



Counsellor Connections



Dear Parents and Guardians,

With March upon us, we're starting a journey focused on empowerment through a Positive Mindset. This month, let's explore the transformative power of positivity and the benefits of embracing an optimistic outlook. Join us as we discover how a positive mindset can brighten our days and inspire us to aim higher.

Ms. Patti Recommends

Challenge Negative Thoughts

When negative thoughts arise, challenge them with positive alternatives. Instead of thinking, "I can't do this," reframe it as, "I am capable of learning and improving." Train your mind to focus on possibilities, not obstacles.

Positive Affirmations

Repeat affirmations that highlight your strengths & abilities. Remind yourself that you're capable, resilient & deserving of success. These affirmations help replace self-doubt with confidence and belief in yourself.

Read More

"The Power of Positive Thinking" – *Norman Vincent Peale*

A classic that teaches how to believe in yourself, stay optimistic, and overcome obstacles..

A Positive Mindset

Boosts Mental & Physical Health

- A positive mindset reduces stress, lowers blood pressure & strengthens the immune system.
- It can decrease the risk of heart disease and improve overall longevity.

Increases Resilience & Coping Skills

- A growth mindset helps people bounce back faster from setbacks.
- Studies show that optimistic individuals handle challenges with more confidence and perseverance.

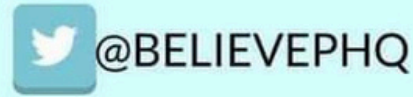
Contact Me!

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9 POSITIVE MENTAL HEALTH HABITS TO TRY AND MAINTAIN EACH WEEK



CONNECTEDNESS

Try and find some time during your week to connect with friends, colleagues or family members



VALUES

Engage in activities that provide you with a sense of value and that are important to you



ACHIEVEMENT

Engage in activities that provide you with both a sense of pleasure and achievement



SELF CARE

Find activities that you can schedule into your week that provide you with a sense of self care



TALK

Talk openly to close friends or family members about how you are feeling and what you might be thinking



STAYING PRESENT

Use some mindfulness exercises to try and connect you to the present moment



COPING SKILLS

Be proactive with your mental health. Learn, practise and refine some new skills that can help you cope with pressure or stress



RELAXATION

Schedule time into your week where you can switch off and relax your mind and body



PHYSICAL ACTIVITY

Where possible try and stay active. Exercise is a great tool for boosting mood and reducing stress and anxiety

