

# School Counseling

December 2023

◀ NEWSLETTER ▶



## Highlights/Updates

The best way to prevent stress in your children is to manage your own stress. If you are stress free (or at least managing stress well) you will set a base of calm. You are setting the example for your children! For youth, a lot of the stress that comes this time of year is from uncertainty. Be sure to be open about what their holiday break schedule will look like, including what they are expected to do and what activities are planned. Predictability is key in managing stress connected to expectations and events.

## Calendar

- Dec. 18 Begins Winter Break
- Jan. 3 Teacher Professional Development
- Jan. 4 Students Return to School

## Stay Connected

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## BE HAPPY IN THE HOLIDAY SEASON

Maintaining balance during the holiday season can be challenging. Here are some tips to help you prioritize and make time for what's most important.

- ❖ Prioritize self-care by getting enough rest, eating well, and engaging in activities that bring you joy and relaxation.
- ❖ Set reasonable boundaries. It is okay to say no. Leave some room for any unexpected events and avoid rushing during this time.
- ❖ Spend time with loved ones, friends, and colleagues.
- ❖ Practice positive self-talk and reject any unhealthy thoughts that create unnecessary distress.
- ❖ It's okay to take a step back and prioritize your well-being during this busy time. If you need further support or specific strategies, feel free to ask!

