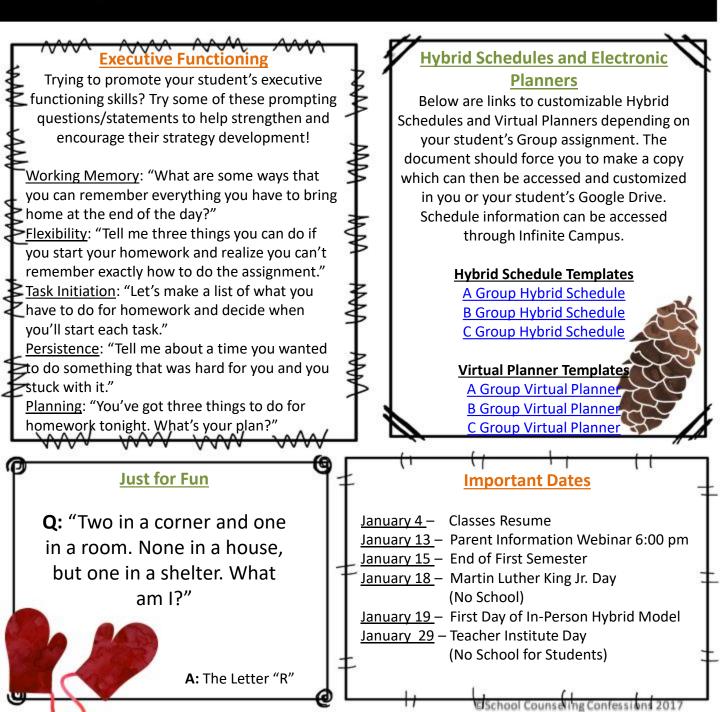
JANUARY Counseling Newsletter



Kounseling Newsletter

Best Possible Self

Ahh, the new year. A time for new resolutions and an attempt to better ourselves. A new year provides us a new opportunity to reflect on our best possible self. Help your student to identify their best possible self using this visualization exercise. This can also be done as a family to increase accountability and togetherness!

Instructions: In a journal or on some notebook paper, you will imagine and describe your best possible self in three domains: personal, academic, and social-emotional. For the next week, spend 5 minutes visualizing your best possible self each day. Focus on one domain per day, cycling through each of the domains throughout the week .(You may want to record your practice in a chart.)

To perform visualization, picture your best possible self in as much detail as possible. Think of a scene that your best possible self might find themselves in, and imagine the sights, sounds, and feelings you would experience.

For each domain, imagine your best possible self for 1 full minute. Then, spend 5 minutes writing about your best possible self in as much detail as possible.

Domains

<u>Personal</u>: Skills, Hobbies, Personality, Health, Accomplishments, etc.

<u>Academic</u>: Grades, Goals, Skills, Future Career, Study Habits, etc.

<u>Social-Emotional</u>: Friendships, Family, Connections, Feelings, Emotions

Did You Know?

Working in front of a computer screen can cause eye strain. To avoid headaches, watery eyes, and blurred vision, try using the 20-20-20 rule. For every 20 minutes of screen time, look up at something 20 feet away for 20 seconds!

A Mindful Minute

Take a minute to gently stretch a body part. If you are at the computer, your neck or shoulders will thank you. If you have been sitting for a while, stand up and stretch your hips, hamstrings or calves. When your head is running the show, it is easy to ignore what is happening in your body. Your muscles hold onto tension so give them a quick release.

Word of the Month: Active Listening

How do you know when you are truly listening to someone? When you're face-to-face with someone, have you ever caught yourself distracted? We are often listening, but we are not always engaged in active listening. The difference is that active listening is an immersive experience in which you are focused on the individual and are present merely in your responsibility to listen. Even without saying a word, the other person has no doubt you are listening from your eye contact, body language, and how you respond. The lack of active listening is often the cause of miscommunications. Making a small change in attentiveness could help to resolve miscommunications before they become a problem.