

# BULLDOG COUNSELING CORNER



## UPCOMING EVENTS!

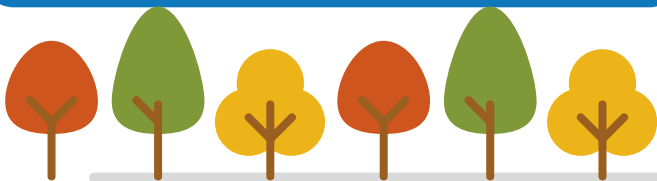
Nov. 15th–Dec. 2nd– 8th Grade CCRPs  
Nov. 10th– Girls & Boys Basketball Start Day  
Nov. 17th– Steinway Concert  
Nov. 24th–26th– Thanksgiving Break  
Nov. 29th– No School

## WANT A PRIZE?

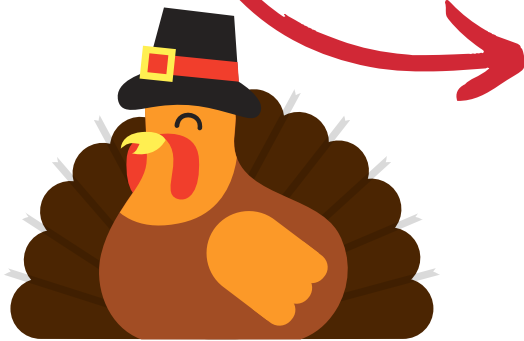
Go to the Counseling Center canvas page (Study- No Credit). Click on the Monthly Mindfulness Videos module and watch the video for November 2021. Come to the counseling center with the answer to the question in the video. First 5 students win!

## Coping with Stress

- 1. Engage in Physical Activity**
  - a. Exercise takes our mind off stress and releases chemicals in our brain to make us feel better. This can be a walk, bike ride, or sport.
- 2. Get Enough Sleep**
  - a. Getting enough sleep helps you grow and develop normally. It will help you pay attention throughout the day. For you, this means 8-10 hours each night.
- 3. Do Things that Make You Happy**
  - a. Discover hobbies or activities that make you happy and include them in your daily life. This could be something artistic, a sport, or spending time with friends and family.
- 4. Focus on Your Strengths**
  - a. Set aside time to think about what you're good at and ways you can do those things more often. By focusing on and building your strengths, you can keep your stressors in check.
- 5. Talk to Someone**
  - a. It can be hard to manage stress on your own. Talk to a teacher, parent, or other trusted adult about your stress and they may be able to help you find ways to manage it.
- 6. Do a Relaxation Exercise!**
  - a. This kind of exercise involves breathing deeply and imagining a peaceful scene. Explore the virtual calm room on the counseling website for more tools!



**try this technique when you feel overwhelmed or stressed**



### The 5-4-3-2-1 Grounding Technique

Ease your state of mind in stressful moments.



Acknowledge **5** things that you can see around you.

Acknowledge **4** things that you can touch around you.

Acknowledge **3** things that you can hear around you.

Acknowledge **2** things that you can smell around you.

Acknowledge **1** thing that you can taste around you.

#DeStressMonday

DeStressMonday.org



### Faculty Spotlight



Mr. Robison is our new Social Worker. He attended Salt Lake Community College and University of Utah for his education. His favorite book is *The Giving Tree* and his favorite movie is *The Secret Life of Walter Mitty*. He loves to eat Mexican food and listening to Rock n' Roll, old school hip hop and Taylor Swift. In his free time he enjoys skateboarding, snowboarding, art, DIY projects, playing with his dog, and watching movies. His favorite part about school is being with friends and learning about his favorite subjects. A fun fact about Mr. Robison is he grows his hair out and donates it every 2-3 years.

**SCHEDULE A MEETING WITH YOUR CONSELOR**

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

