Hello!

I hope this edition of The SOARce finds you and your family healthy and safe. The last few months have been surreal, and it's hard to believe we are wrapping up the last week of school.

With so many unknowns about the upcoming school year, and how to navigate social interactions as restrictions are eased, it can be difficult to keep our thinking in the present. Unprecedented times don’t afford us the luxury of proactive planning, which can absolutely cause worry, frustration, and stress.

As always, we hope you can gain some new tips and tricks from this edition of the SOARce.

Wishing you and your family all the best.

Melissa Bernard
Student Services Coordinator

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Have you ever filled a pot with so much water that when it starts to boil it splashes out? It makes a mess and you realize it was totally avoidable.

Our feelings work the exact same way. If we suppress our feelings — by pushing them down and avoiding them — eventually we’re going to blow up. We can only suppress so many feelings before they rise to the surface and bubble over.

It can be vulnerable and uncomfortable to honestly express our feelings, or have difficult conversations with people, but practicing these skills in real time helps us to avoid a blow up down the line.

What feelings do you notice yourself hanging onto? Can you dig deeper into those feelings and uncover why they are so difficult for you to express? What small step can you take, or what conversation might you initiate with someone, to help address some of those suppressed feelings?

Addressing our feelings head on helps us to avoid an emotional blow up.

We all experience feelings of stress and overwhelm. The source of these feelings can vary — maybe it’s a looming work deadline, financial stress, a contentious relationship, or just the normal stress of the daily grind.

When you’re hit with these feelings how do you talk yourself through them? Do you put yourself down, minimize the feelings, or avoid them altogether? Or, do you give yourself grace, practice self-compassion, and talk to yourself in a positive way?

We all need go-to positive coping statements when we’re living with feelings of overwhelm and stress. If we practice and model healthy coping strategies in our own lives, we are equipped to teach these skills to our children.

Click on the image to the left for a graphic that outlines some positive coping statements you can teach yourself or your children.
There is so much information out there about COVID-19 that it’s downright overwhelming.

The Michigan Department of Health and Human Services (MDHHS) published a helpful reference document to assist you in navigating conversations with your children of all ages regarding COVID-19.

Click on the photo to the left to access this helpful resource.
The SOARce

Educating, challenging, and inspiring all learners to become contributing, responsible members of a global society.

COMMUNITY CONNECTIONS

During this time, you may have questions or need to seek assistance in some way. Click on the icons below to access local community supports for meals, unemployment, and various other needs.

HPS COMMUNITY CONNECTION

Did you know that you can follow HPS Student Services on social media? We have active accounts on Instagram, Facebook, and Twitter. The hope for these social media accounts is to deliver digestible and relevant social/emotional content that you can implement in some way -- at home with your child(ren), or even in your own personal life. Click on the icons below for direct access -- we'd love to have you follow along!