

Wildcat Wellness - Fall Edition

Almost all of us experience moments of transition in life that are so impactful they can leave us feeling overwhelmed, anxious and depleted. Change is often difficult to manage, and even the happiest moments in life such as a new job, getting married, or having children can produce unexpected stress and strain on our mental well-being. When routines get disrupted, our brains are forced to engage fully in order to ensure our needs continue to be met. This can cause stress to our systems as we are forced to find a new normal. With the right knowledge and game plan in place, managing life transitions does not have to get the best of us.

Consider using the the 3 R's:

Reassurance - "A comment that removes fear and doubt"

Routines - "A usual way of doing things"

Regulation - The way someone expresses their feelings and manages their emotions"

Reassurance

- Use positive affirmations
- Give clear and concise communication
- Provide a sense of safety

Routines

- Provide consistency
- Talk about expectations ahead of time.
- Use a visual schedule

Regulation

- Practice Mindfulness (see link below)
- Encourage relaxation techniques. (breath/stretch)
- Have one on one time.

Resources

Feel free to check out the following links on [mindfulness](#), [stress management](#), [how to manage stress and anxiety](#), and [dealing with change](#).

Remember: As part of our reopen plan you will be invited to fill out a questionnaire that will give us information regarding your family and student's social emotional well being. Look for this in the enrollment packet!

Crisis Lines

231-722-HELP(4357) - Muskegon
231-873-2108 - Oceana County
1-800-992-2061 - Oceana County
1-800-273-TALK (8255)
Text Line 741741 (HOME)
Alecia Hughes - District Clinician 231-638-8923
Jillian Eppard - Parent Support Partner
231-670-9762