

When things don't quite go as planned....

The last couple of months have been anything but normal. The number of ways in which our lives have changed are countless and different for everyone. But one common theme that is the same for everyone is that life has changed. Whether you are a senior who has missed the last moments of your senior year, someone who has lost their job, started homeschooling, or is now alone, we know it can be hard.

Things to remember when times are tough:

- *Happiness is a result of your approach to life, not what happens to you.
- *What you care about most and what you can let go of.
- *You ultimately choose how you react.
- *Your resilience in other tough situations, can help you now.
- *Bad times don't define you, your approach does.
- *Worry, anger, complaining, or denial won't change the situation.
- *Those that are in your corner when things are the toughest.

Basic Framework for Self-care:

- ▶ Physical - eat well, exercise, get enough sleep, get medical care.
- ▶ Psychological - reflect, journal, engage in leisure activities, let others help you, music.
- ▶ Emotional - have pleasant thoughts about yourself, engage in laughter/play, express emotions in appropriate ways, call a friend.
- ▶ Spiritual - pray, meditate, read.
- ▶ Find Balance - among school, family, relationships, play, and rest.

Balanced Wellness Wheel



WHEN LIFE GIVES YOU A HUNDRED REASONS TO BREAK DOWN AND CRY, SHOW LIFE THAT YOU HAVE A MILLION REASONS TO SMILE AND LAUGH. STAY STRONG.



Take This Cup

Take this cup,
I've filled it up,
With love and joy and
laughter.
Now it's empty,
Fill it up.
Repeat, Forever after.
First, so full,
I'm giving all my love
and joy in living
Then near empty,
Tired of living,
And I'm the one who
needs the giving.
This cup, this cup,
This cup of life,
It's always overflowing;
We give and get
And get and give,
Life's balance keeps on
going.
Take this cup,
I've filled it up,
With love and joy and
laughter.
Now it's empty,
Fill it up.
Repeat.

Just Breath....

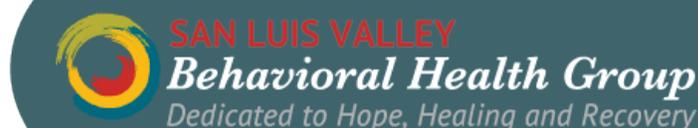
Your week started out fine but now one little thing after another seems to be plaguing our lives. Major life events and catastrophic disasters have the potential to wreak havoc and cause significant stress, a fact that everyone recognizes. There are simple coping strategies that everyone can practice to reduce their stresses. There's no one best way to cope, but there are things each person can do to help themselves deal with a bad situation, the situation is changeable or not. Most important coping skill of all, is to remember to breathe. Take time to breathe. Things going wrong can make you feel angry, sad, frustrated, or even guilty. Figure out which emotion you're experiencing. It's only when you know what your emotion is that you can cope with that emotion.

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