Bulldog PAWSitivity

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A note from the Unified Mental Health Team:

Mental Health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

Mental health and wellness is important at every stage of life, from childhood and adolescence through adulthood, and tips and strategies always come in handy!

We hope you find these tips helpful as you finish out this school year virtually. New Bulldog PAWSitivity tips will be added to this presentation each week.
Benefits of Mindfulness

Feeling stressed, try mindfulness!

Mindfulness is taking time to focus on the present in a nonjudgmental way.

Centering your thoughts on where you are and how you are feeling in the present moment, instead of thinking about the past or future, can help you calm your emotions.

It may sound simple, but it takes practice!

Choose one activity to practice this week:

- Mindful Breathing
- Coloring, focusing on the colors and designs
- Listening to music, focusing specifically on the voice or an instrument

8 BENEFITS OF Mindfulness

1. It helps you slow down
2. It helps you know yourself better.
3. It helps you focus or concentrate.
4. It helps you ruminate/stress less.
5. It helps you change bad habits.
6. It helps us be more resilient.
7. It leads to self-acceptance and compassion for others.
8. It leads to a more enjoyable life.
Wednesday, April 22nd

Check out this video on Time Management!

Step 4 – Take a Time Out

SELF CARE
Each of us has multiple sources of support that help us when we are feeling stressed, overwhelmed, or in a difficult situation.

This week if you are feeling stressed, remember those Sources of Strength you rely on to help you.

Want some ideas?
- FaceTime with a positive friend
- Send a Thank You note to your mentor
- Start a gratitude journal
- Cook a new recipe with a family member
- Dance it out
- Listen to calming music
- Talk with your trusted adult

#WhatHelpsUs
Family time can be eating meals together, relaxing and watching TV, playing a game, reading, or working on a puzzle together.

Plan a Virtual family get together with relatives who don’t live with you!!

Try a new activity with your family, like meditating, having a dance party, or watching a silly movie.
**Establish a Routine**

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<th>Tip #1:</th>
<th>Tip #2:</th>
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<td>Try going to bed and waking up at the same time every day. It promotes a good mood and gives you energy for the day!</td>
<td>Don’t forget to make time for breakfast, lunch and dinner - you need those nutrients to stay energized and healthy.</td>
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<th>Tip #3:</th>
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<td>Schedule several “work sessions” during the day when you will review class Hyperdocs and engage in learning. After each session, reward yourself with a break to do something fun!</td>
<td>Schedule time each day for exercise or just being active. It keeps your body strong AND helps fight stress.</td>
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