

COUNSELOR'S CONNECTION

DECEMBER
EDITION

SELF-CARE
MONTH

December has many holidays that people of different cultures and religions celebrate. With all of the planning for these holidays and celebrations, one thing that we may forget to do for ourselves during this busy time is to practice self-care. It is important for you and your student to be able to focus on self-care for your overall health and wellness. We included some small ways to take care of yourself each day.

TAKE CARE



OF YOURSELF

SELF-CARE PRACTICES

- Take a few deep breaths
- Meditation and Yoga
- Getting Enough Sleep
- Spending Time Outside
- Playing Sports/Games
- Write or Draw Your Feelings
- Take a Break from Social Media
- Celebrate Small Successes
- Call and Talk to a Friend or Relative
- Watch a Comfort Show/ Movie



CELEBRATIONS

All Holidays Celebrated This Month:

December 8th: Beginning of Hanukkah and Bodhi Day

December 13th: St. Lucia's Day

December 15th: End of Hanukkah

December 16th: Las Posadas

December 21st: Yule and Martyrdom of Wadde Sahibzade

December 25th: Christmas Day

December 26th: Kwanzaa, Zarathosht Diso, and Martyrdom Chotte Sahibzade

December 31st: New Year's Eve and Omisoka



Conversation Corner

Questions to ask your child
besides "How was school?"

- 1) What are you grateful for today?
- 2) What was something difficult about your day?
- 3) What are you looking forward to doing at school tomorrow?
- 4) What are you looking forward with Winter Break?

See More Resources at:

<https://samsel.sayrevillek12.net/our-community/counselors-corner>