

# MS. MUIR'S COUNSELOR CORNER

## MAY 2026 NEWSLETTER



### Senior-itis (it's spreading!)

Don't catch it! A reminder, as we are seeing the signs! 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 keep a schedule.*



05/05 - PoDS Meeting, 6:00pm

State Testing

- 10<sup>th</sup> grade (ELA) 5/6 & 5/7
- 11<sup>th</sup> grade (WCAS) 5/6

05/06 - Senior Panoramic Photo

05/11-05/15 - Spirit Week



## Upcoming Events

05/16 - Prom, 7:30-11:00pm

05/18 - Delta Awards  
(Celebrating Seniors)

05/25 - No School (Memorial Day)

05/27 - Early Release, 11:25am

# Community Resource

## Family Support Group

A peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences.

- Free of cost to participants
- Led by family members of people with mental health conditions.
- 60-90 minutes long and meets weekly, every other week or monthly (varies by location).
- Confidential.

<https://namitricities.org/>



## MENTAL HEALTH TIP & THIS MONTH'S HABITS OF MIND

### Huberman's Physiological Sigh

You may notice infants do this involuntarily when upset. A double inhale through the nose followed by a long slow exhale through the mouth. Your body uses it automatically to reset carbon dioxide levels but can be deployed deliberately to reset the nervous system in moments of acute anxiety or stress (when more carbon dioxide is produced). The extended exhale directly activates the vagus nerve. The vagus nerve signals the heart to slow. The heart signals the brain that the threat is over. Research shows this is one of the fastest known methods to reduce physical and mental stress in real-time.

### This month's Habits of Mind:

#### **Continuous Learner**

This habit is essential for navigating complex situations where answers are not immediately known. It involves seeking new knowledge, embracing uncertainty, learning from experiences, and treating problems as opportunities for improvement, rather than fearing the unknown.