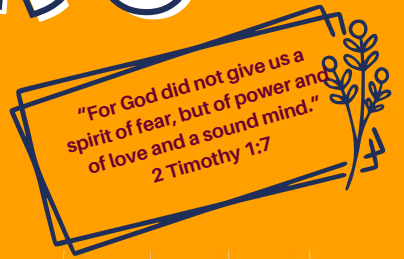


# COUNSELOR'S CORNER



January

Happy New Year



## A note from Mrs. Bush

January is Mental Health Awareness month and as the school counselor I strive to bring awareness to mental health on a daily basis. In this month's newsletter I would like to highlight the importance of mental health awareness. In Matthew 11:28 it states "Come to me all who labor and are heavy laden and I will give you rest." Mental health struggles should not be hidden in the shadows. Let us encourage open conversations, where sharing our struggles becomes a testimony to God's grace and the healing power of community. In 2 Corinthians 1:3-4, we are reminded that God is the "Father of compassion and the God of all comfort." Our community should reflect this compassion. My prayer for our LCA community is that we can provide rest, understanding and support for those that navigate the complexities of mental health.

## Upcoming events:

01/11/24: End of 2nd Quarter

01/12/24: Professional Development Day. No School.

01/15/24: MLK Day. No school

01/16/24-01/19/24: Spirit Week

## Parenting Resources

### Tips for Mental Wellness

ENCOURAGE OPEN COMMUNICATION

Foster an environment where family members can openly discuss their feelings without judgment

SET REALISTIC EXPECTATIONS

Embrace imperfections and understand that each family member has unique challenges.

CREATE A SANCTUARY OF PEACE

Establish a space for prayer, reflection, and quiet time to recharge spiritually and mentally.

PRAY

Give your stress to God. Find a quiet place to reflect and pray giving your stress to God.

UNDERSTAND EMOTIONAL DEVELOPMENT

By helping children learn to respond to their emotions in a constructive manner from an early age, parents empower them to navigate future emotional struggles.

## Mental health stats

- In 2021 42% of students felt persistently sad or hopeless.
- In 2021 29% experienced poor mental health.
- In 2021 22% of students seriously considered suicide.
- 9% of teens have been diagnosed with social anxiety.

