



# Counselors Corner



MARCH 2023



## SPRING IS ALMOST HERE!

### *Outdoor Activities for MINDFULNESS*

- ✓ **Breathe Deeply and Listen to Spring**  
Notice how the fresh air relaxes you. The fascinating sounds of spring also remind us of what we have almost forgotten after the long winter. Breathing in and out while listening to the chirping of birds and the rustling of leaves – a simple but effective idea for mindfulness in spring.
- ✓ **Outdoor Mindfulness Activity**  
Watch the clouds. Sit or lie on the ground. Breathe in and out as you watch the clouds roll by. Take note when a cloud looks like something else.
- ✓ **Delight in the Colors and the Ingredients**  
Color finally makes its way back into our daily life. Everything is green and flourishing. But mindfulness in spring is not just about enjoying the splendor of color outdoors, it's also about the color of our food. Try some particularly vivid dishes, such as the "Good Morning Sunshine" Smoothie, Citrus Spring Salad, or this delicious Chicken Pesto Sandwich.  
Recipes courtesy of Nicole VanLuvender can be found here:

**Counselor's Corner Cookbook - March**

## REFLECT

- ✓ March is a month to act according to our inspirations, perhaps reflecting upon the question, "how am I doing with those self-care strategies I read about in February Counselor's Corner"...am I:
  - Taking time for me
  - Establishing healthy boundaries
  - Increasing emotional intelligence: understanding and naming my feelings, and recognizing the emotions of others?

## HAPPENINGS:

- ✓ Eyewitness News (Mark Hiller) first of a three - part series on Mental Health aired on 2/17 & can be seen using this link: [www.pahomepage.com](http://www.pahomepage.com)
- ✓ School Climate Survey for 3rd thru 12th grade students, staff, parents/guardians, & community members will launch March 13th and remain open until April 28th, 2023.
- ✓ March 30th is "take a walk in the park day"
- ✓ Are you aware of the kinds of thoughts or experiences that are triggers for you to feel unsafe?
- ✓ Do you have a safety plan to care for yourself if you do feel unsafe?
- ✓ Do you know who to ask if you need help?

## RESOURCES

- ✓ To learn more about what trauma is and the long term effects upon health, please consider watching this TedMD talk:
- ✓ [https://www.ted.com/talks/nadine\\_burkeharris\\_how\\_childhood\\_trauma\\_affects\\_health\\_across\\_a\\_lifetime](https://www.ted.com/talks/nadine_burkeharris_how_childhood_trauma_affects_health_across_a_lifetime)

