



The Home & School Connection

a newsletter from your School Psychologist and Counselor

December 2019

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COMMUNITY RESOURCES/EVENTS

Dec. 4: Mental Health Awareness Training for Church Staff: training meant to equip pastors and church staff with tools to help those struggling with mental health issues. Professional training will be provided by experts in the mental health industry. 5pm - 6:30pm at Multnomah University Nevada. Call Multnomah University Nevada to RSVP at 775-849-4983. (FREE)

Dec. 15: Warm Coats for Kids Event: Parents, bring your child, choose a coat, have a cookie, and visit with Santa! NOON - 2 PM RENO BUICK GMC PRE-OWNED VEHICLE BUILDING 1000 KIETZKE LANE, RENO. Free to families in need - Sizes range from 4T to Young Adult - Limited Sizes/Gender/Quantities - Doors open only while supplies last!

Dec. 23-Jan 6: Winter Break. Happy holidays to all!

The Courage Project: Project Courage is offering more mindfulness activities in January. Adventures are designed to meet the unique needs of children who experience anxiety and depression, giving them access to previously inaccessible experiences. Visit courageproject.org to register for upcoming January Winter adventures (FREE)

TIPS & TRICKS: Happiness & Self Esteem*

Happiness and self-esteem are related but distinct concepts. They are similar in that both involve subjective judgments of one's self. The only way to know how students feel about their lives or themselves is to ask, because subjective appraisals do not line up neatly with objective circumstances. Personal happiness is influenced by many factors and what we see on the outside can often overlook what's going on inside. Whereas some students who face the most challenging conditions report being happy and satisfied, others who appear to have everything report being unhappy and dissatisfied with their lives. This article addresses forming healthy practice, focusing on strengths, using Positive Psychology to facilitate interventions, and strengthening relationships.

*Copies of the monthly handout are available on our bulletin board (between our two offices). Stop by and grab a copy of *Happiness & Self-Esteem: Helpful Handout for School and Home*.

CONSCIOUS DISCIPLINE TOOL: Power of Attention Reflection

We see what we expect to see and what we want to see. If we choose to see the negative instead of the positive, the question is, "Why?" This month vigilantly practice the following to focus on the behaviors you want to see more of:

- Consciously pay attentions to your focus: Are you focusing on the action and behaviors you want to see or the ones you don't want? Say to yourself often, "What I focus on, I value and teach others to value."
- Pivot when you are upset: Say to yourself, "I'm safe. Keep breathing. I can handle this." Then honestly ask yourself. "Do I want more of this behavior?" If the answer is, "No," breathe deeply. Then, paint a picture of what you want children to do and why.
- Breathe deeply and affirm the following principles three times a day: 1. What I focus on, I get more of. I'm going to focus on behaviors I want to see. 2. When I'm upset, I always can focus on what I want. I can choose to pivot instead. 3. I am upset because I'm resisting what is. I can take three deep breathes and say, "The moment is as it is."

SUGGESTIONS

Looking for us to address a particular topic? Please place a note with your suggestion in the folder on our bulletin board.

See you in January!

Coraline Dubois & Lauren Mattingly