

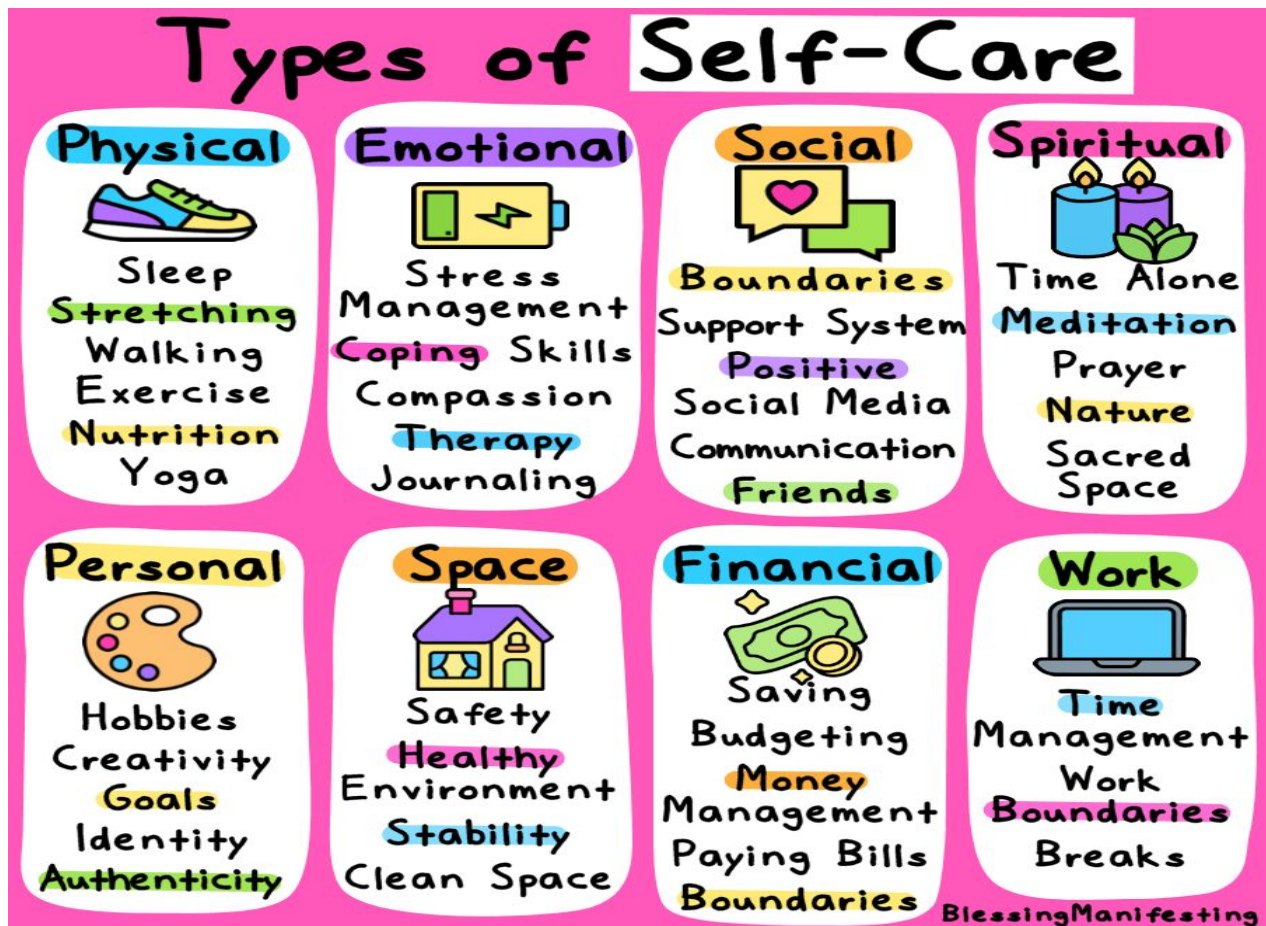
Hi There JHCS Families,

Now that we are in full swing I hope everyone has gotten a better grasp on the school schedule this year. Even though we hopefully are in a good routine there is still the uncertainty about the future for the school year. This year has pushed us out of our comfort zone dealing with shortages, mask mandates, crazy school schedules, rioting, politics, rolling closures, online and in class learning just to name a few. Some questions we can ask ourselves is:

1. How have local and world events affected me and my family?
2. How do we manage our thoughts and feelings without feeling anxiety or depression take over?
3. What are my support systems and resources that help me cope?

These are questions that have been expressed to me over the last few months.

I wanted to focus on and remind families the importance of self-care and self-compassion. These are valuable tools that can help us through emotional emergencies. You can find many resources on the internet for these terms and attached below is a chart that has a variety of self-care subjects.



Self-Compassion is a term less familiar and isn't used as much as it should be. Dr. Kristin Neff, leading researcher on Self-Compassion says, "Unlike self-criticism, which asks if you're good

enough, self-compassion asks “what’s good for you?” Below is a chart that can help you navigate yourself to utilize self-compassion.



Be kind to yourself, love who you are, love who you are becoming and know that failure leads to success.

Best Wishes and reach out if you have concerns or questions,
Sam Grabert
School Therapist

Resources: Click to watch

Dr. Kristin Neff Self Compassion - [Resource Website](#)

Emotional Well-being and how it affects your health - [US National Library of Medicine](#)

Concepts of Well-Being - [Center for Disease Control](#)

Emotional Wellness for children and helping them cope - [Children's Emotions](#)

What every child/teen needs for good mental health - [Mental Health America](#)

10 Great articles to help your child’s mental health - [Parents With Confidence](#)