

# Parent Wellness Support

September 9, 2020

With Joy Phillips, Wellness Counselor

[jphillips@mercyhsb.com](mailto:jphillips@mercyhsb.com)



# Agenda

- Check-in
- Follow-up from 8/27
- Navigating Difficult Emotions
- Resources
- ????



# Check-in

- Please introduce yourself
- How are you doing?
- Is there anything that you or your family needs support with this week?
- Please share a “win” or something you are grateful for this week.



# Follow Up from 8/27 Meeting

1. Please complete the [Parent/Family Connection Survey](#) by the end of day today! The survey covers important questions about:
  - Sharing phone numbers and addresses with other Mercy families
  - Interest in parent and/or student meetups
  - Interest in having a Mercy “Buddy” family
  - Ideas for facilitating community this year
2. Lauren Conklin has been meeting with teachers, advisors, and students to brainstorm ways to improve connections between students.



# Navigating Difficult Emotions

- Suppressing emotions leads to negative health outcomes, impacting memory and increasing inflammation in the body.
- It's important to create space to talk about and process difficult emotions in your home. This can look like:
  - Talking things out with family/friends
  - Journaling
  - Therapy
  - Reflective mediation



# Navigating Difficult Emotions: R.A.I.N.

***Recognize what is happening***-- Name it to tame it!

***Allow feeling to be just as it is***-- Deep breathing can help.

***Investigate with interest and care***-- What's happening in your mind and body?

***Nurture with self compassion***-- How would you treat a friend?



# Resources

Check out the [Counseling and Wellness Resources](#) link.

Additional resources:

[\*Happiness Homeroom: Well-Being Strategies for High School Students\*](#)

[The Greater Good Science Center](#)

Continue reaching out to counselors, teachers, administrators if you or your student needs support-- we are all here for you!

