

# COUNSELOR CORNER

*A newsletter for Painted Hills Middle School Families*



## September

- Students will have an opportunity to participate in mind health lessons in google classroom.
- Students will have an opportunity to join a social emotional counseling group.

## Mental Health Wellness


According to **EachMindMatters.org**, half of us will deal with some type of mental health challenge over the course of our lifetime. Fortunately, there are free resources available for parents and students who are experiencing extreme stress, anxiety, or even depression. At PSUSD, students and parents can sign-up for mental health services by calling (760) 416-1360. After an assessment is completed, one of our mental health specialists can guide you through the range of services.

## Self-Care Tips for Parents:

How much time do you have?

 **5 minutes**

Try a breathing exercise: Inhale for 5 counts, hold for 5, exhale for 5, hold for 5, repeat.

Dance or sing to a favorite song. 

Change position: stretch your arms, legs, and back.


Take a quick walk outside.

Water your plants or garden.

 **15 minutes**

Organize a small space in your home.


Play with your kids. Do something simple like color or draw with them.

Take a power nap. 

Call a friend or family member to catch up and check in.

Take a bath or shower.

 **30 minutes**

Download a mindfulness app. There are many free apps available online. 

Play a game, work on a puzzle, or try a new online game.

Join a parent support group on [parentsanonymous.org](http://parentsanonymous.org).

Go for a jog, do tai chi, or any physical activity that makes you happy.

Pain Isn't Always Obvious

**KNOW THE SIGNS**

Suicide Is Preventable

[SuicideIsPreventable.org](http://SuicideIsPreventable.org)

**NATIONAL SUICIDE PREVENTION LIFELINE**

1-800-273-TALK (8255)

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)