



Counselor's Corner

NEWSLETTER

"ALMOST EVERYTHING WILL WORK AGAIN IF YOU UNPLUG IT
FOR A few MINUTES... INCLUDING YOU." — ANNE LAMOTT

Managing Stress

School can get busy, and it's normal to feel stressed sometimes. The key is learning healthy ways to handle stress so it doesn't take over. Taking care of your body, your mind, and your emotions helps you stay focused and positive, even on tough days.

Did you know?!

Stress affects your brain and body, but short breaks and breathing exercises can lower your heart rate and improve focus.

The more you practice calming strategies now, the easier it gets when you face stressful situations later.

Tip of the week!

Try the 4-7-8 breathing technique — inhale for 4 seconds, hold for 7, exhale for 8. It's a simple way to calm your mind and reduce stress anywhere, anytime.

Challenge!

Take 10 minutes each day to do something that relaxes you — draw, listen to music, journal, or go for a walk.

We are here to help!

Book an Appointment: Mrs. Mueller
Email: nmueller@wwps.org

Book an Appointment: Mr. Pitzer
Email: spitzer@wwps.org

