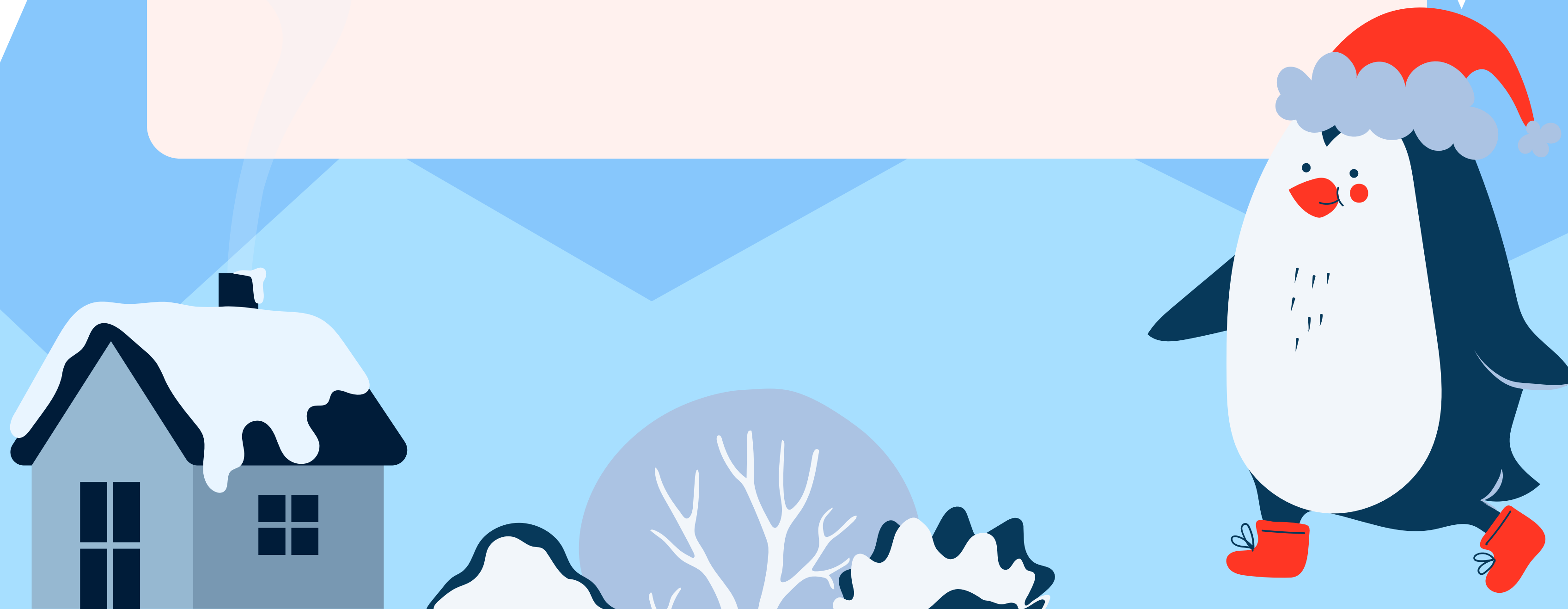
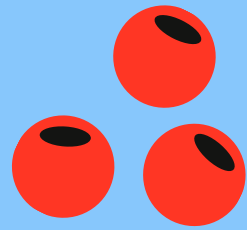


# SELF-CARE

**Maintaining positive mental health & finding support**



# Northwood's PSW Team



**Ms. Vitanovec**

7th grade  
teacher



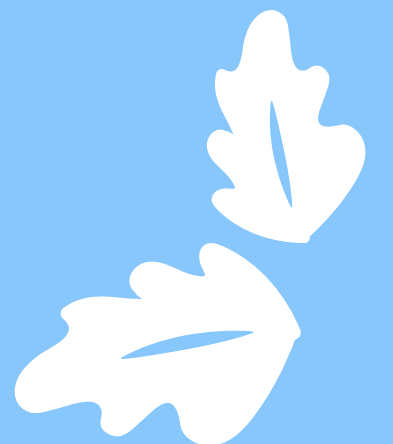
**Mr. Richey**

school mental  
health therapist



**Ms. Pollard**

7th grade  
school  
counselor



Today, we will focus on taking\*  
care of **ourselves.**

1

Self-care



2

Finding Support

3

Treatment



# The winter months/holidays are among us. This time...

- ★ can be full of fun time and full of joy
- ★ can be stressful and bring on large and/or intense emotions.
- ★ can be a good time to reflect on your self-care plan.





***This season looks  
different family  
to family.***



**Family's have different beliefs and/or traditions.**



**Some families may have struggles that they are facing during this time.**





***Self care is  
important.***





**We all face  
stressors (small  
& large) daily.**

Some stress can motivate us but  
too much can overwhelm us.



# Self care...



1

is how you take care  
of yourself to  
maintain overall  
health.

2

is necessary to be  
your best self.

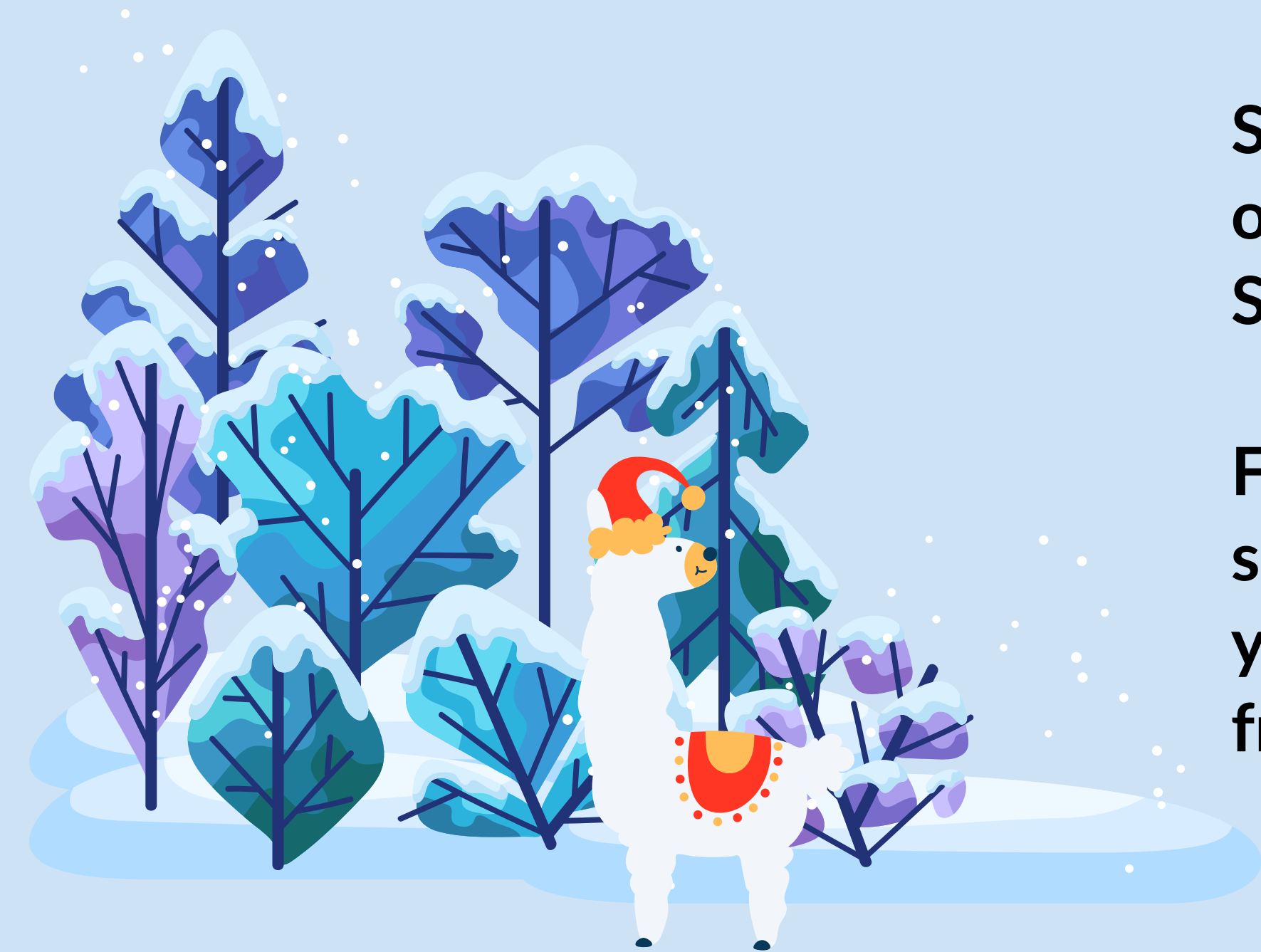
3

looks different  
for everyone.

# Finding support

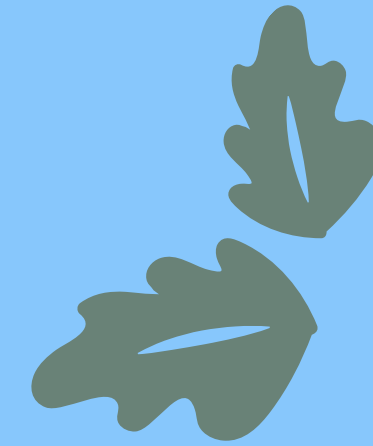
Sometimes, we all need help with the stressors of life. Getting support is a form of self-care. Support comes in many different forms.

For example, the support you may need with a school assignment is different than the support you would need to sort out a dispute with a friend.

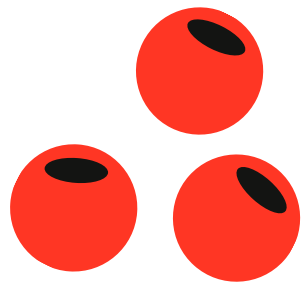




# Treatment



There may come a time that support from a health professional is needed. Treatment can include therapy and/or medicine. The goal of treatment is to improve functioning along with overall health and well-being.





# ***There's no shame in taking care of yourself.***

**Self care allows you to live your life to the fullest.**

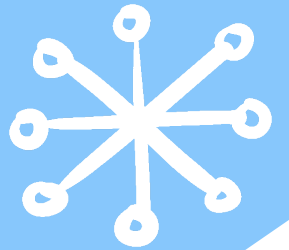


**In your school counseling  
Google Classroom there is a  
self-care  
activity.**



**Upon completion of this activity, you will be entered into  
a drawing for a sweet treat. Winners will be announced  
Monday. There will be 3 winners per grade. Good luck!**

# The winter months and holidays are amongst us



1

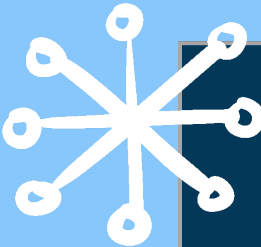
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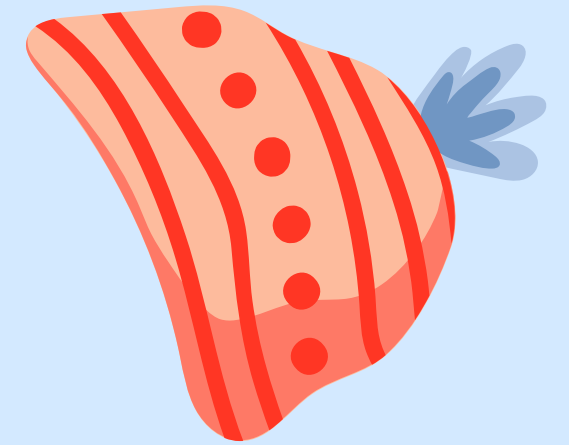
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S	W	O	T
STRENGTHS	WEAKNESSES	OPPORTUNITIES	THREATS
<ul style="list-style-type: none"><li>• What are you doing well?</li><li>• What sets you apart? What are your good qualities?</li></ul>	<ul style="list-style-type: none"><li>• Where do you need to improve?</li><li>• Are resources adequate? What do others do better than you?</li></ul>	<ul style="list-style-type: none"><li>• What are your goals?</li><li>• Are demands shifting? How can it be improved?</li></ul>	<ul style="list-style-type: none"><li>• What are the blockers you're facing?</li><li>• What are factors outside of your control?</li></ul>



# Ways to find support



## Get outside when possible

Elaborate on what you want to discuss.

## Get moving!

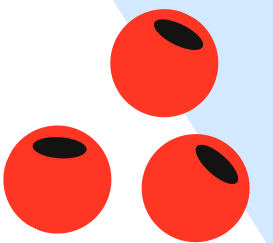
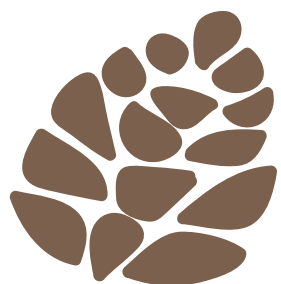
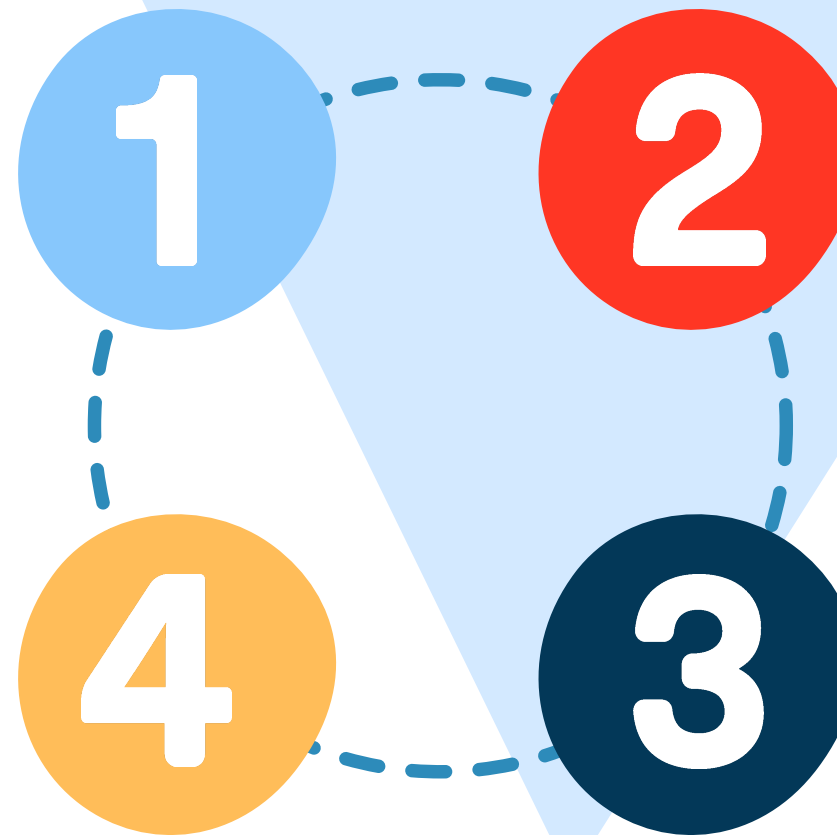
Elaborate on what you want to discuss.

## Gratitude.

Elaborate on what you want to discuss.

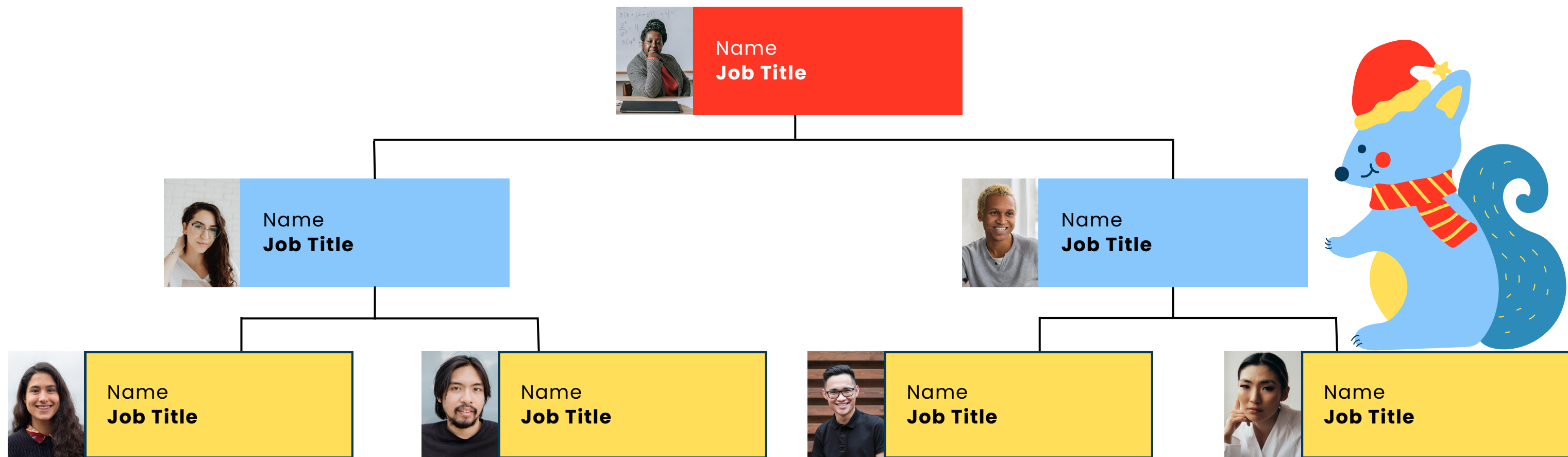
## Eat and rest well.

Elaborate on what you want to discuss.



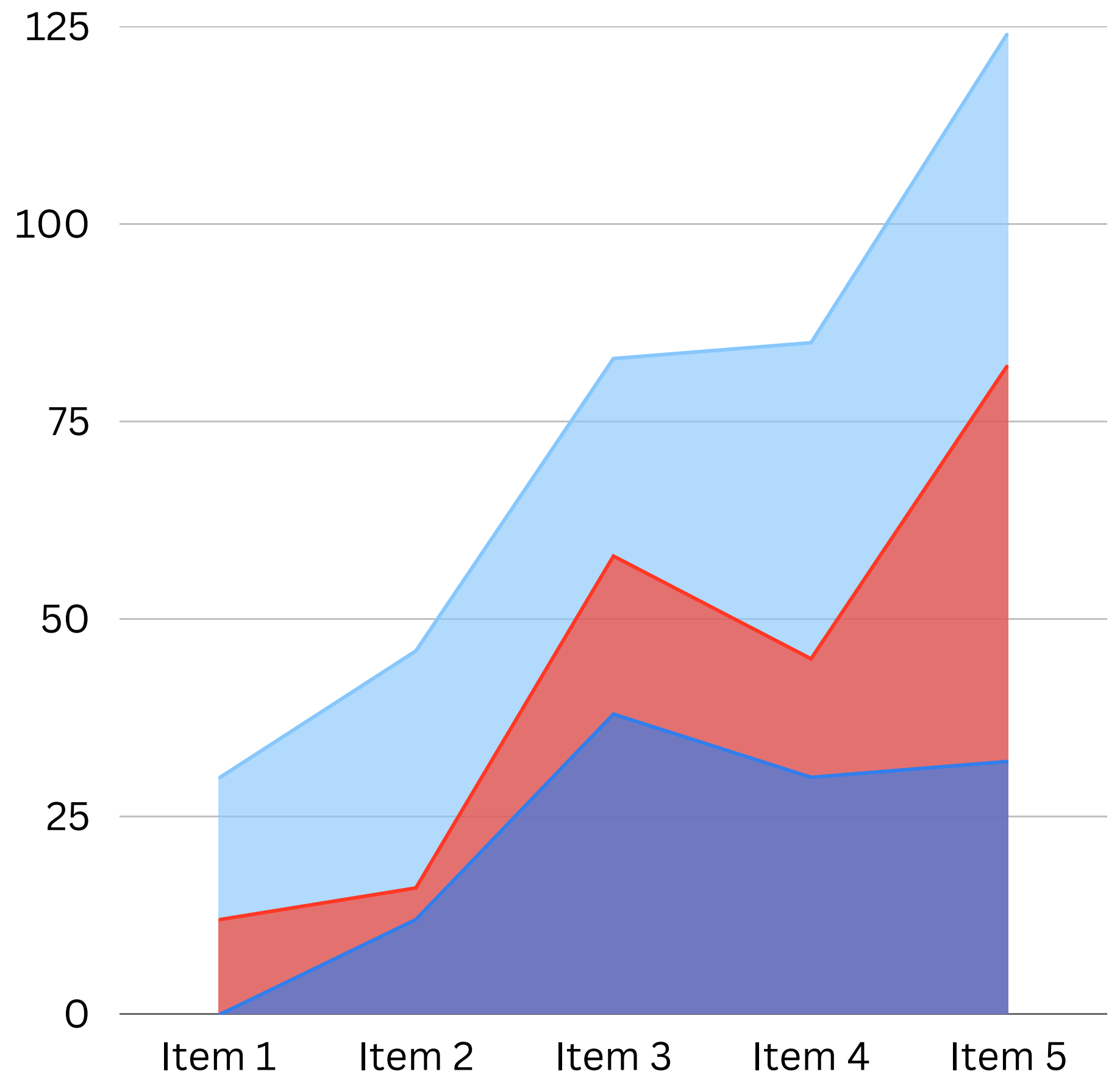


# Add a Chart Page



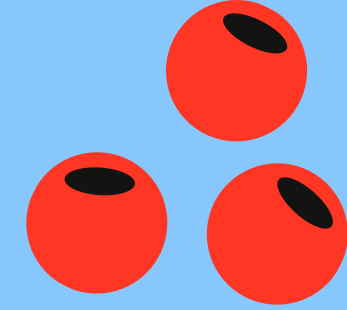
# Write Your Topic or Idea

Elaborate on what you want  
to discuss.

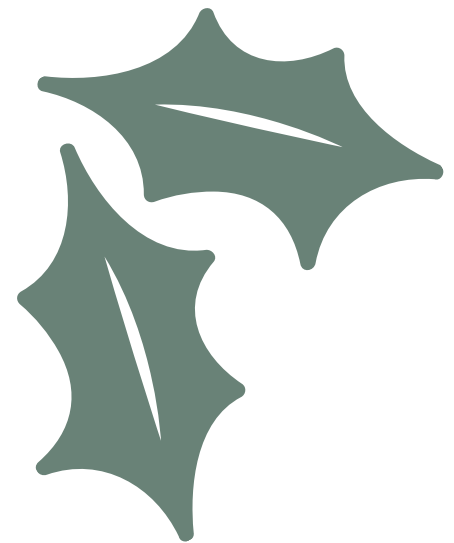
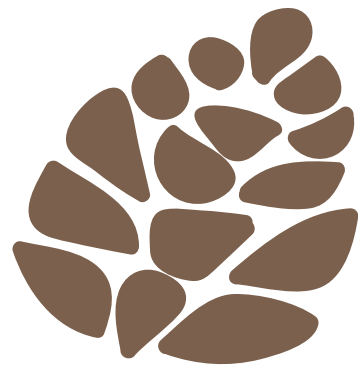




# Thank you!



Write a closing statement or  
call-to-action here.



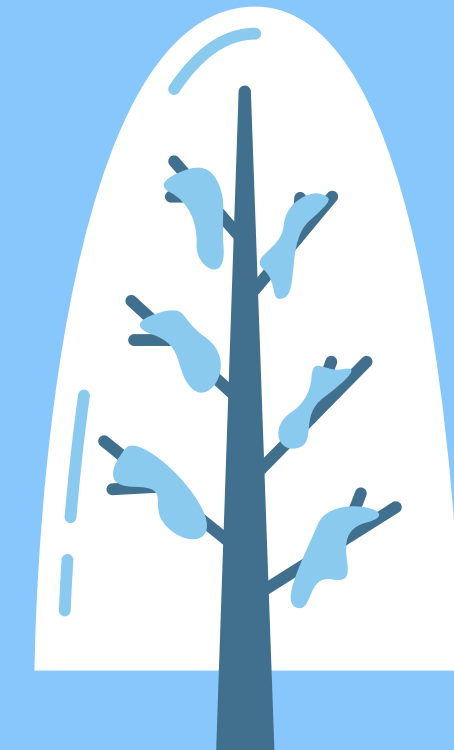
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