

HOME OF THE BULLDOGS

Coping with Stress



Upcoming Events!

Oct. 20th - Distance Learning Day

Oct. 21st, 22nd, & 23rd - No School

Oct. 22nd - Last day of quarter

1. Eat Right and Exercise!

Eating healthy foods and exercising on a regular basis are important ways to lower your stress level. Physical activity lifts your spirits and helps you feel more relaxed, reducing your stress. Avoid caffeine a chemical that gives you an energy boost that can temporarily increase your stress level and then make you feel tired afterward. Some kinds of soda contain caffeine!

2. Get Enough Sleep!

Studies show that if you're constantly sleep-deprived because you go to bed too late and get up too early, your body will have more trouble handling stress.

3. Laugh it Up!

Research shows that laughter helps people feel better, happier, and less stressed. Spend time reading funny cartoons, joke books, and humor magazines, or rent a movie starring your favorite comedian.

4. Have Some Fun!

doing something fun can take your mind off your stress. What do you like to do? Who do you enjoy spending time with, and who makes you laugh? Find these people and soak up their positive energy.

5. Use your Problem-Solving Skills!

Instead of feeling helpless and using your energy to worry about the problem that's causing your stress, figure out the steps you need to take to work things out. Sharpen up your conflict-resolution and decision making skills.

6. Do a Relaxation Exercise!

This kind of exercise involves breathing deeply and imagining a peaceful scene. Explore the virtual calm room on the counseling website for more tools!





Students & Parents should be having conversations about college and career options!

Take the time to center some conversations around different college and career options. You can talk about things like parents' jobs, family members' jobs, or any job/ career of interest. Start a conversation about local colleges, favorite colleges, or even big dream colleges. Make a plan and set goals for the year, for the duration of middle school, for high school, and even post-high school goals.



Faculty Spotlight



Mr. Match, the Assistant Principal, is new to Oly Jr. this year! Mr. Match taught English and coached for over 13 years!

Mr. Match loves all sports, and played football while in college. Mr. Match loves to read and write. Mr. Match is excited to be a member of the Olympus community, and he loves looking at Mt. Olympus everyday from the school!

Can YOU solve this problem?

	+		+		=	30
	+		+		=	20
	+		+		=	9
	+		x		=	?

The first 3 students to correctly solve this problem will receive a prize. Stop by the counseling office to see if you got the answer right!

Who's My Counselor?

- Ms. Kendall A-G: ckendall@graniteschools.org
- Ms. Johnson H-M: nejohnson@graniteschools.org
- Mr. Howe N-Z: llhowe@graniteschools.org