

MONTHLY NEWSLETTER - NOV 2023

MS. MUIR'S
COUNSELOR CORNER

What Do You Mean the Term is Almost Over?!?

Trimester 1 ends November 22nd. Tips for finishing strong:

- When completing school work and studying, put your phone in another room and gaming consoles out of sight. It's not as hard as you think!
- If you are struggling in a class, reach out for extra help and utilize the time before-/after-school and lunch! (*See "Self-Advocacy" below for more tips on this!)
- Your body needs nourishment! Eat healthy and drink lots of water.
- Take care of yourself. Sweat a bit but remember that hygiene is not optional!
- Access "your people!" This can be family, friends, anybody that you have a healthy connection to. Seek encouragement and support when you need it.



Self-Advocacy

**YOU ARE THE
CREATOR OF
YOUR OWN
DESTINY**

Did you know there are lots of ways to ask for help? Examples:

- Talk to your teacher during class.
- See your teacher before-/after-school or at lunch (many Delta teachers eat their lunch in their classrooms!)
- Email your teacher or trusted adult.
- Schedule an appointment with Ms. Muir!
- Go to tutoring T, Th, F mornings before school in Rm. 217

***Asking for help is a strength not a weakness. It shows grit and determination.**

Community Resources

Dial the number 211 to connect to community resources statewide:

Employment (job search)

Health Care (primary; dental)

Mental Health (general counseling; teen counseling; evaluation)

Financial (rent/utility/move-in assistance)

Shelter/Housing

Food

Transportation

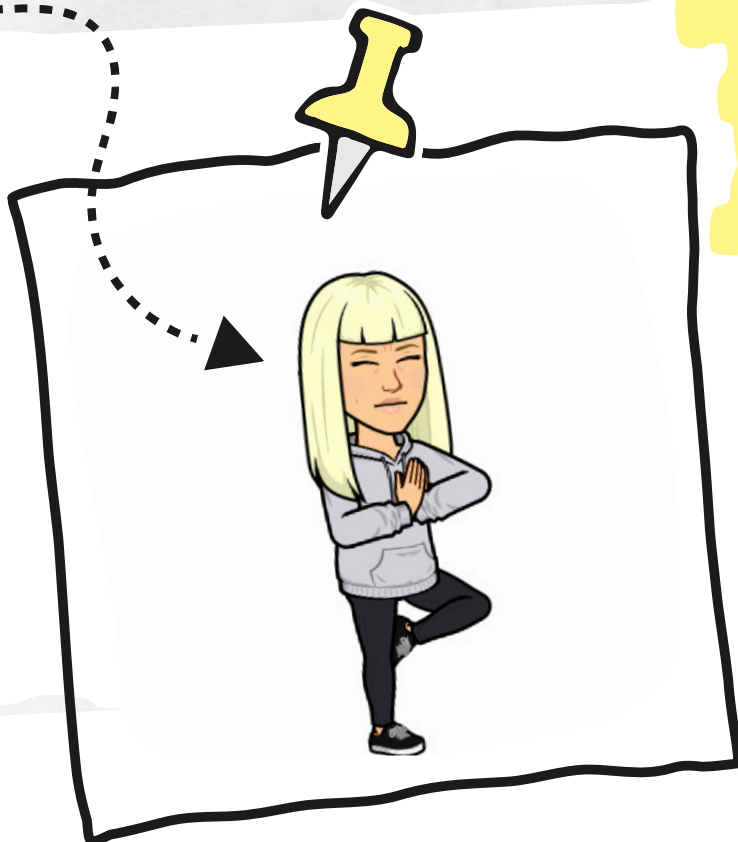
Personal/Household Items



MENTAL HEALTH TIP OF THE MONTH

Mindful Meditation

It's a great way to promote relaxation while reducing anxiety, depression, and stress. It can be learned in-person (see Ms. Muir) or online... there's plenty of YouTube instructional videos or smartphone apps. This is something you can do anytime, any place, whenever you need it!



Need to Make an Appt?

calendly.com/ms_muir_counselor