

OPTIMISM & GOAL SETTING IN A PANDEMIC

THE MONTHLY NEWSLETTER: BY TRAVIS
STUDENTS, FOR TRAVIS STUDENTS
JANUARY 2021

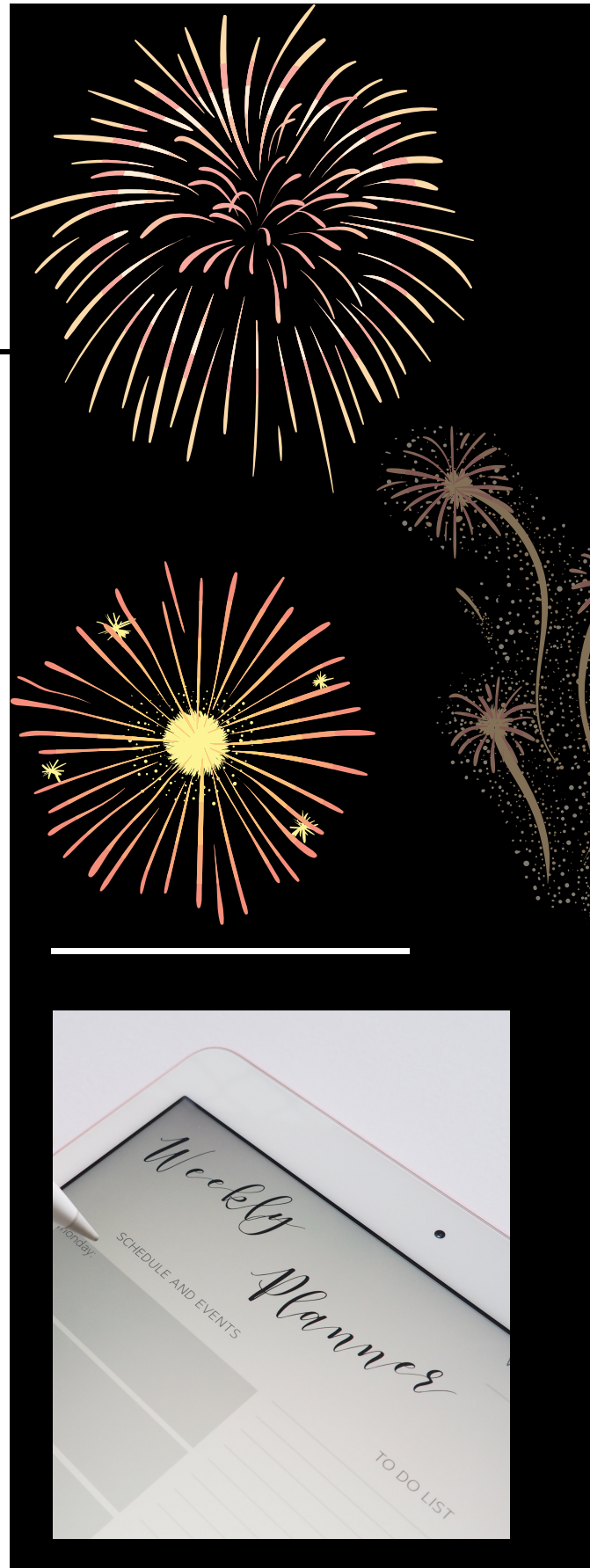
STAYING OPTIMISTIC ADMIST THE NEW YEAR IN A PANDEMIC

WRITTEN BY MEHAA A.

2021. A new year of fresh opportunities and goals. Although we are in a time where it's easy to feel unmotivated, I urge you (yes, you!) to take out the closest piece of paper and write down a list of things that you look forward to experiencing this new year. More loaves of banana bread, a positive outcome of the newly released vaccine, college acceptances... with that said, it's important to make mindful goals that are realistic to achieve. Making unrealistic expectations can lead to unnecessary disappointment. After 2020, this is a lesson we all know.

While writing your goals and resolutions, think about simple ways to alter your daily routine to satisfy them. Taking a few moments stretch each morning, going for a walk after school. Another tip is to include deadlines in which you hope to achieve your goals so that you are more inclined to follow through with them!

Going into this year, goals and self-improvement are important, but remember that just getting through each day is an accomplishment in itself. So, keep hope this year and we'll get through everything 2021 has in store!





Healthy Maintainable Goals

- Exercise for at least 30 minutes a day (go for a walk, try an online yoga class!)
- Increase water intake to a gallon a day for overall health and hydration
- Take time to read 30 minutes a day
- Shut off all devices for an hour a day
- Build money management habits
- Create a daily schedule or to-do list to increase productivity

Useful Resources.

- Notion online workspace and planning app
- Notebooks, planners, calendars and journals
- Google Tasks
- Microsoft To-Do

For more information on goal setting and management see Edwin Locke's goal theory.

Maintaining Long and Short Term Goals

With each New Year comes a new hopefulness for opportunities in life. We look forward to improvement within and beyond ourselves using each new year as check point. Many people make resolutions, but find themselves not maintaining them. In order to successfully maintain resolutions or goals there are certain steps to follow.

- Write down a list of goals and categorize based on if they are long term or short term
- Create a goal action plan with a timeline to make checkpoints of success. Be as detailed as possible in your plans.
- Take action towards achieving your goal!
- With dedication, anything is possible. You got this!!

Set goals that are achievable, but still a fun challenge. Goal setting increases productivity and can even reduce stress. If goals are too difficult or easy you may be more inclined to quit. Know and follow your personal limits. Try not to compare your achievements or journey to someone else's. Everyone has different paths and circumstances. People tend to show their very best which is just not realistic for everyday. One bad day absolutely does not define your journey. Make sure to stay on track despite obstacles. Taking breaks and off days will not set you back if you do not allow it to become a habit. Self-improvement is a nonlinear journey, so be kind to yourself. Best of luck!



MENTAL HEALTH SERVICES

See this list of mental health services provided by the county and district to support your mental wellbeing! Please inquire with questions or concerns about services to Ms. Newsome at monet.newsome@fortbendisd.com.

- FBISD TalkLine
 - A confidential, 24/7 line, this provides you with the opportunity should you need help in a safe way.
 - Call: 281-240-8255 OR
 - Text: SPEAK to 741741
- Fort Bend County Resource Line
 - Experiencing excessive anxiety / worry and other mental wellbeing concerns and have questions about mental health resources?
 - Call 832-363-7094
 - Monday-Friday: 8am to 8pm
 - Saturday-Sundays: 10 am to 2pm

**COVID-19 SUPPORT
LINE
Toll Free: 833-251-
7544**

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- THS Counselors
 - Counseling Newsletter
 - Create an appointment online!
- Mental Health Counselor
 - Mr. Moreno
 - Contact through your counselor
- Social Worker
 - Mrs. Myles

Visit the FBISD website for more info



REMINDERS

- FBISD DIVERSITY CONFERENCE: APPLY TODAY OR NOMINATE YOUR STUDENT
- FOLLOW OUR SOCIALS!

Twitter:

@ths_wellness

Instagram:

@ths.wellnesscoalition

SCAN ME!!



GOT QUESTIONS? EMAIL US
@FBDIVERSITYCONFERENCE@GMAIL.COM

Follow Student Voices on Social Media

Instagram & Twitter
@FBISDSTUVOICES

Self nominate your self to attend the 2021 Diversity Conference (Virtual)

For Students

SCAN ME!!



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Follow Student Voices on Social Media

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@FBISDSTUVOICES

Teacher's please nominate a student or students you would recommend for this conference

For Teachers