

FMS Counseling Office Newsletter

THIS MONTH'S THEME ~GENEROSITY~



What is Generosity? Generosity is the virtue of giving or sharing with others. Being generous can increase your self worth and happiness as well as that of others!

Did you know?

- Acts of kindness/generosity produce oxytocin which lowers blood pressure, increases self-esteem and optimism.
- Generosity stimulates the production of serotonin which is a feel good chemical in your brain.
- People who volunteer their time to help others tend to experience fewer aches and pains.

Resources:

<https://www.onegoodthingbyjillee.com/40-random-acts-christmas-kindness/>

Follow this link for 40 random acts of kindness ideas.

<https://findingfreedom.solutions/generosity-challenge-2020/>

Follow this link to join the December Generosity challenge with a new generosity idea each day.

<https://militaryholidaycardchallenge.com/how-to-send/>

Follow this link for information on how to send holiday cards to military members.

Parents/Guardians

This link provides you with ideas on how to set up your child for successful remote learning:

<https://www.scriptapp.com/generational-parents-guide-for-remote-learning>

Follow this link for tips on how to support your child's mental health:

<https://www.mhanational.org/helping-home-tips-parents>

Follow this link for signs of unstable mental health in youth and what to do as a parent or guardian:

<https://www.mentalhealth.gov/talk/parents-caregivers>

Follow this link for a 20 minute YouTube video by Dr. Aliza Pressman on Pandemic-Proof Parenting Tips:

<https://www.youtube.com/watch?v=ryKezF03Bm8>

COMMUNITY RESOURCES

Greater Tilton Area Family Resource Center: <https://www.gtafrc.com/>
Riverbend Community Mental Health: (603) 934-3400 <https://www.riverbendcmhc.org/>
Health First Family Care Center: (603) 934-1464 <https://healthfirstfamily.org/>
Crisis Text Line: To reach a counselor 24/7 text: "HOME" to 741741

PREVENTION IS KEY

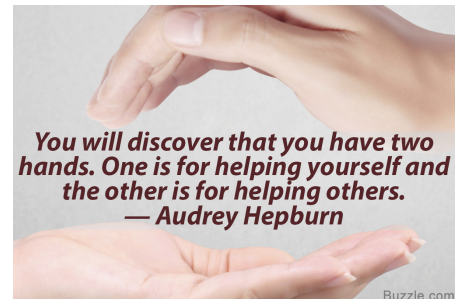
With holidays fast approaching a great organization to be aware of is Friends of Forgotten Children : a 100% volunteer-run provider of food, clothing, and holiday gifts for low income and at risk individuals and families.

fcfc-nh.org or call 603-753-4801

Information for quitting vaping or smoking:

Text "start my quit" to 855-891-9989

Text "ditchjuul" to 887-09



Ms. Lucas, Wini School Counselor
clucas@gm.sau18.org

Mrs. Campbell, Pemi School Counselor
jcampbell@gm.sau18.org

Ms. Filiault, Intervention Counselor
ofiliault@gm.sau18.org

Mr. Bryant, SAP Counselor
jbryant@gm.sau18.org