Santa Paula Unified School District

Mental Health Matters

February 2026

Mental Health and Self Love

Self Love and Mental Health

Self-love, sometimes called self-care, is about accepting and appreciating who we are. It includes recognizing and valuing emotions, supporting physical wellness, psychological growth, and spiritual health. Practicing self-love means prioritizing well-being and taking care of personal needs without feeling the need to sacrifice oneself to please others. In the busy life of work and school, it's easy to focus on others and forget personal well-being. Practicing self-love reduces stress, builds resilience, and supports a positive mindset.

Why Self-Love Matters

Regular self-care can:

- Encourage healthier habits in eating, exercise, and relationships.
- Help manage daily challenges with less stress.
- Build confidence and resilience for facing setbacks.

Ways to Practice Self-Care

- Kind thoughts: Replace harsh self-criticism with encouragement.
- Time for wellness: Schedule exercise, hobbies, or quiet reflection.
- Healthy boundaries: Protect personal time; it's okay to say "no."
- Listen to the body: Take breaks, stretch, walk, or unplug.
- Embrace individuality: Celebrate personal strengths and allow growth.

February Self-Love Challenge: A Month of Care

Week 1 –Mindful Moments: Spend 10 minutes each day pausing or reflecting.
Week 2 –Positive Thinking: Identify one strength, achievement, or kind thought daily.
Week 3 –Healthy Boundaries: Find ways to balance responsibilities and protect energy.
Week 4 –Joyful Activities: Dedicate time to something enjoyable each day.

Small, consistent steps can strengthen mental health and support overall well-being for everyone in the school community.

Full Article Found at: https://www.mhs-dbt.com/blog/the-art-of-self-love/

OPTUM

Need Mental Health Support?

OPTUM EMPLOYEE ASSISTANCE PROGRAM (EAP) OFFERS **FREE CONFIDENTIAL HELP**

Call toll-free **888-444-8624** any time
OR
Go to **www.liveandworkwell.com** and browse as a guest using code **CSEBO**

mental health matters

988 SUICIDE & CRISIS LIFELINE

Wellness Goals

Students at Isbell, SPHS, and RHS participated in a schoolwide Wellness Goals activity this month. During their lunch periods, they took time to reflect and write down personal goals in the areas of academic, social/emotional, physical, and spiritual wellness. Setting goals is important for students because it helps them focus, stay motivated, and build a sense of accomplishment. Goal-setting also supports mental health by encouraging self-reflection, promoting balance, and providing a roadmap for managing stress and personal growth.

This newsletter is brought to you by the Mental Health Counselors:

Lisa de la O, LMFT:
LdelaO@santapaulausd.org

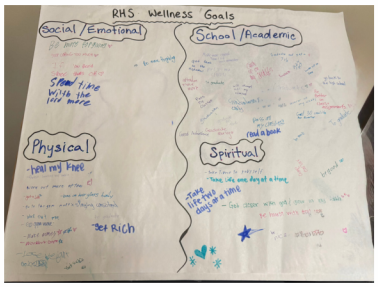
Kandice Martinez, ASW:
Kmartinez@santapaulausd.org

Deborah Ujfalusy, LCSW:
DUjfalusy@santapaulausd.org

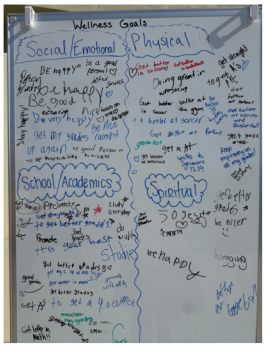
Liset Llerenas, LPCC:
LLlerenas@santapaulausd.org













Mental Health Matters

In case of an Emergency:

911 For Immediate Support
Ventura County Crisis Team
(866) 998-2243 (24hrs)

Local and National Resources and Support

911 For Immediate Support
Ventura County Crisis Team (866) 998-2243 (24 hours)
Suicide Prevention Lines (24 Hours)

- **National Suicide Prevention Lifeline** 988 or (800) 273-8255
- **Suicide Prevention Crisis Line** (877) 727-4747
- **National Hope line Network** (800) SUICIDE or (800) 784-2433
- **California Youth Crisis Line** (800) 843- 5200 –24 hours, bilingual
- **TEEN LINE** (310) 855-4673 or text TEEN to 839863 – a teen-to-teen hotline with community outreach services, from 6pm-10pm PST daily. Text, email, and message board also available, with limited hours—visit http://teenlineonline.org for more information.
- **The Trevor Project** (866) 488-7386 – a 24-hour crisis line that provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. Text and chat also available, with limited hours—visit www.thetrevorproject.org for more information.