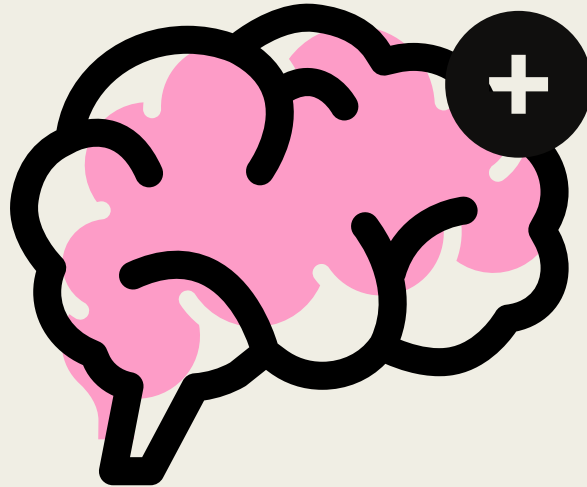


WELLNESS MINUTE

Mental Health



"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." (Isaiah 41:10)

Your student's mental health and well-being impact so much of their life - how they think, feel, and act - which affects your student's emotional, psychological, and relational well-being. The quality of how your student thinks and feels can often be seen in how they are adapting and coping with the stresses of each day. Some essential qualities of mental health are how satisfied and contented they are with life, resiliency, the type of support available, and increased flexibility with expressing and accepting certain emotions. Additionally, key factors play a vital part in well-being, such as good relationships and friends, a sense of belonging and purpose, having balance in both schoolwork and leisure, and a sense of identity, achievement, interdependence, and hope. To support your student's mental health, help them make healthy choices for their meals, provide a context in which they get enough sleep and rest to rejuvenate them for their many responsibilities, encourage physical activity, provide healthy coping skills, foster time for connections with other friends, and be a positive role model for them. If your family needs extra support, please reach out to one of our wellness counselors to talk through your student's mental health.

HS Wellness Counselors: Devon Hiltibran (dhiltibran@oakschristian.org);
Crystal Keating (ckeating@oakschristian.org)

MS Wellness Counselor: Gaia Altshuler (galtshuler@oakschristian.org)