

Counselor Connections

Grounding Exercises
Survey, Zoom & Wellness Plan
Resources

April 2020



Grounding

It's a stressful time right now and practicing grounding activities now (and later!) can be so helpful.

SIX WAYS TO PRACTICE GROUNDING

with anxiety + intense emotions



body

lay on the ground, press your toes into the floor, squeeze playdough



5 senses

wear your favorite sweatshirt, use essential oils, make a cup of tea



self-soothe

take a shower or bath, find a grounding object, light a candle



observe

describe an object in detail: color, texture, shadow, light, shapes



breathe

practice 4-7-8 breathing: inhale to 4, hold for 7, exhale to 8



distract

find all the square or green objects in the room, count by 7s, say the date

Exercises

Grounding Exercises are things you can do to bring yourself into the present moment. This can help calm emotions and de-stress.

How are you feeling survey

- ★ We want to know how you are feeling and how we can support you through this time. Please fill out the survey here:

How are you feeling?

- ★ **Q&A Chat time.** The counseling team would love for you to join a school-wide “Q&A/Chat Time” with all of the counselors this Thursday, April 23rd at 2pm. Click on this link to join the Zoom meeting: <https://nsd.zoom.us/j/97116515340?pwd=U2pHYjZmTjFIMkNmSDlPcmRXZjErUT09>

or Meeting ID: 971 1651 5340 password 2020

Wellness Plan

**You can print this
or draw it yourself.
How can you make
sure you take care
of...**

Your mind? Ideas could be to do your school work, join your class Zoom's, read, do puzzles, etc.

MIND, BODY AND SPIRIT.

WEEKLY WELLNESS PLAN:

DATE:

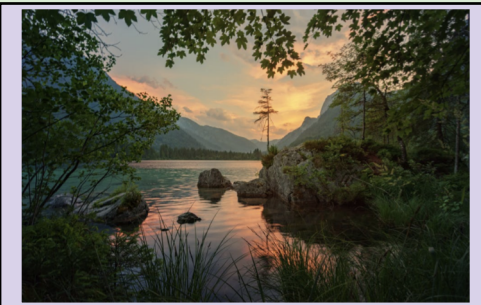
**TAKE CARE OF
THE WHOLE YOU.**



JOY KILLERS TO AVOID:

WEEKLY REFLECTIONS

WHAT WAS AWESOME ABOUT THIS WEEK? WHAT DO I WANT TO DO DIFFERENTLY NEXT WEEK?



Your body?
Exercise, do yoga,
talk a walk outside.

Your spirit?
Calming activities,
connect with
others, and do
things you love.

It's important to
know what doesn't
make you happy
too. There's where
you write in 'joy
killers'.



Community Resource: Free Music Therapy Classes

Snohomish County Music Project has received funds from Snohomish County to provide FREE music therapy services during the COVID-19 pandemic. Sessions will be offered on a first-come, first-serve basis.

Music Therapy Sessions for Mental Wellness

Trauma, loss or mental health challenges can make it difficult to connect with others and cope with the challenges and uncertainties of life. The current state of national emergency can add to this by increasing anxiety and feelings of isolation and restricting access to social support. Due to a grant, Snohomish County Music Project can currently offer free remote music therapy sessions through video chat at no cost to you during the COVID-19 pandemic.

What is Music Therapy?

Music therapy is an evidence-based therapy that uses music-making, music listening, music writing, and other musical experiences to work on therapeutic goals. During music therapy sessions, a board-certified music therapist will work with you to create and use music in ways that are specifically tailored to your goals.

No musical experience is required to benefit from music therapy. For more information, contact the Snohomish County Music Project at info@scmusicproject.org or (425) 258-1605.

Resources

Teen Link: You're not alone. There is someone that's willing to listen to you without judgment. Teen Link is a program of Crisis Connection that serves youth in Washington State. Typically, teen volunteers take calls/texts/chats but adults are doing this instead right now. They are trained to listen to your concerns and talk with you about whatever's on your mind – bullying, drug and alcohol concerns, relationships, stress, depression or any other issues you're facing. No issue is too big or too small! Calls and chats are confidential. Talk it out! You can call in to speak with an adult staff member 24 hours a day (866-833-6546). If you would prefer to chat or text in, feel free to do so *Tues-Sat from 2-10pm. Chat: <https://www.teenlink.org/>, Text: 866-833-6546*).

See your Counselor ONLINE. Something new we added to the Skview webpage, if you or your parent/guardian would like to make an appointment with me, click on the link [Make an appointment with your counselor](#).

Email your Counselor. Please feel free to reach out to us. We're here to help!

Have a great week!

