise

More than Hour

- Log off social media for the day
- Watch a movie
- Get takeout and meet a friend
- Learn something new and random
- Take a drive somewhere and turn up the radio



Helpful Ways to Unplug

Delete	Delete addicting apps from your phone
Set	Set time limits for certain apps
Go	Go outside without your phone
Don't use	Don't use TV to fall asleep
Leave	Leave your phone away from your bed
Keep	Keep your phone out of reach when you're with others

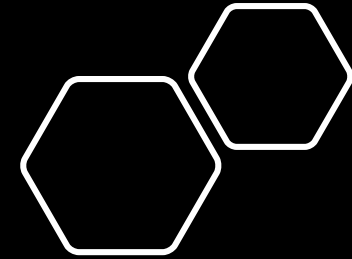
What am I Feeling?

- Have I...
- Had enough water? Talked with someone? Taken deep breaths? Made a plan? Had time to myself? Had enough sleep? Done something creative? Moved my body? Gone outside? Asked for help?



REMINDERS FOR HARD DAYS

1. A bad day does not equal a bad life. *You are not this struggle.*
2. Not all thoughts are true. *Phew.*
3. Feelings are not facts. *But all your feelings are valid, real, and allowed.*
4. The only way out is through. *DARN IT.*
- 5. Your worth is not contingent on circumstances. *You are LOVABLE and ENOUGH always.*
6. Nothing stays the same. *Life guarantees this.*
7. You can't be everything to everyone. *But you can be true to yourself.*
8. Be gentle with yourself. And trust your inner voice, strength, resilience, and strength. *And be vulnerable.*
9. You're not alone. It's okay to ask for help. ^
10. Focus on the things you can control. *Let go of the rest.* *This is easier said than done.*



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- Next Month: Tips to help kids with Anxiety

