

## SPECIAL EDITION: NEWSLETTER 5



# Counselor's Corner



Andi Millsap, MA, NCC

E: [amillsap@baysideacademy.org](mailto:amillsap@baysideacademy.org)

Dear Parents,

I hope everyone is doing well this week as we enter into the homestretch. I am sure by Spring Break everyone was in the groove and will have to reset some as we enter our last several weeks. I recently read a quote from a teacher urging parents to not stress about school work. Students will get back on track academically. What children need right now is your calm, your strength, and your laughter. It is much harder, if not impossible, to recover from social-emotional trauma than it is to catch up educationally. Children need to be connected in order to feel protected, and we are in the perfect position to increase our connections.

As Mrs. Hughes stated in her last letter, the honeymoon is over and self-care continues to be a major necessity for everyone. I found myself doing really well the first few weeks and slowly began prioritizing everything else over myself. Spring Break was actually a struggle with no schedule. I began waking up an hour before the rest of the house for yoga or a walk and meditation, and we got back to the self-imposed daily schedule. I think we are all feeling better emotionally as a result!

As a reminder, stagger the information in the weekly bulletin so you do not get too overwhelmed with all of the content. Make sure your students have joined the Google classroom and follow me on Instagram (@mrsmillsapbayside) for more positive thoughts and helpful resources! As stated previously, I want to ensure I am providing relevant information for you and your students, so please let me know if there are any specific topics you would like to see addressed! If you find any great resources, please pass along so I can share with everyone.

I continue to be available daily by email, and I am happy to provide referrals for outside counseling as needed. Take care of yourself!

Be Well,

Andi Millsap, MA, NCC



## IMPORTANT ANNOUNCEMENTS



[Emotion Coaching](#)

[Reducing Homeschool Stress](#)

[Universal Prescription](#)



### The RAIN Practice

**R-Recognize:** You have to name the emotion to tame it! Notice it instead of pushing it away, and notice if you are judging yourself for feeling that way.

**A-Acknowledge:** Accept the feeling and allow it to be there. Just give yourself permission to feel it.

**I-Investigate:** Begin to ask questions and explore. Notice how it feels in your body or maybe what other emotions come with it. Progress is not negative emotions not happening. It is more so that they are there and available to investigate.

**N-Non-identify:** You are not defined by this negative emotion. You are not an angry person. You were angry with a person, situation, etc. Just notice what happened and offer yourself some compassion!



*Raising an Emotionally Intelligent Child*  
John Gottman

*The Rough Patch*  
Brian Lies