

BULLDOG COUNSELING CORNER

Coping Skills for Anxiety & Depression



UPCOMING EVENTS!

May 3rd & 4th- RISE Testing
 May 4th- Dance Concert
 May 4th- Track & Field
 May 5th- 8th Grade Panoramic
 May 6th- No School
 May 10th & 11th- RISE Testing
 May 11th- Track & Field
 May 13th- Mental Health Assembly
 May 14th- Track & Field Championships
 May 17th & 18th- RISE Testing
 May 18th- Orchestra, Band, & Choir Concert
 May 20th- Spring Stomp
 May 23rd- Awards Assembly
 May 30th- Memorial Day- No School
 June 1st- 8th Grade Party
 June 2nd- Last Day of School

- Count to 10
- Keep physically active
- Make sleep a priority
- Eat healthy foods
- Keep a journal
- Socialize
- Use deep breathing techniques
- Use mindfulness techniques
- Positive affirmations
- Minimize technology
- Volunteer
- Listen to music
- Get outside
- Learn your triggers
- Find a hobby
- Let yourself cry
- Treat yourself



WANT A PRIZE?

Come to the counseling center and tell us one coping skill for anxiety and depression. First 5 get a prize!



Summer Self-Care

Make a list of goals	Sit in the sun shine	Make lemon water	Go on a hike or walk	Spend time in water	Let yourself be a kid
Eat lunch outside	Unplug for the day	Drink your water	Make a fruit salad	Relax to nature sounds	Go out for ice cream
Dress up to feel cute	Make a summer playlist	Make your own popcicles	Eat a water-melon	Take a mid-day nap	Go to a Farmer's Market
Make s'mores or grill	Try watergun painting	Take a ton of pictures	Watch the sun rise	Go on a road trip	Do yoga outside
Focus on being happy	Use sidewalk chalk	Read a good book	Spend all day laughing	Write something beautiful	Go star gazing

BlessingManifesting

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

