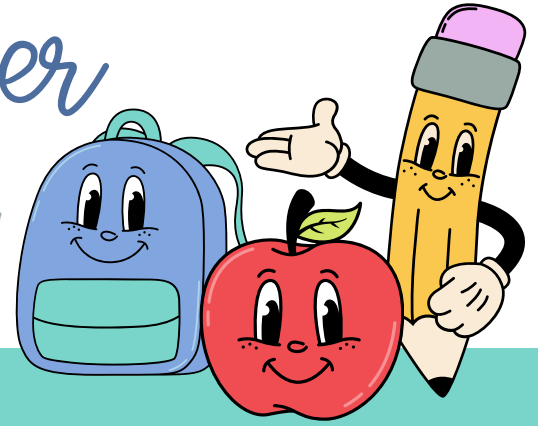


Counselor's Corner

"You can't stop the waves, but you can learn to surf."
— Jon Kabat-Zinn



Take care of you!

December can feel overwhelming with assignments, sports, activities, and holiday events. Taking time to manage your stress and care for yourself helps you stay focused and balanced. Even small choices, like deep breathing or unplugging for a few minutes, can make a big difference.

Tip

Take a mindful moment. Pause, close your eyes, and take five slow, deep breaths – in through your nose, out through your mouth. A quick reset can calm your mind and body.

Challenge!

- Set aside 10 minutes each day this week to relax without screens. Try reading, drawing, journaling, stretching, or just listening to music.

Did you know?!

Stress activates your body's "fight or flight" response, which can make it harder to concentrate and remember things. Practicing calming strategies actually helps your brain think more clearly.

Contact us!

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

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