

Wellness Wednesday

September 4, 2024

September Theme: Kindness

Research shows that being helpful to others has a beneficial effect on how you feel about yourself. Being helpful and kind—and valued for what you do—is a great way to build self-esteem. The meaning you find in helping others will enrich and expand your life. Giving in even simple ways can help those in need and improve your health and happiness. People that see you doing something kind for others are more likely to perform feats of generosity themselves. This effect can ripple throughout the community, inspiring dozens of individuals to make a difference. We would love to hear how you have done something kind for others, so tweet the counseling department @thetigersuite or stop by our office anytime.



Kindness
is
Magic



"Unexpected kindness is the most powerful, least costly, and most underrated agent of human change."

-Bob Kerrey

How Kindness Helps You

It's good for the brain: Kindness generates a chemical response in our brains by boosting neurotransmitters in our brains like dopamine and serotonin. Being kind and selfless to others registers with our brain's reward system, giving us feelings of satisfaction and well-being.

It's good for the mind: Kindness promotes connectivity to others. Doing something as generous as paying for a food order for the person in line behind you can create a bond that may even extend past that day. Not that that's the intention, but that's the kind of social connection that can come from random acts of kindness. New studies show that the social connection promoted by engaging in acts of kindness is a key predictor of both well-being and recovery from anxiety and depressive disorders. Kindness helps people feel less lonely and isolated. When you donate time, money, and resources to your community, it creates a sense of belonging within your community, as well.

It's good for the body: Another lesser-known neurotransmitter activated by acts of kindness is oxytocin, which is sometimes known as the "love hormone." Oxytocin has been studied extensively for its role in promoting a sense of bonding and connectivity, but it's also considered

“cardioprotective.” As oxytocin levels in our bodies increase, blood vessels dilate, inflammation is reduced, and our blood pressure is lowered. Alas, our longevity improves the kinder we are

KINDNESS IS GOOD FOR YOUR:

MIND



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BRAIN

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BODY

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 @BCBSMICHIGAN

September Kindness Calendar

SEPTEMBER 2024

THE SECRET OF CHANGE IS TO FOCUS ALL OF YOUR ENERGY NOT ON FIGHTING THE OLD BUT ON BUILDING THE NEW.
SOCRATES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Take time to reflect on your core values and long-term goals to ensure your transitions align with your aspirations.	2 Develop a structured plan outlining the steps and actions you need to take during the transition period.	3 Surround yourself with a supportive network of friends, family, and mentors.	4 Acknowledge that transitions can be challenging, and set realistic expectations for the process and outcomes.	5 Practice mindfulness and prioritize self-care to manage stress and maintain mental and emotional well-being.	6 Create a daily routine to provide structure and stability during times of change.	7 Be adaptable and open to adjusting your plans as needed during the transition.
8 Acknowledge and celebrate small achievements along the way to stay motivated.	9 Consult with professionals, such as career counselors or financial advisors, to gain insights and guidance.	10 Cultivate a positive mindset and focus on the opportunities that come with change.	11 Reflect on past transitions and identify lessons learned to inform your current approach.	12 Expand your professional and personal networks to create new opportunities and connections.	13 Use the transition as an opportunity to acquire new skills or enhance existing ones.	14 Document your thoughts and experiences in a journal to gain clarity and track your progress.
15 Keep important documents, plans, and information organized to reduce stress and confusion.	16 Concentrate on factors within your control and let go of things beyond your influence.	17 Create a mental image of your desired outcome to stay motivated and focused.	18 Don't hesitate to ask for support or delegate tasks when needed during the transition.	19 Allow yourself breaks to recharge and avoid burnout during intense periods of transition.	20 Break down long-term goals into smaller, achievable milestones to track progress.	21 Embrace change as an opportunity to explore new perspectives and broaden your horizons.
22 Stay informed about the details of the transition, whether it's a job change, relocation or personal development.	23 Cultivate a sense of gratitude by appreciating the positive aspects of your transition.	24 Anticipate potential setbacks and have contingency plans in place to navigate challenges.	25 Use the transition period to attend workshops, webinars, or courses that can enhance your knowledge.	26 Acknowledge and commemorate the end of one chapter before embracing the next.	27 Approach the transition with an open mind, recognizing that unexpected opportunities may arise.	28 Share experiences and insights with others who are navigating similar transitions for mutual support.
29 Cultivate resilience by adapting to change and bouncing back from setbacks.	30 Appreciate the journey itself, recognizing that growth and transformation occur during the process of transition.					

AUGUST							OCTOBER						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
28	29	30	31	1	2	3	29	30	1	2	3	4	5
4	5	6	7	8	9	10	6	7	8	9	10	11	12
11	12	13	14	15	16	17	13	14	15	16	17	18	19
18	19	20	21	22	23	24	20	21	22	23	24	25	26
25	26	27	28	29	30	31	27	28	29	30	31	1	2
1	2	3	4	5	6	7	3	4	5	6	7	8	9

Kindness

Children are not only our future but also our hope 🤗🥰🥰 #lovely #kindness



Travis Zen Den

The Travis Zed Den is now open in the counseling suite!

Purpose of the Zen Den:

- Independent self-regulation

- Calming Space
- Time to de-escalate

The Zen Den is NOT designed for discipline concerns!

Students will be allowed to spend 25 minutes in the Zen Den when needed.

Teachers, if you have a student that needs time- please contact their counselor. We will let you know if/when the student can come. Please do not send students to the Zen Den unless a counselor has given permission.

Students may NOT use cell phones while in the Zen Den.
Please reach out to the counseling office if you have any questions!

THE ZEN DEN



Travis High School

Travis is using Smore to create beautiful newsletters