



# Juanita High School Counseling NEWSLETTER

5th

EDITION  
2021-2022

VISIT US ONLINE @ <https://jhs.lwsd.org/counseling>



*Dear JHS students and families,*

May is National Mental Health Month, a time to recognize the importance of maintaining emotional and social wellbeing in our lives. In this newsletter we'll explore the risk factors that play a role in developing mental health conditions, and the positive and healthy habits that support good mental health. If you have any questions, comments, or concerns about mental health, don't hesitate to reach out to your counselor.

*The JHS Counseling Department*

**START YOUR DAY  
OFF RELAXED  
WITH  
Calm Start!**

Join us in the  
theatre from 7:20-  
7:40 on Mondays  
& Thursdays.

## 10 Tips to Boost your Mental Health:

1. Spend time with a furry friend – spending time with animals lowers the stress hormone and increases oxytocin, which produces happiness.
2. Write down the things that are bothering you.
3. Take time to go for a walk.
4. Do something for someone else.
5. Practice forgiveness – people who forgive report being more satisfied with their lives.
6. Incorporate Omega-3 fatty acids into your diet. These can be found in salmon, walnuts, chia seeds, spinach, and brussel sprouts.
7. Yawn – yawning can help cool the brain and improve mental efficiency.
8. Do something creative – paint, write a poem, cook, or build something.
9. Get a good's night's sleep.
10. Eat balanced meals throughout the day. Don't skip breakfast!

## Causes of Mental Health Conditions:

Trauma, genetics, and lifestyle are some of the factors that put people at risk of developing a mental health condition. Our life circumstances are very different, hence there isn't a single cause that affects everyone.

In this article (copy & paste link: <https://tinyurl.com/4j2txav7>), you'll find more information about risk factors and an online screening that can help you determine whether you are experiencing symptoms of a mental health condition.

## CONTEST!!!

Solve this puzzle (copy & paste link: <https://crosswordlabs.com/view/mental-health-newsletter-puzzle>) as you read through the newsletter – including the links – and send a pic of the solved puzzle to [ibergman@lwsd.org](mailto:ibergman@lwsd.org) by 6/1/22. The winner of a \$25 MOD pizza gift card will be announced on 6/3/22!



*Look for quotes throughout this newsletter from JHS students about their own mental health.*



## YOUR PHONE & YOU: WHO CONTROLS WHO?

Social media can help you communicate with others, build networks and be a great source of entertainment and self-expression. It can also be a huge source of distraction, disrupt sleep, and used for spreading rumors, disinformation, and bullying.

Here are 5 things (<https://tinyurl.com/yckjdrzb>) you can do right now instead of staring at your phone that will improve your mood and support your mental health.

“During Mental Health Awareness Month, please try to be open to new learning and creating new definitions. There is not one look for mental illness. Be aware that mental health issues can present themselves in many ways. Be understanding of your family and friends and reach out to people you know are struggling to offer support. Reach out to someone you trust if you yourself are struggling. No one is alone in this; we can all help to destigmatize mental health issues by educating those around us and helping people learn the signs and feel safe about being honest.”

- *JHS Student*



Hi! I’m Molly and I’m an Evergreen Health Social Worker who has the privilege of working at JHS. I’m happy to meet to talk about mental health and resources. My goal is to support you with your overall well-being and help you reach the goals you’ve identified for yourself. If you’d like to find a time to meet, please reach out to your counselor about scheduling a time.

**About me:** I love WSU cougar football and have two dogs I am obsessed with. I love reading and being outside.

FEATURED STAFF

## HOW \_\_\_\_\_ IMPROVES YOUR MENTAL HEALTH:



### EXERCISE:

Studies show that exercise and movement improve self-esteem, brain activity and sleep patterns. It has also been shown to decrease stress and feelings of anxiety. Exercise doesn’t have to take a large chunk of your day. Just try for 20 minutes a day, 5 times a week! Here are some ideas to incorporate exercise into your day:

- Take your dog (or your neighbor’s dog) for a walk.
- Do lunges/sit ups/push ups while you watch a show.
- Practice yoga before you go to bed.
  - Walk or bike to school.



### NUTRITION

Eating healthy food can improve your learning, memory, and mental health. A healthy diet doesn’t have to be expensive either! You can save money by choosing canned or frozen vegetables and fish, and dried fruits and beans. These foods stay fresh longer and are usually less expensive!



### MINDFULNESS

Meditation is a way to get quiet, calm, and focused. It teaches your mind to slow down, relax and stay positive. Meditating for just a few minutes a day can help you feel centered, especially when you feel the world is spinning around. Here are some simple meditation and visualization techniques you can try on your own.

Prefer some guidance? Try this mindfulness app.



### SLEEP:

The National Sleep Foundation recommends that teens ages 14-17 get between 8-10 hours of sleep. Adults ages 18-64 should get 7-9 hours of sleep at night. Tips for a good night’s sleep:

- Keep a consistent schedule. Going to bed and waking up at the same time every day helps your body’s natural rhythm stay on schedule.
- Limit caffeine to the morning. Caffeine can take 8 hours to wear off.
- If you are trying to fall asleep for more than 20 minutes, try getting up and doing something calming until you feel sleepy.
  - Don’t nap after 3pm
  - Don’t eat right before bed.



### WRITING

Expressive, creative, and reflective writing; gratitude journaling, poetry. All forms of writing increase self-awareness, which in turn helps you understand your feelings, motivations, and behavior.



“I’ve spent hours rereading the same articles trying to figure out all my problems and why this is happening to me only to come to the same conclusion every time. My brain chemistry has changed. There was no avoiding the endless grief of simply existing. No avoiding the daytimes full of exhaustion and the sleeping nights staring at the ceiling tiles.”

- *JHS Student*



“The transition from having 6 periods to 7 periods a day was really tough for many students so if teachers are able to recognize that the sheer number of assignments students have to complete can be overwhelming, that would take a lot of pressure off the students.”

- *JHS Student*



“Be involved with your students. Take the time to talk to them and learn about who they are. Read about mental health issues and their warning signs/symptoms. Most mental illnesses are not invisible if you are close with someone and know what to look for.”

-*JHS Student*



“If you get involved in your students’ life and you know who they are as people, you are more likely to spot a bad day or the development of a problem. You can help prevent serious events and can get your students the help they need before an issue gets worse.”

-*JHS Student*

## THE LINK BETWEEN MENTAL HEALTH AND SUBSTANCE USE

Co-occurring substance abuse and mental health issues are very common, and neither get better when ignored. If you are one of the many people that struggles with both conditions, know that with the right support, self-help, and treatment, you can overcome these and reclaim your sense of self. This article describes how to tackle addiction when you are also dealing with depression, anxiety, or another mental health problem. Mr. Frost is a Substance Use Prevention Specialist from YES (Youth Eastside Services) and is here to support you. You can reach out to your counselor to make a referral or contact her directly at:

*Andrea Frost:* [andreaf@youtheastideservices.org](mailto:andreaf@youtheastideservices.org) or *Teams* [afrost@lwsd.org](mailto:afrost@lwsd.org)

*Voicemail* 425-747-4937 x 2721

*Virtual Office Hours:* Tuesdays 10:00am-11:30am (click [HERE](#)) or Wednesdays 11am-12:30pm (click [HERE](#))

## RESOURCES:

### *Mental Health:*

[Caring For your Mental Health](#)

[JHS Resources](#)

[Interactive help-finding tool](#)

[Screens and Decision-Making tools](#)

[LGBTQI Mental Health Resources](#)

[Mental Health Crisis and Counseling Resources](#)

King County 24-hr Crisis Line: 1-866-427-4747

Crisis TEXT Line: Text HOME to 741741

### *Substance Use:*

[National Institute on Drug Abuse](#)

[ALATEEN/ALANON Support Groups](#) (for youth or family members affected by a loved one’s substance use.)

[Addictions, Drug & Alcohol Institute \(UW\)](#)