

Counselor Corner

Topic of the Month:

Staying Connected



Congratulations! You have made it through two months of virtual learning. We know it hasn't been easy, but we are so **proud** of our EC students! It is important to celebrate your accomplishments, whether it's learning Teams, understanding PlusPortals or showing up for class! Until we return to campus, you might want to:

- **Have a study buddy:** Study with a friend through video chat
- **Exercise buddy:** Get some fresh air or join a video group workout
- **Create classroom group chats:** It might make studying easier
- **Attend community period:** And don't forget office hours

Want an anonymous option to chat or text about a concern? Contact [Teen Link](#)



DATES TO REMEMBER

- Nov. 11: No School
(Veterans Day)
- Nov. 12-13: Parent/Teacher Check-Ins
- Nov. 23-27: No School
(Thanksgiving Break)

SELF-CARE IDEAS

Listen to that one song. Repeat. 	Talk to a friend. Or pet. (wait, those are synonyms.) 	Comfort food. 	Fold laundry. (Repetition + Productivity = calm.) 
Write. Or draw. 	Play like a kid. Silly putty, bubbles, Legos, cartoons, coloring... 	Make your bed. Fresh Sheets! 	Drink cocoa by the fireplace. 
Look up funny memes. 	Compliment someone and watch their face light up. "Nice hat!" 	Take a Shower. Better yet, soak in the tub with a magazine. 	Read a book. Bonus points if it has pictures. 
Make something without caring whether it's "good." 	Have a good cry, but keep it short. Use the expensive tissues. 	Buy yourself a smallish gift just because. 	Forgive yourself for what you couldn't do today, and resolve to try again tomorrow. 

@introvertdoodles

Take a Break

Classroom Meditation
Quieting the Busy Mind

www.2bpresent.com

Don't forget to make an appointment with your counselor through [Calendly!](#)