

Counseling Connections



Vicentia Counseling Newsletter



Ms. Trost

strost@cnusd.k12.ca.us (office hrs. via email M-F 9:30-10:30)

Trait of the Week:

Mindfulness

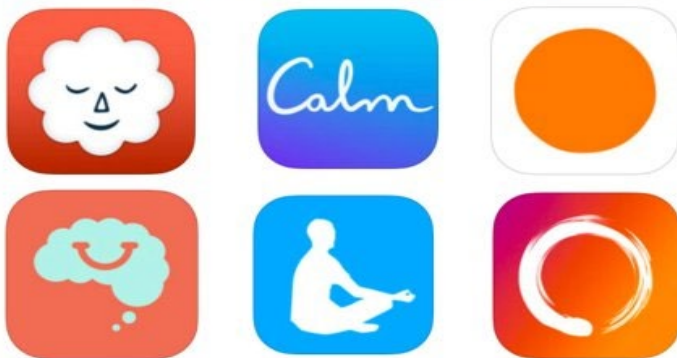
a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations



Coping Skills for Students

- ~ Read
- ~ Explore online learning opportunities
- ~ Play games
- ~ Connect with friends
- ~ Move your body
- ~ Learn a new skill or hobby
- ~ Interview a family member
- ~ Write a letter to a friend
- ~ Learn a new dance
- ~ Watch your favorite movie or show
- ~ Learn how to cook something new
- ~ Express how you feel to an adult
- ~ Journal your thoughts

Mindfulness: We've got an APP for that!
Stop, Breathe & Think, Calm, Headspace, Smiling Mind, Mindfulness App, Mind Body



IN CRISIS?

TEXT
CNUSD
TO
741741



Free, 24/7, confidential crisis support by text.

CRISIS TEXT LINE

Care Solace is an online resource with a live 24x7 concierge line meant to assist individuals in finding local mental health-related programs and counseling services (available for CNUSD families).

<https://caresolace.com/site/platform/>

Phone: (888) 515-0595

Email: weserve@caresolace.org

Visit <https://sites.google.com/cnugd.k12.ca.us/cnugdalwayslearning/students> for additional grade-specific social emotional enrichment

