



Kenowa Hills Public Schools
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Kenowa Hills Mental Health Newsletter

A Word From the District Mental Health Team:

You've made it to Week #3, AKA Spring Break! Please take this week to unplug from schoolwork and enjoy good quality time with one another. Teachers will not be assigning work during this time.

"THE BEST THING YOU CAN DO IS LET GO OF WHAT YOU CANNOT CONTROL, & INVEST YOUR ENERGY INTO THINGS THAT YOU CAN."



FOCUSING ON WHAT WE CAN CONTROL VS. WHAT WE CANNOT IS A GREAT WAY TO DECREASE ANXIETY.

GoNoodle is a great website to get students up and moving. This interactive exercise is called "[Melting](#)" and is another tool to help reduce anxiety.

STAYCATION CAN BE GREAT!

- Set up outdoor games
- "Spa" day
- Obstacle Courses/Mini Olympics
- Giant Human Tic Tac Toe
- Turn your house into a hotel
- Beauty Salon/ Car wash
- Themed dinner nights
- Cooking class
- Scavenger hunts
- Family camp out
- Story time under stars
- Card games/board games
- Science experiments



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Validating Feelings

Validate people's emotions. Whether you understand them and where they come from, and whether you agree with the intensity and their reactions. Simply accept that they feel a certain way. Help them to feel better. Be there for them.

Practice Emotional Coaching

INSTEAD OF...

MINIMIZING

Teen, refusing to go outside: Why should I go outside, it's not like I get to play baseball ever again!

Parent: At least you're not in the hospital on a ventilator. You have nothing to be upset about.

or

You're okay. Come on, let's get some ice cream.

IS your family experiencing grief?

"Keep trying. There is something powerful about naming this as grief. It helps us feel what's inside of us. So many have told me in the past week, "I'm telling my coworkers I'm having a hard time," or "I cried last night." When you name it, you feel it and it moves through you. Emotions need motion. It's important we acknowledge what we go through. One unfortunate byproduct of the self-help movement is we're the first generation to have feelings about our feelings. We tell ourselves things like, *I feel sad, but I shouldn't feel that; other people have it worse*. We can — we should — stop at the first feeling. *I feel sad. Let me go for five minutes to feel sad*. Your work is to feel your sadness and fear and anger whether or not someone else is feeling something. Fighting it doesn't help because your body is producing the feeling. If we allow the feelings to happen, they'll happen in an orderly way, and it empowers us. Then we're not victims."

Article: [That Discomfort You're Feeling Is Grief](#)

TRY THIS INSTEAD...

REFLECTING/NORMALIZING

Teen, refusing to go outside: Why should I go outside, it's not like I get to play baseball ever again!

Parent: Sounds like you're still feeling really upset (sad, frustrated, angry) about missing baseball, huh? It makes sense you'd feel that way, you put a lot of work in.

Source: Dr. Gottman; for more information on emotional coaching: please visit [this link](#).

Missed the last editions?
Click [here](#)!