Pastor Dave Huebner, SCLA Guidance Director

Elizabeth Walters, Christian Family Solutions

- All of our teachers are "called" as ministers of the gospel.
- They teach because they love the students as people.
- Our teachers believe in and live our mission:
 - To educate the total student spiritually, intellectually, and physically in a caring, Christian family community.

• The administration also reminds of our primary goal - to minister to the needs of all students in a compassionate and relational way.

• Students often develop a rapport, a trust, with certain teachers.

• We also have 3 pastors on staff, who love to minister to the spiritual needs of students.

 Sometimes a student's needs go beyond the scope or time-availability of our own teachers and pastors, and then we take advantage of the opportunity to refer them to professional counselors who are available.



Christian Family Solutions

Elizabeth A. Walters, LPCC



Warning signs of mental exhaustion

Avoiding social interactions Anger and irritability or intense emotional feelings Lack of ability to sustain focus Change in sleep pattern No energy or drive Poor hygiene



Warning signs of mental exhaustion (cont.)

Physical symptoms

Excessive Fear

Feelings of hopelessness

Suicidal thoughts



Tools to decrease symptomatology





Tools: Find a rhythm in the chaos



Start a schedule

Return to previous schedule

Set alarms

Shower

Dress nicely



Tools: Stay physically active

Workout Go for a Walk Stretch Yoga **Cross body Activity** Exercise releases Endorphins





Tools: Reduce Triggers and reminders of prolonged stress.



Turn off TV

Turn off new updates

Do not check for results, statistics.

Set a time to be mindful if needed

Turn off social media

Tools: Maintain Social Relationships



Reach out to friends Check in on those you have not

heard from recently.

Be together when possible while following mandates.



Tools: Mindfulness

Apps: Headspace Insight Timer Calm Look at birds Color Draw





God is ALWAYS in control

Exodus 14:14 "The Lord will fight for you, you need only to be still".1Peter 5:7 "Cast all your anxiety on him because he cares for you".1John 1:5 "This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all.





Closing encouragements:

- "But he/she is my child! Why don't they just talk to me?"
- No stigma talking about mental health is wise.
- Baseline test.
- 5 free visits per school year.
- Getting started how the process works.
 - Talk with any teacher or homeroom advisor.
 - Call or email me Pastor Dave Huebner.
 - Contact Christian Family Solutions directly.