
Meet Your Counselors!

— An intro lesson —
by Mrs. Howard and Mrs. Bagley

Who are my counselors?

Mrs. Howard and Mrs. Bagley!



Who do we work with?

1 | Students

We work with students and help them with a variety of challenges they may be experiencing. We are happy to meet with you via Zoom, email, or phone while we are virtual!

2 | Families

Sometimes we extend our work with students to working with the families. We collaborate with families and share effective strategies that support students.

3 | School Staff and community members

We also work with your teachers to provide strategies and interventions to support student success. When necessary, we also collaborate with community members by providing referrals and exchanging resources-- all geared to ensure student success!

It might look a little different this year...

BUT, we are still here for you and can help you with many different topics! Below are some of many topics we can assist you with.

- Academics
- Family Issues
- Friend Conflict
- Personal Issues
- Student Safety
- Problem Solving
- Self Esteem
- Worries and Fears
- School and Community Resources
- Bullying
- Grief and Loss
- Anxiety
- Study Skills
- Goal Setting
- And more!

Times are hard right now...

WE FEEL YOU & WE HEAR YOU.
There is no shame in needing
or asking for help. We will
respect and support you with
whatever challenge you are
facing.



How do I know if I or someone I know needs help?

1. **You feel distracted by a problem and don't know how to solve it**

2. **Changes in behavior that seem abnormal to you**

Are you feeling more upset, tired, irritable than usual?

3. **Safety is at stake**

If you or a friend is in danger in any way, let an adult know immediately so we can take the necessary steps to ensure your friend's/your safety and wellbeing.

Behavior changes we can help with...

- Unusually tired
- Anger that doesn't go away
- Pulling away from people/activities
- Having low/no energy
- Feeling helpless or hopeless
- Feeling confused, irritable, worried
- Aggressive toward family and/or friends
- Mood swings that interfere with school or other activities
- Negative thoughts
- Urges or acts of harming self or others
- Hearing voices or believing things that are not true
- Engaging in high risk behaviors
- Low motivation

An illustration of a person's silhouette in shades of brown and tan. To the left of the person is a large, light-brown thought bubble with a scalloped border. Inside the bubble is a list of five categories, each preceded by a checkmark. Three smaller, light-brown circles are positioned above the person's head, leading into the thought bubble.

- ✓ A FAMILY MEMBER

- ✓ CLOSE FRIEND

- ✓ TEACHER OR
PROFESSOR

- ✓ COUNSELOR
OR COACH

- ✓ FAITH LEADER

**If you are
worried
about
yourself or
a friend...
tell
someone
you trust!**

How to cope day to day

- Accept your feelings-- DO NOT ignore them
- Connect with family and friends for support
- Seek professional help by reaching out to your school counselors or therapist.
- Taking time for yourself (allowing breaks in your day)
- Practicing self care regularly and make your needs a priority!

it's okay
not to be
okay

(Pandemic Appropriate) Self Care Ideas

- Taking a walk or getting outside
- Doing something active (workout, sports, hiking, dancing, swimming)
- Virtual hangouts with friends
- Read a book
- Taking break from electronics and prevent screen burnout
- Draw, paint, or color
- Trying out a new skill or hobby (photography, writing, art related activities, workouts, baking/cooking)
- Yoga
- Movie nights at home (Don't forget the treats!)
- Play with your pets
- Create a routine that makes you feel good and motivated
- Prioritize healthy choices (good hygiene, healthy eating, drinking water)
- Listen to music
- Spa day at home
- Sports tournaments with family (Miss playing or watching sports? Play soccer with your family. Create an obstacle course in your home. Be creative and have fun)
- Getting enough sleep

Want to speak with us?
No problem 😊

Here's how you can reach us while we're virtual!

<https://forms.gle/6qGBLk5TxpBW7n1t7>

If you want to talk to us and fill out this form, you need to give us a way to contact you!

Do not write your school email if you do not check your school email!!