

# JANUARY

## Counselor's Corner

### Presbyterian Christian School Secondary Campus

If you have any questions or would like to discuss how to support your child's progress, please feel free to contact me at [jbrock@pcsk12.org](mailto:jbrock@pcsk12.org) or call 601-475-6005. I'm here to help!

Jenny Brock - Social/Emotional Counselor

### Theme of the Month - Responsibility

For teenagers, responsibility skills are crucial for building independence, self-esteem, and character, transforming them into capable adults by teaching accountability for actions, fostering trust, and reducing anxiety as they learn to manage challenges and contribute positively to their communities. Developing these skills equips teens to make sound decisions, handle future responsibilities like finances and time management, and feel empowered by their own competence, which directly boosts confidence and prepares them for life beyond school.

#### Mental and Emotional Health

- **Manage Screen Time:** Set boundaries on digital use, such as stepping away from devices **1-2 hours before bed** and keeping phones away from the dinner table.
- **Practice Mindfulness:** Incorporate daily stress-relief techniques like deep breathing, journaling, or 5-15 minutes of stretching during study sessions.
- **Foster Social Connections:** Prioritize face-to-face interactions and quality time with friends and family to build a strong support system and combat winter isolation.

#### Wellness Tips: Starting the Year Strong

- **Prioritize Sleep Hygiene:** Aim for **8-10 hours** of sleep each night to improve concentration, memory, and emotional regulation. Establish a consistent bedtime and wake-up schedule, even on weekends.
- **Fuel with Balanced Nutrition:** Start every day with a nutritious breakfast. Focus on "eating the rainbow" by incorporating colorful fruits and vegetables into daily meals and swapping sugary snacks for nutrient-dense options like nuts or yogurt.
- **Increase Intentional Movement:** Aim for at least **60 minutes** of physical activity daily. This can include structured sports or simple actions like taking the stairs or walking during study breaks.

#### Academic and Personal Management

- **Systematize Organization:** Use a physical or digital planner to track homework, project deadlines, and test prep.
- **Set Actionable Goals:** Instead of broad resolutions, focus on small, specific, and measurable goals, such as adding one serving of vegetables to each meal or studying for one hour before checking social media.
- **Proactive Help-Seeking:** Establish a habit of communicating with teachers or school counselors early when academic or personal challenges arise.

#### Tips for Parents

- **Consistent Routines:** Help students build responsibility by maintaining a dedicated, quiet workspace for homework and consistent schedules.
- **Home Responsibilities:** Assign age-appropriate chores or financial tasks, such as managing a small allowance for spending and saving, to teach real-world choices.
- **Screen Time Accountability:** Use "Household Rules" to manage digital device usage (e.g., no screens at meals or in bedrooms) to teach self-regulation and boundaries.
- **Follow Through:** When discipline is necessary, stick to the stated consequences. Dropping a punishment prematurely can prevent the child from learning the weight of their choices.

# HOW TO Try A SOCIAL MEDIA DETOX

## Buddy up

Ask a friend to do the social media detox with you. Studies show that when you have a support system you are more likely to be successful.

## Delete

Delete your social media apps for 3 days. Not seeing the app icons on your phone will make it less likely for you to login.

## TURN OFF

Turn off your notifications. Having your phone dinging and buzzing all of the time messes with the Dopamine in your brain. Turning it off gives your brain time to rest.

## PUT IT DOWN

Put the phone down and go outside. Get less screen time and more fresh air. You are also likely to get more physical movement in as a result.

## NEW HOBBY

Focus your time on a new hobby. Is there something you've always wanted to learn, but haven't tried yet?