

DEALING WITH WINTER BREAK STRESS

**MIDDLE COLLEGE GTCC HIGH POINT
THURSDAY DECEMBER 10, 2020**

INTRODUCTIONS

- Ms. Polk-Jones- Principal
- Mr. Devonmille- School Counselor
- Other staff members
- Parent attendees.



EMOTIONAL CHECK IN

- As we head into an extended break, how are you feeling? How do you think your student is feeling?



- I-about to pull my hair out
- 5- no worries- moving along just fine
- 10- I can't wait to have all the free time

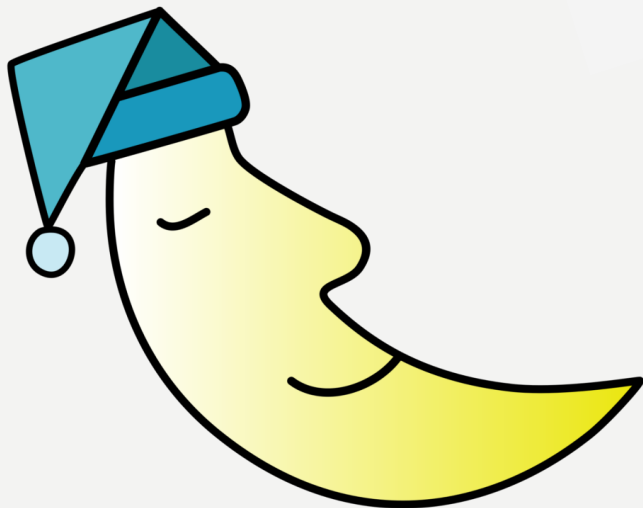
OVERVIEW OF TOPICS

- Maintaining Consistency
- Naming your feelings
- Dealing with Grief during the break



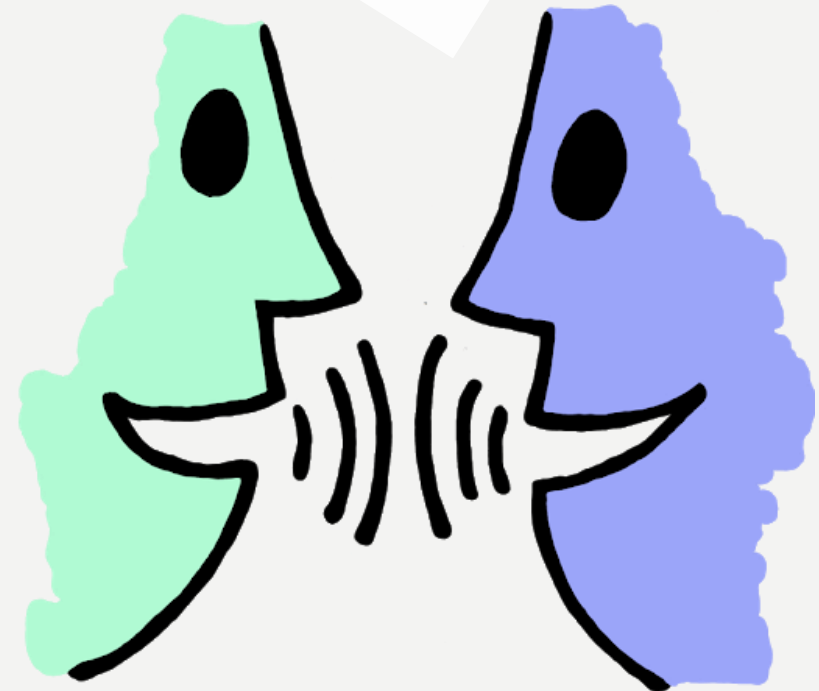
MAINTAINING CONSISTENCY

- Sleep Cycles
- Healthy Eating
- Exercising
- Getting outdoors



NAMING HOW YOU FEEL

- What tape is playing in your head?
- Are you practicing self-talk or self listening?
- Ways of opening the lines of communication between you are your student



DEALING WITH GRIEF/LOSS

- Honoring those that we lost during this time
- Celebrating traditions/ creating new traditions
- Can you be happy and grieving at the same time?



EMOTIONAL CHECK IN

- After gaining a few tools, how do you feel about entering this extended break?



- 1-about to pull my hair out
- 5- no worries- moving along just fine
- 10- I can't wait to have all the free time

RESOURCES

- As we draw to the end of this meeting, I would like to remind each of you that Ms. Polk-Jones, Ms. Shipley and I are always available to meet with families and individuals to talk about any of these topics.
 - We are available for both phone and Microsoft Teams meetings.
 - If you are dealing with any issues that you feel you or your student could benefit in talking through please feel free to contact us at the school at 336-819-4111.
- Trellis Supportive Care (Hospice)- 336-768-3972
- GCS Youth Crisis Hotline: 336-332-7295
- Mayo Clinic: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>
- <https://yourteenmag.com/family-life/communication/communicating-with-teens>
- <https://www.healthline.com/health/positive-self-talk>