



Counselor Corner

December 2024

We're all unique... What "nudge" will help you make better choices?


A "nudge" is defined as "micro interventions designed to push people toward making choices that align with their own self-interest... by providing easily digestible information about the benefits of those choices or removing barriers to making those choices". (Armstrong, K. (2022). **The Emerging Science of Suicide Prevention.** *Association for Psychological Science, March/April, 1-12.*

<https://www.psychologicalscience.org/observer/emerging-science-suicide>.

On November 8th, many of Ms. O'Shea's senior classes read the above article and answered questions about pre-crisis interventions that we all can think about doing. *Will you think about and share your responses to the questions below with a trusted person in your life?*

It just might be enough to stop that spur of the moment decision an individual makes to harm themselves...

1. Knowing yourself, what 3 "nudges" would be helpful to you if you were feeling down or sad? Where can you write or post these so they are readily available as reminders; who will you share these with?
2. What 3 "nudges" might you use on a friend when you notice they are acting different (or don't seem like themselves)? Will you share these with that friend(s)?
3. Can you think of universal "nudges" that might make a have a person at school (that you don't know) have a better day? A smile, kind word or hello?



Like so many times in our daily lives, the holidays bring different experiences and emotions for each of us. December is filled with opportunities to have fun at school and at home, but for many the holidays can be painful. How we cope or respond has much to do with how we care for our body, our mind, and our relationships with others. TAKE CARE.

