

The SOARce



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



February 2021

Happy February!

I hope this edition of The SOARce finds your family healthy and well.

We are solidly into the winter months, and the days can feel long and repetitive. For those of us who just tolerate winter (me!), it's tough to find the motivation to get bundled up and spend time outdoors. However, even if the skies are cloudy and gray, and the temps are less than desirable, getting just 30 minutes of fresh air each day is so good for our mental and physical health.

Finding a new trail to hike or a hill to sled can motivate us to get outdoors as a family.

As always, I hope you gain some new tips and tricks from this edition of the SOARce. Through this platform, I hope to continue delivering high-impact social/emotional content you can apply to your life in some small way.

Wishing you and your family all the best!

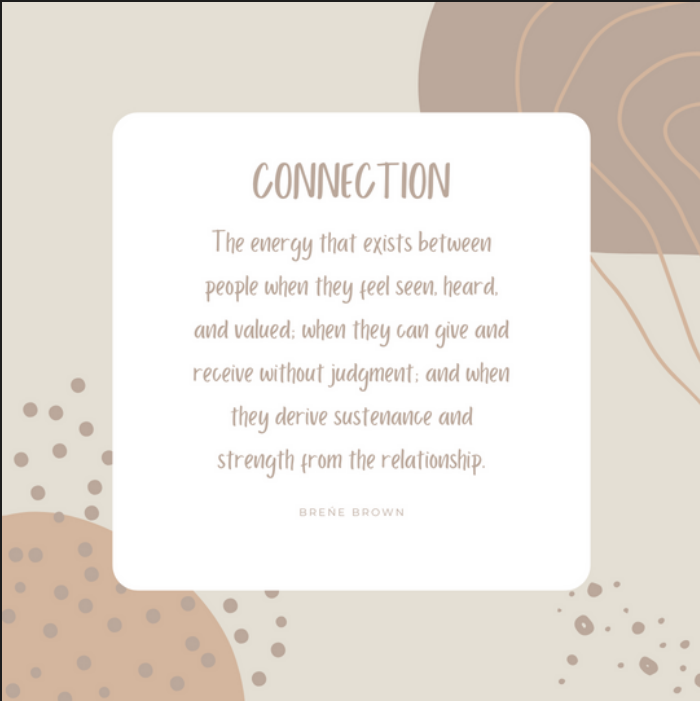
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Student Services Coordinator

BEING RIGHT VS. BEING CONNECTED

We can be right, or we can be connected; we can't be both. While this might feel like an inconvenient truth, it's a fact nonetheless. In moments of disagreement with others, we have a choice to make: we can hold fast to being right, or we can choose to seek connection.

Seeking to understand someone else's perspective helps to prime the conversation for connection. By taking this approach, we are more concerned with understanding than being right. We also create an opportunity for the other person to feel seen, heard, and valued.

When we allow ourselves to get curious about the other person's perspective we learn things we may have missed if we prioritized being right over being connected.



Can you think of a time when you chose being right over being connected? How might you handle that situation differently?

CREATING POSITIVE HABITS



Click on the graphic above to see how this strategy applies to many different situations.

James Clear, the author of Atomic Habits, argues that creating small, daily habits leads to big success. In order for a new habit to stick, there is clear research to show that people who make a specific plan for when and where they will perform a new habit are more likely to follow through.

Often, our goal when seeking to implement a new habit is broad, "I'm going to work out more" or "I'm going to eat healthier." These statements lack clarity and, while well-intentioned, are not enough to create a long-lasting habit. Instead, try this strategy using the formula below :

I will (behavior) at (time) in (location).

Making your intention obvious is the first step to creating lasting habits. We will continue to explore this topic in future issues so that you can build on this concept over time.

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DOOMSCROLLING

According to the Cleveland Clinic, doomscrolling is not a new behavior; however, it has been gaining traction since the start of the pandemic last March. Merriam-Webster defines doomscrolling as "the tendency to continue to surf or scroll through bad news, even though that news is saddening, disheartening, or depressing."

Doomscrolling can quickly become a mindless habit if not kept in check, and it has the potential to create or exacerbate many different mental health concerns. Research done by Cleveland Clinic has also uncovered a strong connection between doomscrolling and the reinforcement of negative thought patterns. Additionally, the data shows that the overconsumption of negative news increases fear, stress, anxiety, and sadness.

Doomscrolling can also lead to increased cortisol (stress hormone) levels in our bodies. Repeated exposure to increased levels of cortisol can cause our brain and body to become overwhelmed and exhausted. When this happens, we may start to notice these feelings in our bodies manifest in physical



ways (ie: fatigue, headache, stomach ache, etc).

Click on the graphic above for strategies you can implement to help support this behavior in yourself or your children.

SEEING VS. FIXING



Give this sentence a try the next time someone in your life seeks you out when wrestling with something difficult:

"Do you want comfort or a solution?"

When strong feelings arise, more often than not we are reaching out to others to feel seen -- not to seek a solution. This same idea can be applied to our children as well. Sitting with our children when they experience big feelings, and offering support and not solutions sets the stage for connection and regulation.

We cannot regulate the feelings we don't allow ourselves to have, and we take away the opportunity for our children to build resilience when we try to "fix" their problems. Often, the urge to "fix" comes from feeling triggered by our children's distress. In these moments, it feels easier to solve the problem and eliminate the uncomfortable feelings. It is much harder to just sit with our children in their distress and offer our support.

We can work toward building resilience in our children by modeling regulation strategies when we experience feelings of distress in our own lives. Not quite sure where to start? Click on the graphic to the left to see some examples of supporting v. fixing. You might also be surprised at just how well this approach works with all of the people in your life.

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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.

**MICHIGAN
UNEMPLOYMENT**

**HPS
FOOD SERVICE
INFORMATION**

**FEEDING AMERICA
FOOD TRUCKS**

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HPS COMMUNITY CONNECTION

Did you know that you can follow HPS Student Services on social media? We have active accounts on Instagram and Facebook. 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!



HPS Student Services



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