

The SOARce



Educating, challenging, and inspiring all learners to become contributing, responsible members of a global society.



November 2020

Hello!

I hope this edition of The SOARce finds you and your family settling into the 2020 school year. It has been so wonderful to see all of the amazing learning that's taking place across the district.

While the school year has been off to a great start, this certainly doesn't mean there hasn't been times of stress and frustration. Navigating so many unknowns, and frequently changing protocols, can be physically and emotionally exhausting.

As humans, we like to think we have a certain level of control over our lives. And when things don't go as planned this can make us feel overwhelmed, stressed, and anxious. If these feelings arise, it's important to have some well developed coping strategies to get us through.

As always, we hope you gain some new tips and tricks from this edition of the SOARce.

Wishing you and your family all the best.

Melissa Bernard
Student Services Coordinator

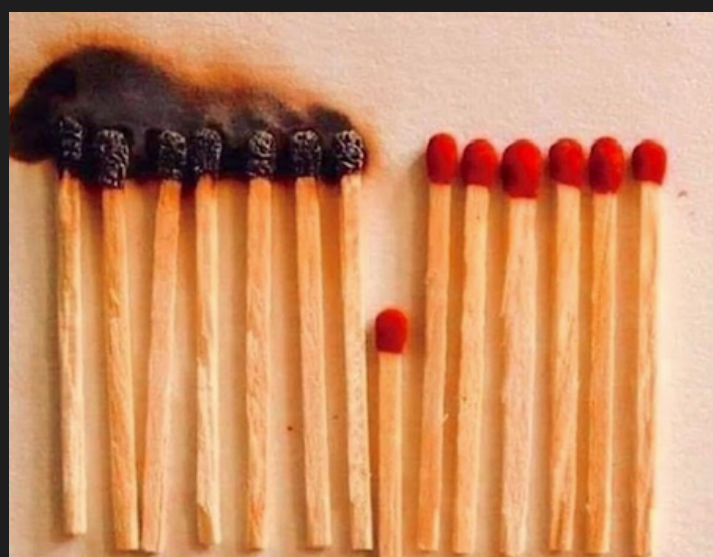
UNDERSTANDING BURNOUT

Burnout often occurs when we experience chronic stress over time. When you think about the collective stress we've all experienced as a society in 2020, it's no wonder people are reporting higher levels of anxiety, exhaustion, and overwhelm. We cannot eliminate every stressor from our lives, but we can develop coping skills to help us manage our stress.

**If you don't want to burn out,
quit living life
like you're on fire.**

Brehe Brown

COMPLETING THE STRESS CYCLE



The Power of Stepping Away

Adapted from: Drs. Amelia and Emily Nagoski

Stress has a beginning, middle, and an end. Often, we get stuck in the middle stage of stress and don't complete the cycle. The stress gets trapped in our bodies and can make us feel anxious and/or present as a somatic symptom (headache, stomach ache, fatigue). It's so important that we develop outlets for our stress so that we can complete the cycle. This can be as simple as taking a walk, connecting with a loved one, breathing exercises, or doing something creative. This built up energy (stress) needs an outlet, and we can only complete the stress cycle when we give this energy somewhere to go.

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AVOIDING A POWER STRUGGLE

At the root of every
power struggle
are
unmet needs

MARSHALL B ROSENBERG

Have you ever found yourself in a power struggle with your child(ren)? More often than not, at the root of every power struggle are unmet needs on both sides.

As parents, it's so easy to get wrapped up in the behavior we see and not dig deeper into the underlying feeling(s).

Digging into these underlying feelings when emotions are running high isn't ideal. It's vital we take the time to regulate ourselves (both mind and body) before trying to engage in a productive conversation.

See below for a strategy you can try when you find yourself engaged in a power struggle.

TEAM MEETING STRATEGY

Step 1: Ground Yourself

You can be right, or you can be connected. Connection leads to cooperation. Being right leads to power struggles. Decide if this is a situation where you can be connected instead of being right.

Step 2: Invitation to Collaborate

Find a calm moment and connect about the conflict. Describe and express your hope to collaborate about a solution. Set a time and follow up.

Step 3: Brainstorm

Start by explaining, "I'm coming to you with an open mind. Let's brainstorm..." Write everything down. Give time for your child to share his/her thoughts without interruption.

Step 4: Review

Read all the ideas you generated out loud. Eliminate ideas without judgment. Compromise - it's the key to a resolution.

Step 5: Resolution

State the agreed upon solution. Thank your child(ren) for being willing to have the conversation. Check-in as time goes by.



Adapted from Dr. Becky Kennedy

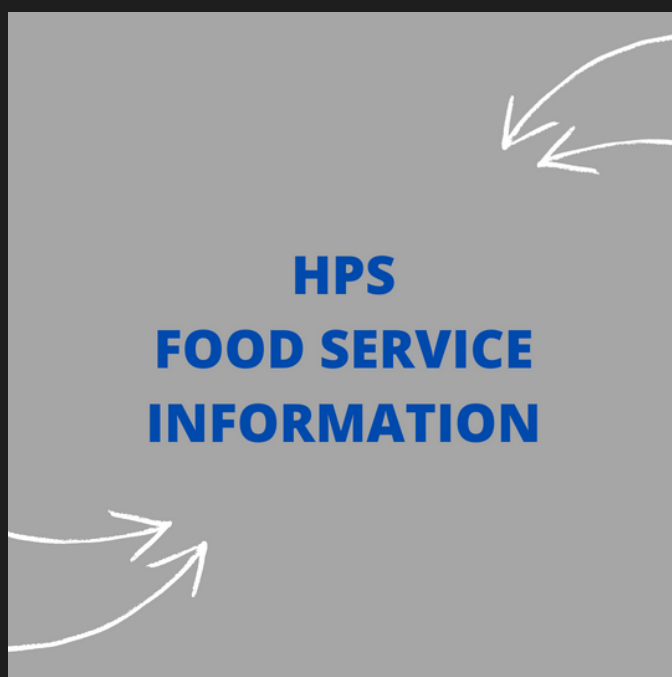
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COMMUNITY CONNECTIONS

During this time, you may have questions or need to seek assistance in some way. Click on the icons below to access local community supports for meals, unemployment, and various other needs.



HPS COMMUNITY CONNECTION

Did you know that you can follow HPS Student Services on social media? We have active accounts on Instagram, Facebook, and Twitter. The hope for these social media accounts is to deliver digestible and relevant social/emotional content that you can implement in some way -- at home with your child(ren), or even in your own personal life. Click on the icons below for direct access -- we'd love to have you follow along!



@melmbernard



HPS Student Services



@studentservicesathps