

# COUNSELOR'S CORNER

"YOU DON'T HAVE TO CONTROL YOUR THOUGHTS. YOU JUST HAVE TO STOP LETTING THEM CONTROL YOU." — DAN MILLMAN

## WORRIES & WONDERS

WE ALL HAVE THINGS WE WORRY ABOUT — SCHOOL, FRIENDS, FAMILY, OR THE FUTURE. IT'S NORMAL! BUT WORRYING TOO MUCH CAN MAKE US FEEL STUCK. LEARNING HOW TO MANAGE STRESS, SHARE YOUR FEELINGS, AND REACH OUT FOR HELP CAN MAKE A HUGE DIFFERENCE IN HOW YOU HANDLE CHALLENGES.

## TIP!

Name it to tame it. When you're stressed or worried, take a moment to name what you're feeling — like "I'm anxious about my test." Recognizing the feeling is the first step toward calming it.

## CHALLENGE!

Take five minutes each day this week to unplug — no phone, no homework, no noise. Use the time to breathe, stretch, journal, or just relax.

## DID YOU KNOW?!

Talking to someone you trust when you're worried — a friend, teacher, or counselor — can actually lower your stress levels and help you think more clearly. You're not alone!

## CONTACT US!

Book an Appointment: [Mrs. Mueller](#) / Email: [nmueller@wwps.org](mailto:nmueller@wwps.org)  
Book an Appointment: [Mr. Pitzer](#) / Email: [spitzer@wwps.org](mailto:spitzer@wwps.org)