

COUNSELOR'S CORNER

SEPTEMBER 2022



Relationship Skills

This month our focus is on building positive and healthy friendships and relationships with peers, teachers, and all staff. It is so important that everyone understands how to be a good person and friend to all!

reminders

If you see anything different in your child, a life stressor has occurred, or your child needs to talk to someone, have them go to:

<http://www.harmonysaf.com/>

Video: Friendship



contact me



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Self-Care September 2022

MONDAY



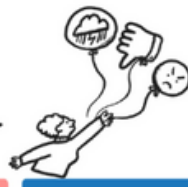
5 Forgive yourself when things go wrong. Everyone makes mistakes

TUESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

WEDNESDAY



7 Give yourself permission to say 'no'

THURSDAY

1 Find time for self-care. It's not selfish, it's essential

FRIDAY

2 Notice the things you do well, however small

SATURDAY

3 Let go of self-criticism and speak to yourself kindly

SUNDAY

4 Plan a fun or relaxing activity and make time for it

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 No plans day. Make time to slow down and be kind to yourself

18 Ask a trusted friend to tell you what strengths they see in you

19 Notice what you are feeling, without any judgement

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Avoid saying 'I should' and make time to do nothing

26 Find a new way to use one of your strengths or talents

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

Happier · Kinder · Together

Our Core Values

T Teamwork

I Integrity

G Gratitude

E Encouragement

R Responsibility

S Service