

COUNSELOR'S CORNER

October 2024

IN THIS EDITION

Natural Disaster Self-Care

Self Care—Mental health help is key for students after surviving through a natural disaster like a hurricane. According to a 2016 American Psychological Association Study, 25% to 30% of students exposed to an extreme weather disaster are at risk of mental health effects.

National Bullying Prevention Month

October is National Bullying Prevention Month. Bullying is a pervasive issue that effects many students, teachers, and parents. Bullying can have devastating effects, such as school avoidance, loss of self-esteem, and increased anxiety and depression.

Reminders

Don't forget to work on your campfire tales for Mrs. Foley's performing arts class!

Upcoming Events

- Conferences: Oct 28-31
- Halloween: Oct 31

Contact Info

Email: gseitzer@sjstampa.org

Phone: 813-879-7720 EXT 223

NATURAL DISASTER

SELF-CARE

BY UTMB HEALTH

Self Care Module for Hurricane Milton

Self-care is critical to coping in the aftermath and recovery of a disaster. Even with the (short) notice of an impending hurricane versus other natural disasters, the storm impacts are often unexpected, sudden and overwhelming. Knowing the common reactions and responses, how to cope and how to support each other can help us on a path to recovery.

Recognize that abnormal situations cause abnormal reactions and that is perfectly normal. Know that a wide range of responses is normal and include thoughts, feelings and behaviors such as:

- Intense or unpredictable feelings like anxiety, worry, sadness, fear, anger, irritability and even no response at all are all normal. Feeling like an “emotional roller coaster” and racing thoughts are also common.

Get back on your routine or establish a new routine. Routines are important for adults and children and give us a sense of normalcy. The quicker we can get back on routine or establish a new one, the better our ability to cope.

Re-establish sleep routines and get adequate sleep. Try to maintain a regular sleep schedule and consistent rise time, regardless of how you slept.

Eat healthy and balanced meals, it's important for physical and mental health. Try to avoid junk food. Exercise and get back to the things you enjoyed before the hurricane.

Connect with others. Social support is perhaps the most important coping tool we have. Share stories and experiences with friends, neighbors and peers. Connect with your social network or create new ones. Try to focus on the stories of hope, as well as progress and next steps.

Seek Support Post-Milton

Community Care

Community Care—Talk to Students about how surviving a natural disaster means coming together and caring for one another as a community.

1. Crisis Center of Tampa Bay – helping the Tampa Bay region, but they can also connect you with help through the right channels.
2. SAMHSA Disaster Distress Helpline – a national disaster distress helpline that can connect you with the resources you need.
3. Replacement of Supplemental Nutrition Assistance Program (SNAP) – SNAP Recipients who lost food due to Hurricane Milton can apply for food replacement by completing the form on the DCF website.
4. Points of Distribution (PODS) Open to Serve Community – Hillsborough County, in conjunction with the National Guard, has opened points of distribution (POD) throughout the county to help residents affected by Hurricanes Helene and Milton. PODs are drive through relief areas where residents can pick up water, tarps for protecting homes, and meals. The PODs allow residents to obtain these items without having to leave their vehicles.

NATIONAL BULLYING PREVENTION MONTH

What to Know

There are various forms of bullying including verbal, social, physical and cyberbullying, all of which can have long-lasting impacts. TO lean more about bullying and what it is and how to help your child respond, please visit the following sites:

- <https://www.pacer.org/bullying/nbpm/>
- <https://www.stopbullying.gov>

Show Your Support!

Every day, thousands of young people experience bullying from their peers at school, after school in their neighborhoods, and even when they are at home, through social media and texts. There are many ways to support bullying prevention as an individual or with friends, family, your school, or your entire community.

Bullying 101

According to StopBullying.gov (2020), “Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems.”

Watch This Video!

Watch the video overview of PACER’s National Bullying Prevention Month, created in 2021 by Medha, a student from Virginia.



Conflict vs. Bullying: What's the Difference?

Bullying is different from conflict.

- Conflict is a disagreement or argument in which both sides express their views.
- Bullying is negative behavior directed by someone exerting power and control over another person.

By Pacer.org

Conflict vs. Bullying - What's the difference?

Conflict

- Disagreement or argument in which both sides express their views
- Equal power between those involved
- Generally stop and change behavior when they realize it is hurting someone

Bullying

- Goal is to hurt, harm, or humiliate
- Person bullying has more power*
- Continue behavior when they realize it is hurting someone.

* "Power" can mean the person bullying is older, bigger, stronger, or more popular.

A decorative border surrounds the page, featuring various sizes of pumpkins in shades of orange and red, interspersed with autumn leaves in yellow, orange, and red. The background is a light cream color.

PRAYER FOR COMMUNITY

Embracing Father,
You grace each of us with equal
measure in your love.
Let us learn to love our neighbors more
deeply,
so that we can create
peaceful and just communities.
Inspire us to use our creative energies
to build the structures we need
to overcome the obstacles
of intolerance and indifference.
May Jesus provide us the example
needed
and send the Spirit to warm our hearts
for the journey.

Amen