

## MENTAL HEALTH NEWSLETTER

--Nicole Ooms, Licensed School Social Worker, (219) 956-3143 ext. 2038



USE THIS QR CODE TO  
ACCESS RESOURCES AND  
INFORMATION ON THIS  
MONTH'S TOPIC

### EMOTIONS ARE NORMAL...

and necessary. The emotions you feel in your day-to-day life are all good, even the bad ones. Every emotion you feel is serving a purpose.

- **Anger** may signal that you need to advocate for yourself to be treated with fairness and respect.
- **Sadness** might let you or others know that you need support.
- **Fear (stress, worry)** can tell you that you need to do something to protect yourself from negative outcomes.

We are often taught at home and in society that we need to mask “negative emotions.” But, embracing those emotions, and learning appropriate ways to handle them, is usually much more helpful than just “putting on” a happy face.

### WHEN THINGS BECOME TOO MUCH

You may experience emotions that don't seem to serve any purpose other than to overwhelm you. In that case, you should first explore your coping skills. What are you doing to manage those emotions? Is there a healthy outlet for you to release your emotions? Ask an adult at home or at school to help you think of solutions. If nothing seems to work, you may want to seek counseling with the permission of your parents. When looking for a therapist, consider the following:

- credentials (LCSW, LMHC, LFMT, PhD, MD)
- area of experience (ages, disorders)
- cost per session and insurance coverage
- therapy approach
- treatment recommendations
- faith-based vs secular

### CONVERSATION STARTERS

These are questions for parents to ask teens in order to start a conversation about emotions.

- Do you feel comfortable expressing to me that you are upset about something?
- When you see an adult who is angry/ sad/ worried how do you feel and respond?
- When you see a peer who is angry/ sad/ worried how do you feel and respond?
- When you are angry/ sad/ worried what do you do to improve your mood?