

East Hollywood High School Newsletter from the Counseling office



FEB: BIG BRAINING

Take care of yourself through the practice the "QUICK 6":

Quick 6 is a reminder of what you could offer yourself to help you feel better at any moment in time.

1. **Drink water:** It's a quick and easy routine to add to your day that will have instant effects on your body and energy.
2. **Breathe:** Take a long deep breath that fills you and nourishes you, then inhale and release you on the exhale. Do this often throughout your day.
3. **Get outside and breathe fresh air.** Just the act of noticing nature and being aware of the environment will create a grounding awareness that reminds you to be well.
4. **Move your body.** and bonus points if you can do it with number 3. Get outside for a walk, do some stretching or yoga, or have a dance party with your feel good tunes - it makes everything feel better.
5. **Be still.** This is opposite of what I just said, but to balance our constant movement and doing in our life, make space to pause for two minutes. Just pause.
6. **Invite gratitude into your day:** Notice all the things going well in your life.

Your mental health is as important as your physical health.

Text or Call 988 24/7 CRISIS SUPPORT and Stabilization

Non-Crisis 833-773-2588 Utah Warm Line
Safe UT 833-372-3388

As a school counselor, I support students academically, social emotionally, and with career and college readiness. Please let me know if you need anything

HAPPENINGS

Seniors - there are 16 weeks left before graduation. Complete your credit recovery!

Interested in Health Care as a career? Sign up for a field trip with Krista!

Seniors, you may be hearing back from colleges, please reach out if you need any assistance navigating the process. Keep on top of the tasks.

Are you registered to vote? Do you know you can register at 16 and be eligible to vote when you turn 18? Stay tuned for an voter registration event at EHHS!!

9th graders - Please schedule your 9th grade check in with the counselor.

If you have not Finished your YOUSCIENCE, please do so! It's a great tool.