

# SJPS SELF-CARE SERIES

Issue 1 - February 2018

## COPING SKILLS 101...

### Take a look:

#### How to make stress your friend

by Kelly McGonigal

<http://www.authenticachievers.com/5-inspiring-ted-talks-that-will-boost-your-emotional-intelligence/#prettyPhoto/2/>

#### All it takes is 10 mindful minutes

by Andrew Puddicombe

[https://www.ted.com/talks/andy\\_puddicombe\\_all\\_it\\_takes\\_is\\_10\\_mindful\\_minutes?utm\\_campaign=teditspread--a&utm\\_medium=referral&utm\\_source=tedco\\_mshare](https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes?utm_campaign=teditspread--a&utm_medium=referral&utm_source=tedco_mshare)

### Read about:

#### 20 ways to cope with difficult situations as featured by *Huffington Post*:

[https://www.huffingtonpost.com/lauren-stahl/20-ways-to-cope-with-difficult-situations\\_b\\_7747608.html](https://www.huffingtonpost.com/lauren-stahl/20-ways-to-cope-with-difficult-situations_b_7747608.html)

### Try this app:

Stop, breathe & think

<https://app.stopbreathethink.org>

### At SJHS:

#### GO time

\*Create worry boxes

\**Well of Grace* offered a 3 wk series on dealing with anxiety

#### Advisory

\*Empathy & Wright's Law

#### Guidance

\*H20 groups (with *Well of Grace*) - 3, 6 or 7 wk series on self-esteem,

healthy relationships/boundaries & coping skills for girls 9-12th grade

\*Created resource posters for bathrooms (also using at Upton)

#### NEED HELP?



#### Other

\*Participation in year 2 of "great kindness challenge" facilitated by Student Senate

### At Upton:

#### GO time

\*Create worry bags & utilize *Calm Classroom* program

\**Kathleen Belonga* offered sessions for staff & students on yoga



#### Guidance Dept

\*classroom "random acts of kindness" challenge in December



\*quarterly class presentations including: compassion, self-esteem, healthy relationships & coping skills

\*H20 groups (with *Well of Grace*) - 3, 6 or 7 wk series on self-esteem, healthy relationships/boundaries & coping skills for girls 8 grade

\*Working with PTO to put positive & inspirational quotes in bathrooms in addition to resource posters

### Local resources:

#### *Thrive Psychology*

711 Pleasant St.  
St. Joseph  
(269) 408.8474  
<http://thrivepsychgroup.com/>

#### *Freedom Counseling*

1901 Niles Ave  
St Joseph, MI 49085  
(269) 982-7200  
<http://www.freedomcounselingusa.com/>

#### *Peace of Mind*

3408 Niles Rd  
St Joseph, MI 49085  
(269) 428-4789  
<https://www.peaceofmindcounselingcenter.com/our-location.html>

#### *Well of Grace*

5707 Red Arrow Hwy  
Stevensville, MI 49127  
(269) 428-9355  
<http://www.wellofgraceministries.com/>

#### *Centered on Wellness*

(formerly Samaritan Center)  
1850 Colfax Ave  
Benton Harbor, MI 49022  
(269) 926-6199  
<http://www.centeredonwellness.info/>

#### *Shepard House*

Saint Joseph Office  
(269) 985-2000  
903 Main Street  
Saint Joseph, MI, 49085-0679  
<http://www.shepardhousecounseling.com>

#### *Andrews University Community Counseling Center*

4196 Administration Dr.  
Bell Hall Rm 156  
Berrien Springs, MI 49104  
(269) 471-6238  
For residents of Michigan & Indiana at no cost. Students working toward graduate degrees in counseling & counseling psychology supervised by licensed faculty.

#### *Southwestern Medical Clinic*

(affiliated with Lakeland Health)  
5675 Fairview Avenue  
Stevensville, Michigan 49127  
(269) 429-7727  
<http://www.lakelandhealth.org/southwestern-medical-clinic/medical-services/counseling-services>