

Support Services December Newsletter



Scottsdale *Unified*
SCHOOL DISTRICT

Practicing Gratitude for Better Health

Let's be honest, many things in our life are pretty shaky at the moment, and the last thing you might want to hear is that you should focus on being grateful, we get it. The thing about practicing gratitude, is that it can especially help us get through challenging times. Not only that, but studies have shown that **gratitude can increase health by 25%, help us get better sleep, and help us socially.** Additionally, **grateful people are more resilient to stress.** Now that you know a few facts, here are some simple and fun ways to practice gratitude:

Create a "gratitude bowl": Have family members write down things their grateful for, or compliments for each other. Once a week read it out loud as a family.

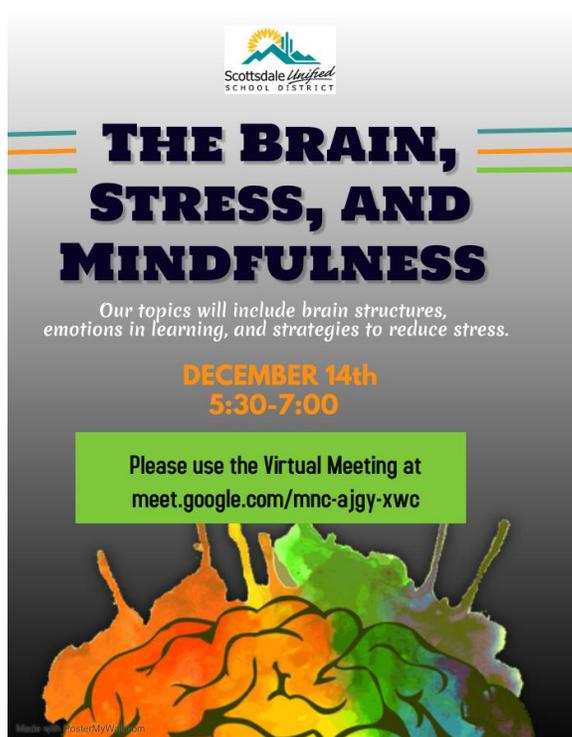
Start a gratitude journal: Have your student write a sentence or draw a picture of something their grateful for each day. Ask them to be specific, this will help them pay attention to details and start noticing the good things in their life. Also a great practice for adults!

Make "thanks" calls: Sit down with your student to make a list of people who've done something nice for them lately. Set aside time for your student to call and say 'thanks' to the people on their list.

Send virtual care packages: Help your student send photos, silly video clips, etc. to people they are grateful for.



December Community Resources



The **Brain, Stress, and Mindfulness** presentation will deliver current brain research on how the brain processes input and how stress is created. Implications of stress on student learning will be discussed, as well as research based strategies to mitigate the effects of stress. Social emotional resources will be provided that work to reduce stress in student lives.

The presentation is being held virtually on 12/14/2020 from 5:30-7pm. To sign up please follow this link: meet.google.com/mnc-ajgy-xwc



It wouldn't be the holidays without endless rounds of shopping, baking and parties, or without advice about [how to cope](#) with the stress of endless rounds of shopping, baking and parties. But there is a whole group of people for whom the stress of the holidays has little to do with being busy and everything to do with how they live their lives every day – lonely and socially isolated. Despite all the technology that promises to connect us, we are living in the midst of what former U.S. Surgeon General Dr. Vivek Murthy calls a loneliness epidemic. And being lonely is bad for our health. Research reveals lack of social connectedness is as much a risk for premature mortality as obesity and smoking.

Feelings of being isolated and alone cut across all age groups. Older adults may experience the loss of loved ones. Teens who spend more time on their phones and less time interacting in person report feeling lonely and depressed. If loneliness is killing us, authentic relationships can help heal us.

Thursday, December 21, we'll be hosting a #BeTheDifference Twitter chat on tips and tricks for self-care and wellness during the holiday season. To join and share your tips, follow @MHFirstAidUSA on Twitter and use the hashtag #BeTheDifference in your responses.

Holiday Stress

The holiday season can be a t time filled with joy, love and family. BUT financial stress, busy social calendars and high expectations during this time of year can make the season less than merry and bright for many. **Taking time for self-care can make a huge difference when it comes to staying happy and healthy** through the holidays, here are some of our favorite self care tips:

Spend Quality Time

Spend time with people you enjoy being around – someone who listens to you, makes you laugh and makes you feel that you are valuable and important to them. It could be a family member, friend, co-worker or someone from your faith community

Exercise

Although it can be trying, exercise is an excellent way to reduce stress. A simple walk for 30 minutes a day can be life changing and boost your mood.

De-escalate stress using “ACCEPTS”

Activities- focusing on a task you need to complete, exercise, watch movies, read, listen to music

Contributing- volunteer, help a friend/family member, send encouraging messages to people, give things away you do not need

Comparisons- compare how you’re feeling now to a time when you felt different, think about those coping the same as you or less well than you

Emotions- read/watch/listen to emotional books, music, and shows (scary movies, joke books, soothing music)

Pushing Away- leave the situation mentally, push the situation away by leaving it for awhile, refuse to think about the painful situation for awhile

Thoughts- count to 10, repeat words to a song in your mind, work on puzzles, watch tv or read

Sensations- squeeze a stress ball, hold ice in your mouth, go out in the rain or snow, take a hot/cold shower

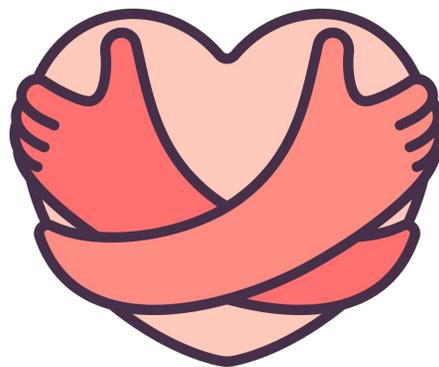
HALT: Don’t allow yourself to get too...

H – Hungry

A – Angry

L – Lonely

T – Tired



December SEL Focus is De-escalating Stress



For December, Student Services will be focusing on De-escalating stress. This will align with CASEL's Social Emotional skill of self-management, specifically, the ability to regulate one's emotion under stressful situations. The SEL coursework that will be offered through Sanford Harmony and Nearpod will focus on strategies to recognize emotions in challenging situations, then will present tools to de-escalate heightened emotions.

Lessons have been created using materials from our social emotional partners, Nearpod and Sanford Harmony that explicitly teach decision making strategies to students. For more information about CASEL's SEL Framework, please take a look at:

<https://casel.org/wp-content/uploads/2020/10/CASEL-SEL-Framework-10.2020-1.pdf>



Calm Breathing Exercise



- Pretend that you are blowing bubbles and you want to blow a really big bubble. To make a really big bubble, you are going to need a lot of air in your belly.
- Place one hand on your belly and slowly breathe in a lot of air—through your nose and into your belly. When you do this, only your belly should be moving—nothing else.
 - You only want to breathe air into your belly—not your chest. You should see your hand rise when you fill your belly with air.
- Hold your breath for two seconds.
- Now, very slowly, exhale, pretending you are blowing a really big bubble. It should take you about five seconds to blow all of the air out of your belly.
- When you do this, imagine that all of your stress and strong feelings are leaving your body and going into the bubble. As your stress leaves your body and goes into the bubble, you will start to feel relaxed.

How else can you calm down when have strong emotions?

Talk to a friend, Practice breathing, Imagine a peaceful place, Go for a walk, Imagine a fun place, Read a book, Listen to music, Go outside, Count to 10, Think of something funny, Create art, Lay down





Aplicaciones útiles para estimular la salud mental



Headspace: ofrece una AMPLIA variedad de ejercicios para meditar, ayudar a dormir y moverse que los ayuda, sin importar cómo se sientan. Los ayuda a reducir la ansiedad y el estrés y a mejorar la atención y el estar alerta. El contenido es gratuito.



Calm: incluye meditaciones gratuitas para el estrés, dormir Y tiene meditaciones para los niños.

Breathe2Relax: es gratuito, diseñado por el *National Center for Telehealth and Technology* para enseñar técnicas para respirar para controlar con el estrés.



Happify: ofrece actividades y juegos basados en la ciencias con la intención de reducir el estrés, desarrollar la resistencia y superar los pensamientos negativos.



MoodPath: compañero personalizado para la salud mental, que «aprende» de sus respuestas y genera percepción y ofrece los recursos más relevantes para su salud emocional.



MoodTools: una aplicación de autoayuda orientada a la depresión. Ofrece psicoeducación sobre los factores de riesgo, un diario para los pensamientos, un plan de seguridad contra el suicidio y videos.



PTSD Coach: una aplicación de autoayuda del *National Center for PTSD* que ofrecer educación, evalúa el PTSD y ofrece consejos fáciles de entender para controlar síntomas comunes de PTSD y ofrece recursos adicionales para el tratamiento.



Quit That!: aplicación gratuita que ayuda a los usuarios a vencer sus hábitos o adicciones. Es una herramienta de recuperación para mantener un control y supervisar su progreso.



Medisafe: una aplicación para recordarles los medicamentos.

Shine: una aplicación para el cuidado de sí mismos que se basa en estrategias de investigación para ayudarlos a reducir el estrés, estimular la autocompasión, ayudarlos con la concentración y combatir el agotamiento.



Líneas directas para crisis y recursos

Si ustedes, o alguien que conocen, tienen dificultades, **NO están solos**. Comuníquense con uno de los siguientes números. Acuérdense, no necesitan tener una «crisis» para mandar un mensaje de texto o llamar a una línea directa. Las líneas directas están abiertas para hablar con cualquiera que pueda necesitar apoyo extra.

- ❑ **Teen Lifeline**: llamen las 24/7 o envíen un texto (602-248 8336) *también disponibles para los padres u otros adultos que necesitan recursos para sus hijos.
- ❑ **Crisis Text Line**: manden el texto «Home» al 741741 para conectarse con un consejero para crisis.
- ❑ **LGBT National Hotline**: llamen al 888-843-4564.
- ❑ **National Suicide Prevention Hotline**: llamen al 1-800-273-8255.
- ❑ **National Domestic Violence Hotline**: llamen al 1-800-799-7233 o manden un texto «LOVEIS» al 22522.
- ❑ **Empact 24 Hour Crisis Line**: llamen al (1-800-273-8255).
- ❑ **Scottsdale Police Crisis Team**: llamen al (480-312-5055).
- ❑ **The Disaster Distress Helpline**: llamen al (1-800-985-5990) o manden el texto «TalkWithUs» al 66746 para conectarse con consejero capacitado en crisis.
- ❑ **Arizona Food Bank Network**: busquen un banco de comida cercano en caso de emergencias para ustedes o alguien que conozcan que esté pasando hambruna www.azfoodbanks.org.
- ❑ **Crisis Response Network**: llamen al 602-222-9444 o al 1-800-631-1314)
- ❑ **Catholic Charities**: 602-749-4405 ofrece servicios de orientación a larga distancia con base en una escala deslizable.
- ❑ **SAMHSA'S Treatment Referral Information**: llamen al 1-800-662-HELP.
- ❑ **Covid Crisis Rental Assistance**: los hogares del condado Maricopa que pasan por dificultades financieras, debido a la pandemia del COVID-19, pudiesen ser elegibles para «COVID Crisis Rental Assistance» (CCRA).
- ❑ **Vista Del Camino**: (Banco de comida de la ciudad de Scottsdale): llamen al 480-312-2323.
- ❑ **UMOM**: <https://umom.org/find-help/>
- ❑ **Family Housing Hub**: llamen al 602-595-8700.
- ❑ **Youth Resource Center**: (para personas entre las edades de 18 a 24 años): llamen al 480-868-7527.



¿Todavía tienen dificultades?

Comuníquense con su equipo de apoyo

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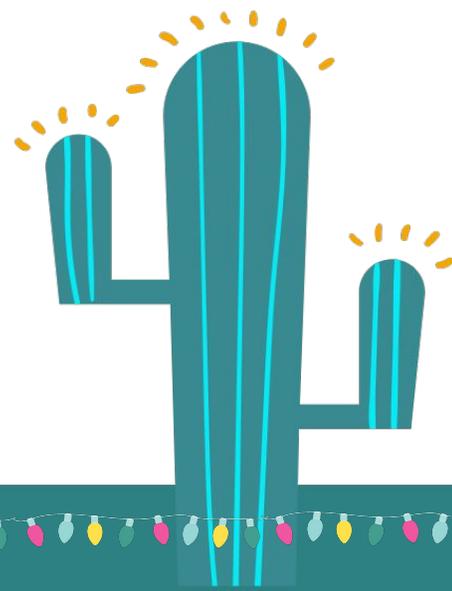
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