

# Your Well-Being Matters: Prioritizing Self-Care This School Year



As you embark on another school year, your role in supporting students is crucial. But remember, the most effective way to care for others is to first care for yourself. Here are just a few self-care tips tailored to help you maintain your well-being throughout the busy year:

## 1. Make Time for Yourself:

Schedule "you" time each day, even if it's just 10-15 minutes, to decompress and recharge.

## 2. Practice Mindfulness:

Incorporate mindfulness or meditation into your daily routine. A few minutes of focused breathing can reduce stress and increase clarity.

## 3. Stay Physically Active:

Regular exercise can boost your mood and energy levels. Even a short walk during lunch can make a big difference.

## 4. Nourish Your Body:

Maintain a balanced diet and stay hydrated. Healthy eating supports both your physical and mental health.

## 5. Set Realistic Goals:

Break tasks into manageable steps. Recognize that you can't do everything at once and that it's okay to ask for help.

## 6. Build a Support Network:

Connect with fellow counselors to share experiences, resources, and support. You don't have to carry the load alone.

## 7. Know When to Take a Break:

Listen to your body and mind. If you're feeling overwhelmed, it's okay to step back, breathe, and regroup.

***Remember: You're Not Alone in Supporting Your Students***

At MiraVista Behavioral Health Center, we're here to support both you and your students. If you encounter students who may need more intensive mental health care, we are ready to assist with inpatient services designed specifically for adolescents between the ages of 13-17, 18 if still attending high school. Referrals can be made by reaching out to Kim Lee at [klee@miraivistabhc.care](mailto:klee@miraivistabhc.care) or by calling 413-264-3042.

Your work is essential, and we are here to support you every step of the way. Let's ensure that both you and your students have a healthy, successful school year.

### **Back-To-School Resources From The Centers For Disease Control And Prevention:**

***Back to School: Ideas for Parent Involvement***

(<https://www.cdc.gov/healthyschools/features/B2S.htm>)

***Back to School Toolkit: Support Schools, Empower Students***

(<https://www.cdc.gov/healthyyouth/back-to-school/index.htm>)

***The American Academy of Child and Adolescent Psychiatry's Facts for Families***

([https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/Layout/FFF\\_Guide-01.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Layout/FFF_Guide-01.aspx))

This page can be researched for a number of topics including *Talking to Kids About Mental Illness* and *Military Families Coming Home*

### **Mass.gov:**

***Preparing for return to school In Massachusetts***

(<https://www.mass.gov/info-details/preparing-for-return-to-school>)

### **U.S. Department of Education:**

***Raise the Bar: Resources for Parents and Families***

(<https://www.ed.gov/raisethebar/parents>)

### **Other:**

***National 988 Suicide & Crisis Lifeline*** (<https://www.samhsa.gov/find-help/988>)

***American Academy of Pediatrics' Healthy Children***



**MIRAVISTA**  
BEHAVIORAL HEALTH CENTER

***Empowering You. Empowering Students.***