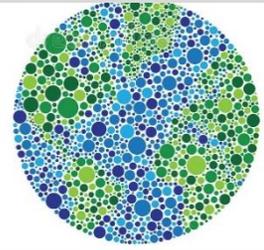


Counselor's Corner

May 2019 • Gutierrez.Gloria@tUSD.org • (310) 533-4559

Mindful Exercise

MBSR (Mindfulness Based Stress Reduction) is a class that teaches mindfulness practices. By now you've heard the conclusions of research about [the benefits of mindfulness](#) for an array of conditions, like chronic pain and hypertension; chances are the research is based on MBSR, which calls for daily mindfulness practice. One practice is Yoga, an Eastern exercise and meditation with many components, including setting an intention, focusing on breathing, and moving through yoga poses until a concluding meditation, and then Namaste! Yoga poses can be difficult but should not hurt. Breathing is a critical component and should be steady throughout. Clearing the mind and releasing negative thoughts is important. Whether you go to a Yoga class, Youtube, or on your own, make sure to use proper technique to avoid injury.



Do One Thing!

Stop and smell the flowers! Gift living flowers or donate to plant a tree on behalf of your loved one. Instead of purchasing gifts with packaging that contributes to waste, gift services or experiences. Go waste free!

Mental Health Awareness Month

May is known for flowers, Mother's Day, Memorial Day, and... standardized testing (oh my!). Testing can be stressful, and since May is mental health awareness month, it is a great time to talk anxiety. Often anxiety is cast in a negative light, however it surprises students when I share that anxiety can be good - its origins stem from responding to danger, and preparing us to fight, to run, or freeze. Did you know that a healthy amount of anxiety supports peak performance? In preparation for testing, 3rd-5th graders learned about anxiety and stress, calming down including strategies like breathing, counting, and positive self talk, and mindfulness. TUSD is hosting [a video and poster contest](#) for all TUSD students to help bring awareness to mental health issues. Winners get prizes!



Spending time with animals and in nature has been shown to reduce anxiety and improve performance on tasks. Check out the Cool Website of the Month below to see a puppy cam!

If you are an anxious parent, one of the best ways to help your child with anxiety is to learn and utilize positive coping strategies yourself. Don't be afraid to get help!

Therapy for anxiety is very effective and can help you - and your child or spouse- feel better. #TUSDStoptheStigma #MentalHealthisHealth #1in5 #Gethelp

WHAT'S HAPPENING

Career Day June 3rd Volunteers Needed

Come share about your career! Kids love hearing what's out there and how it connects to their learning and personality. <https://tinyurl.com/y4228xan>

Recycling Caps into Buddy Bench ongoing

Over the month of April Anza collected 50 pounds of caps and lids, bringing us 25% to our goal of 200 pounds. Continue collecting (but try to avoid unnecessary plastic purchases!)

Positive Behavior Interventions & Supports

Students learn about Anza's expectations:

- Be Safe
- Be Respectful
- Be Responsible

Character Counts:

Fairness

Cool Website of the Month:

<https://explore.org/livecams/bergin-university/bergin-university-service-dog-program>