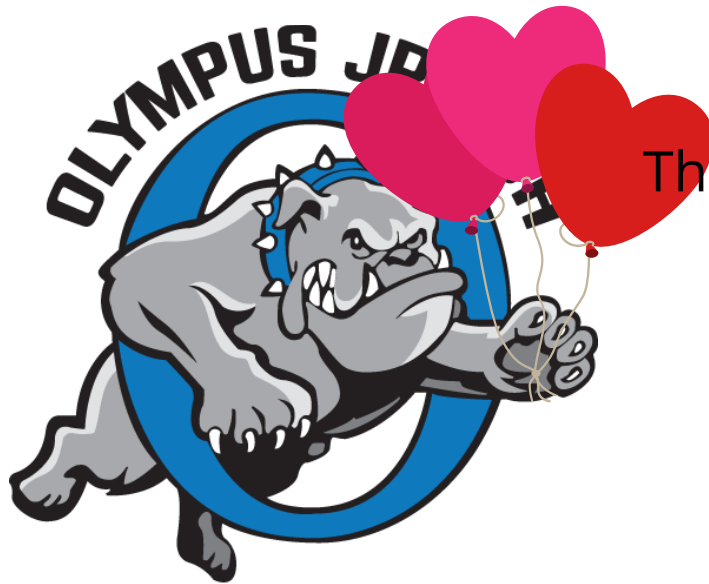




BULLDOG COUNSELING CORNER



Mind Control: The Power of Positive Thinking!

UPCOMING EVENTS!

Jan 31st-Feb 3rd- 2022-23 Course
Registration
Feb 9th-10th- Parent Teacher
Conferences
Feb 11th- No School
Feb 14th-Valentine's Day
Feb 14th-Wrestling Start Day
Feb 21st- President's Day, No School
Feb 22nd- No School

WANT A PRIZE?

Go check out the counseling center bulletin board across from the counseling center. For a prize come tell us one way you can deal with disgust. First 5 get a prize!

- **Patterns: Your brain likes patterns!**
 - This means you can get caught in a pattern or cycle of negative thinking
 - By training your brain to think positively; you can shape your thoughts, feelings, and experiences to be positive too
 - It takes practice, but soon you can create a pattern of positive thinking
 - Positive thinking will help you overcome bumps in the road and lighten the amount of stress
- **The power of positivity!**
 - Positive thoughts about yourself lead to positive feelings which will lead to positive experiences
 - Think back over the past month to a positive experience
 - Think about your strengths or qualities you like about yourself
 - Tell yourself about how great YOU are. You can start out by saying "I am..." ex. "I am smart!" or "I can do it!"
- **"SOS" - Feeling down? Having negative thoughts"**
 - **STOP:** Tell yourself, "Stop!"
 - **Observe:** Observe what you are saying to yourself and how it is making you feel
 - **Shift:** Shift your thinking to something positive!



Ways to Foster Positive Thinking



Recall positive life events



Perform acts of kindness



Practice mindfulness



Express gratitude



SELF

SOCIAL

RECOGNITION

Self-Awareness

Know and understand your emotions

Key Elements

- Emotional Self-Awareness
- Accurate self-Assessment
- Self-Confidence

Social Awareness

Know and understand emotions of others

Key Elements

- Empathy
- Organisational Awareness
- Service Orientation

REGULATION

Self-Management

Manage your emotions

Key Elements

- Self-Control
- Transparency
- Adaptability
- Drive
- Initiative

Relationship Management

Manage relationships /other's emotions

Key Elements

- Inspirational Leadership
- Developing Others
- Influence
- Change Catalyst
- Conflict Management
- Building Bonds
- Collaboration & Team work

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Faculty Spotlight

Ms. Nancy Morales is our Bookkeeper in the Main Office. She attended Salt Lake Community College and is currently attending University of Utah. Her favorite books are Tuck Everlasting and the Magic Tree House series. She loves to eat sushi and pasta. Harry Potter Prisoner of Azkaban is her favorite movie. In her free time she enjoys spending time with her three dogs, walking around Target and watching movies. She likes to listen to Pop and Instrumental music. Her favorite part of school is making friends and memories. A fun fact about Ms. Morales is she can wiggle her ears.



SCHEDULE A MEETING WITH YOUR CONSELOR

Ms. Kendall A-G: ckendall@graniteschools.org
 Mrs. Judd H-M: mdjudd@graniteschools.org
 Mr. Howe N-Z: llhowe@graniteschools.org

