

Ms. Muir's Counselor Corner

Monthly Newsletter

MAY 2025

Senior-itis (it's spreading!)

Don't catch it! Symptoms include the lack of motivation that strikes seniors this time of year! You've made it this far; don't crash and burn at the finish line.

- *Keep the end goal in sight.
- *Don't deprive yourself of fun but maintain balance.
- *Change things up a bit (where you study and do schoolwork).
- *Stay organized and on schedule.



Important Dates

- 5/3 Junior-Senior Prom
- 5/7-5/8 SBA Math (10th)
- 5/14 Senior Panoramic Photo
- 5/19 Delta Awards Ceremony
- 5/21 Early Release, 11:30am
- 5/23 Snow Make-up Day
- 5/26 No School (Memorial Day)



Mental Health Awareness Month

#TakeAMentalHealthMoment
Our mental health journey starts with a single moment. Seeking support? Visit NAMI for support services and treatment options.

NAMI.org



I'm claiming
today
to be a
good day.

NAMI



Mental Health Tip of the Month

Set limits. Put it down. Watch what happens.

We check our phones every 4-6 minutes on average. That's over 150 times a day.

Using your phone less can reverse 10-years of brain aging. Try the 2-hour rule for 7 days.

<2 hours/day = an increase in mental clarity and decrease in stress.

5+ hours/day = a decrease in focus and increase in anxiety & sleep disruption.

Need to Make an Appt?

calendly.com/ms_muir_counselor