

Counselor's Corner

February

Self-Love

Helping others starts by helping yourself

Self-love can mean:

Taking “me” time to care for yourself

Embracing your imperfections

Keeping promises to yourself

Practicing self-compassion and forgiveness

Promoting positive self-talk, decreasing the self-critic

Believing in your own value, worth, and right to respect

Establishing healthy boundaries: sharing expectations with others about how they should treat you

Genuinely loving yourself; practicing self-empathy

Increasing your emotional intelligence: your ability to understand and name all your feelings, and recognize the emotions of others

Happenings:

Since December, 107 referrals received for Mental Health services

West “Coping Skills” groups started Feb 6, 2023 along with Check In Check Out

High School “Healthy Relationship” group starting Feb 15, 2023

Eyewitness News (Mark Hiller) & Times Leader spent hours with us on Feb 1st understanding the continuum of services available to students & families at Riverside

Suicide prevention “Gatekeeper Training” presented by Kathy Wallace on Feb 13, 2023 for all staff

Do you have a safety plan to care for yourself?

Do you know who to ask if you need help finding resources?