



Counselor Corner

October 2024

World Mental Health Day is October 10th

The theme for this year's global campaign is 'It is Time to Prioritize Mental Health in the Workplace.' "Our objective is to engage a global audience—including employees, employers, organizations, and stakeholders—in grassroots advocacy to promote mental well-being at work. We aim to highlight the essential role of mental health in professional environments, advocating for workplaces where mental health is prioritized, protected, and promoted." See the website: <https://wmhdofficial.com> for more details.



Updates from the RSD Counselors

- LPC at West, Samantha Carlin (Valente), will be holding a therapeutic group focusing on social skills. The group will run weekly for 6 weeks. Please click the link below to make a referral for any student at West who may benefit:
https://docs.google.com/forms/d/e/1FAIpQLSfJRI_cznPw56FkELca7DDNGD88ycSZFmlAO5GrXgTzEKzCLQ/viewform?usp=pp_url
- If looking to refer a student for any mental health services at RSD, please fill out the form below, which can also be found on the district counseling website:
https://docs.google.com/forms/d/e/1FAIpQLSf8i5XH5SSho_jxRcFlmfB68YO5dLkane3TS9tWXStgt_Rcghg/viewform?usp=sf_link

Mental Health First Aid Tip of the Month

From National Council for Mental Wellbeing

Practice Self-Compassion

- **Acknowledge your feelings:** When you're feeling overwhelmed or stressed, take a moment to recognize your emotions without judgment. It's OK to feel this way, and it's a natural part of being human.
- **Speak kindly to yourself:** Notice your inner dialogue and replace self-critical thoughts with affirming and supportive ones. For instance, instead of thinking, "I'm not doing enough," try, "I'm doing my best, and that's enough."
- **Take mindful breaks:** Set aside time each day for activities that help you recharge and center yourself. Whether that means taking a short walk, deep breathing, or a few moments of quiet reflection, these breaks can help reduce stress and boost your resilience.
- **Seek support:** Don't hesitate to reach out to others when you need help. Just as you support those around you, allow yourself the same privilege. Talking with a trusted friend, mentor or counselor can provide valuable perspective and comfort.

