

The Counseling Chronicle

Finding Joy

OUR TEAM

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Find Joy in the Small Stuff

You are doing a great job!

We are all doing our best. Whether that's keeping up with work demands while at home, educating our kids while they are out of school, caring for others 'virtually' or simply taking care of more responsibilities while trying to create a 'new normal' in a time of uncertainty.

You are doing a great job.

You've heard the word resilience, but maybe you've never really thought about what it means. Chris Peterson, one of the founders of Positive Psychology, said it best when he described resilience as the ability to 'struggle well'. We are more apt to thrive when we embrace the life lessons in our challenges, examining with curiosity, the patterns in our struggles. We can cope...with hope.

This is a time to do a few things we normally don't prioritize:

REFLECT Use this time to reflect on what you're doing well. It may not feel like you're having many successes each day. You may feel lost or hopeless at times. But, if you **spend some time each day**

reflecting on the small victories (completing a task for work or getting a load of laundry done), you'll find that you're making it work.

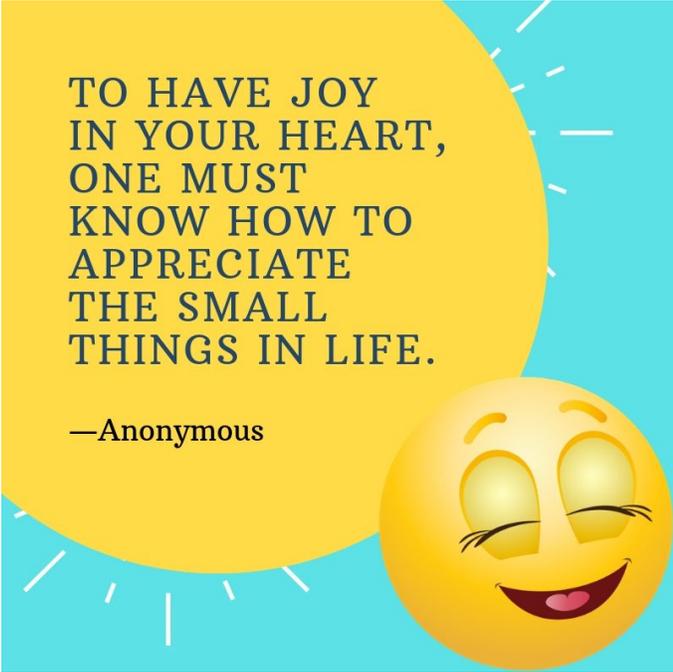
BE GRATEFUL Aside from celebrating the small accomplishments, **recognize things for which to be grateful**. Do you have food in the refrigerator? Are you healthy? Can you connect with your family and friends via phone or computer? Did you smile at least once today?

COMMIT TO SELF-CARE Self-care doesn't mean you should take a bubble bath or get a massage. **It means you should do the things that bring you joy and give you energy**. Do you like to cook? Enjoy exercising? Play an instrument? You may find there is more time for you to focus on things you're passionate about or start something new.

BE PRODUCTIVE Even though you may not be accomplishing all the things on your 'to do' list, make sure you're getting done what you can so you can **feel a sense of purpose each day**. Don't push yourself (see the second point in self-care), but try to set realistic expectations of yourself.

GIVE GRACE The main thing to keep in mind during all of this—**give yourself a break**. You are doing the best you can with the situation at hand and putting pressure on yourself to 'do better' can make challenging times even more difficult. And make sure to give grace to those who may be having a hard time being productive while juggling various challenges of their own. Everyone

manages stress differently. None of us know what the other person is going through, so **be kind**. For more ideas on how to keep being an awesome person during Covid-19, visit us at www.randomactsofkindness.org.



TO HAVE JOY
IN YOUR HEART,
ONE MUST
KNOW HOW TO
APPRECIATE
THE SMALL
THINGS IN LIFE.

—Anonymous

Spreading Joy to Others

Some people find joy in creating joy for others. Having a pen pal, drawing pictures to send to someone, drawing pictures on your sidewalk, or hanging artwork in your windows are just some ways that you might help spread joy. The link below offers many activities you and your family can do together to spread joy in your community and beyond. One of the activities on the link is called a Someday Soon Jar. When your family members say “I wish I could...,” write it down and put it in the jar. When the stay at home order is lifted, you will have many authentic ideas for family activities! There is joy in knowing that “someday soon” will come and all family members' ideas have been heard.



Kids for Peace

Uplifting Our World Through Love and Action

[Kids for Peace](#)

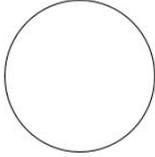


Showing Gratitude



[Mr. M - Gratitude Video](#)

Be Grateful!

+	
Date:	Today I am feeling... 
I'm grateful for...	
1. _____	
2. _____	
3. _____	
This person brought me joy this week...	
This was the best part of my week...	 Write or Draw!
□	