



COUNSELING CORNER

NORTH ROYALTON COUNSELING DEPARTMENT NEWSLETTER

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Monthly Newsletter Topics

December: Stress Management

January: Conflict Management

February: Essential Skills

March/April: Relationships

May: Summer Bridging

GETTING BACK TO THE BASICS

Simple Stress Relief activities that we have lost in the digital world. All these activities are to be done without electronics. The objective is to help engage in activities that help calm your inner self.

Being online all day creates stress and the change in our daily routines has also caused inner turmoil. Some simple things that hopefully help.

1. Walking, Running, Hiking, Biking
2. Create a homemade card for someone and send it.
3. Put a puzzle together or play a game. (Just play who cares who wins)
4. Find a hobby: Reading, writing, cooking, cleaning, building, serving others
5. Write a thank you to someone who has helped you or you look up to.
6. Play solitaire with real cards
7. Start a COVID diary
8. If possible build a fire outside and just sit and talk with others.
9. Do nothing for 10 mins- absolutely nothing, no electronics, talking, walking etc...

ON THE FLIPSIDE!

TRY THESE DESTRESSING APPS

P.S. THEY ARE FREE~

1. Buddha Board- designed for living in the moment by creating a picture and letting go when the picture disappears
2. Zen Space- Create your own Zen Garden.
3. Headspace for Kids-Meditation made simple
4. Stop, Breathe, Think-designed to help kids with focus, quiet, peaceful sleep, and processing emotions
5. Smiling Mind- a comprehensive app that has something for everyone!
6. Relax Melodies- mix and relax to over 52 different calming sounds.

ACTION

Small Acts of Kindness Challenge

Stress is an all too common experience and according to the American Psychological Association, what's even more common is people feel stressed beyond their coping abilities. In today's time it is VERY easy to feel stressed and you might have some favorite coping strategies but have you thought of this one...helping others. Researchers found that participants who performed small acts of kindness on a daily basis were less likely to feel stressed!

Click on this link and choose one act for 30 days

<https://drive.google.com/file/d/17sO1SqaWsl6PXYKNgGBU0f1cC0kEtc7m/view?usp=sharing>

Resources and Extension Activities

Ted Talks

1. How to make stress your friend by Kelly McGonigal

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend

2. How to raise your child to overcome anxiety

https://www.ted.com/talks/anne_marie_albano_how_to_raise_kids_who_can_overcome_anxiety?language=en#t-902785

*Good
vibes*

Podcasts

1. GoZen– Stress and anxiety relief

<https://gozen.com/allprograms/>

2. The Mindful Podcast– Something for everyone– from preschoolers to adults

<https://www.mindful.org/>

Extension Activities

More Helpful Tips for Managing Stress(Printable)

<https://drive.google.com/file/d/1zZprsOvIdecbDFJrZZjieHxDF17EkvKy/view?usp=sharing>

Yoga Cards– large selection from Bits of Positivity

<https://bitsofpositivity.com/the-ultimate-list-of-free-yoga-pose-printables-for-kids-mindfulness-resources/>

Stress Management and Stress Basics– Mayo Clinic

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/basics/stress-basics/hlv-20049495>

Community Resources



Connecting For Kids

<https://connectingforkids.org/>

Cuyahoga County Public Library

Events

<https://attend.cuyahogalibrary.org/events?v=list>