

Counselors' Corner



Managing Your Mental Health During the Holidays

The holidays bring forth a wide range of emotions for many people. At best, it is a joyous time to celebrate with friends and family- even if it must be at a distance this year. However, if you experience holiday- related depression, grief, stress, or anxiety, you are not alone. See below for tips on practicing self-care during the holiday season. For more resources, check out the Mental Health First Aid website [here](#).

Build Your Self-Care Snowman

Have a happy, healthy holiday season with these quick self-care tips.

Don't freeze people out
Spend time with people who love and support you.

Chill out.
Avoid overbooking yourself and don't feel guilty about making time for self-care.

Break out the ice skates.
Take time to exercise, even if it's just taking a spin around the rink!

Get cozy.
Sleep is important -- make sure you're getting enough of it. (But don't hibernate!)

Moderate the merriment.
Eat sugary foods in moderation, drink plenty of water, and take breaks when you are tired.

BE THE #1 TO MAKE A DIFFERENCE
WWW.MENTALHEALTHFIRSTAID.ORG

KEEPING UP WITH THE COUNSELING OFFICE

The end of the first semester of the 2020-2021 school year is upon us! Be sure to keep up your grades and attendance for a strong finish.

Need to activate your parent/student portal? Click [here](#) for instructions or call (361) 903-6785 for assistance.

Struggling with a class? Stressing about exams? Worried about credits? Your counselor can help.

Click [here](#) to check in with your school counselor, call (361) 903-6785, or stop by our office.

December 5th TSI has been rescheduled for the 12th. Sign up in the counseling office or call (361) 903-6785 for assistance.

"Practicing gratitude cultivates joy and positivity, key feelings that lay a foundation from which to create an empowered life. Focusing on what we appreciate is also a healthy coping skill for when times feel overwhelming and get tough." -Education Service Center Region 2 FACES

GRATITUDE PROMPTS



1. A **strength** of mine for which I am grateful is...
2. Something **money can't buy** that I'm grateful for is...
3. Something that **comforts me** that I'm grateful for is...
4. Something that's **funny** for which I'm grateful for is...
5. Something **in nature** that I'm grateful for is...
6. **A memory** I'm grateful for is....
7. Something that **changes** that I'm grateful for is....
8. A **challenge** I'm grateful for is....
9. Something **interesting** that I'm grateful for is...
10. Something **beautiful** I'm grateful for is...

Research has shown that keeping a gratitude journal can improve levels of optimism and happiness. Use the Gratitude Prompts (left) to help you get started. For more info, visit the Harvard Health website [here](#).

If you or someone you know is struggling with depression or another mental health condition, reach out for help. Talk to your school counselor or another trusted adult about how you are feeling.

If you are experiencing suicidal thoughts, it is imperative to get help immediately. The American Foundation for Suicide Prevention provides several resources (right) for help. Call 911 for an emergency.

It's Okay to Ask for Help

Mental Health Resources for Yourself and Your Friends



National Suicide Prevention Lifeline
1-800-273-TALK (8255)
Veterans: Press 1



Crisis Text Line
Text TALK to 741741 to text with a trained counselor for free



The Trevor Project
TrevorLifeline: 1-866-488-7386
TrevorText: Text TREVOR to 1-202-304-1200
TrevorChat: Via thetrevorproject.org



RAINN
National Sexual Assault Hotline
Lifeline: 1-800-656-4673
Chat: Via hotline.rainn.org



TWLOHA
Connect to mental health resources in your community
twloha.com/find-help



National Eating Disorders Association
Helpline: 1-800-931-2237
Chat: Via myneda.org



Seize the Awkward
seizetheawkward.org
[@seizetheawkward](https://twitter.com/seizetheawkward)



My3 App
Define your network and your plan to stay safe
my3app.org

afsp.org/resources



American Foundation for Suicide Prevention