

Grade 8 is Great
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Connect to Breath: Notice, Slow down and if comfortable breath IN with the nose and OUT with the mouth. Inhale to the word "BREATH" and Exhale to the word "BODY".

Mood Meter: From the book, Permission to Feel, Marc Brackett Ph.D. How are you feeling? **RULER Skills:** Recognizing, Understanding, Labelling, Expressing and Regulating feelings.

Size of the Problem: Reaction should match the size of the problem.

Finger Breathing: Trace up the finger as you breathe IN and trace down the finger as you breath OUT returning to the base of the palm.

Conducting Breathing: Make large movements like conducting upwards while breathing IN (Nose), and then in a SLOW motion bring hands down to side while breathing OUT (Mouth).

Movement and Breathing: Stretch hands up and over head while breathing IN, and breath OUT while lowering hands down slowly. Stretch hands to the side (IN and OUT) and other movements.

MINDFUL WALKING (Go Out in Nature): Slow down your pace, Notice how your body connects, Notice how your feet feel on the ground, Walk in Nature and notice your surroundings (Forest Bathing).

Brain: Amygdala, Prefrontal Cortex and Hippocampus. Negative Bias of brain for survival. The AMYGDALA is a collection of neurons that are vigilant to THREAT and is always scanning the environment for danger.

The PREFRONTAL CORTEX is the executive director of the Brain. The HIPPOCAMPUS is responsible for new learning and memories.

Hands on Heart: Helps to keep us Calm and Collect. Remember a time you felt safe. (Place hand over heart to help keep us calm and relaxed.)
When the Fight, Flight and Freeze are not the best ways to help us.

Optimistic/Pessimistic Thoughts: Negative Thoughts or Emotions. Check facts if they are true or are they your thoughts and how you are feeling. Reframe your thinking and put ideas into Action.

FIXED MINDSET/GROWTH MINDSET: Learn from mistakes, Be motivated to succeed, Put forth more effort, Take risks, Seek feedback, Learn more.... Our attitude towards learning makes a difference.

Sleep: How much are you getting? Eat Nourishing food, Connection, Exercise, Have fun, Think good thoughts for others...

Self-Care: Take time for yourself, Stay hydrated, Put your health first, Go outside, Practice forgiveness, Acknowledge your feelings...

BLOCK LIGHT: Rub hands together until warm and place over closed eyes for a few minutes.

FUN times and Great Memories: Make time to have fun with family and friends, Spend time doing things that bring you joy, Learn something in an area of interest, Expose yourself to something INSPIRING to your Heart and Soul.

Mental Health Literacy (MentalHealthLiteracy.org) Great resource with lots of evidence-based information.

Seek help when you need it: Speak to your family, counsellor, librarian