

COUNSELING CORNER

Monthly School Newsletter from Lutheran Counseling Services

Resilience Building

The 2020-2021 Counseling Corners will focus on **RESILIENCE!**

WEBINAR:
Helping yourself & kids
through Transitions
May 7th @ 1 pm
[Register Here](#)

Car Conversations

In the car, classroom or dinner table, try some of these ideas to promote resilience in yourself, your family or your class.



◆ As a family, discuss a transition that kids can understand and work to be patient for: birds hatching from eggs, a caterpillar becoming a butterfly, a plant growing from a seed, ingredients mixing together to bake into cookies. Discuss each of the phases in relation to this transition. What has



Transitions

As this school year comes to a close and we look toward adjusting to summer, we ponder the differences between change and transition. According to Change Consultant William Bridges, change is external, situational and something that happens to us. Transitions, however, are a psychological process that we go through to come to terms with the new situation. As teachers, parents, and students transition into summer, there are several phases that can be helpful to know to build resilience in navigating this and any other transition.

The first phase is the **Ending phase**. A resilient approach builds understanding of exactly what is changing or what will be lost, and noting what will be different after this change. Consider differences in schedules, leaving a grade/group of students/school, daily social connections, loss of rituals/activities during the school day. Know that responses to these changes can vary greatly, for both kids and adults. Keeping open communication about the changes is important, such as counting down the final days of the school year or focusing on making to most of each experience in this phase.

The next phase is the **Neutral Zone**, an in-between or limbo phase of uncertainty. The amount of time this phase takes can vary widely. Some helpful tips for resilience in this phase are to keep reasonable (typically lowered) expectations of each other, and recognize feelings that come up (confusion, disorientation, & impatience are common). Remember that this too shall pass. It can be helpful to relate this period to that of clouds that come, stay for a while and then move on.

The final phase is **New Beginnings**, as we settle into a "new normal", reorient ourselves and become more energized. As we get a clearer picture, this can help us to move forward and settle into what is to come. This can be a fun time to celebrate or honor the transition that has taken place in a special way, such as to acknowledge the new role (being a grade higher), or the special parts of the new beginning (creating a summer list of things to do).

Recognizing each of these phases can help to navigate through them with resilience. Need more tips? [Join our webinar on May 7th at 1 p.m.](#)

Bridges, W. (2004). Transitions: Making Sense of Life's Changes. Revised 25th Anniversary Edition. Da Capo Lifelong Books.



ended, how does the Neutral Zone feel, and what does the New Beginning look like? Notice the feelings that come with each phase and compare these to real life transitions.

◆ To get a feel from the Neutral Zone, play as a family or class the Guess the Picture video. As the picture gets clearer and clearer about the subject, notice how each person feels during the process. Are there feelings of angst, frustration at incorrect guesses, excitement? Discuss these feelings and who feels similarly or differently. Note how these are feelings we get during a transition before we get to the new beginning or see the whole picture of what is to come. Compare these feelings to a transition you've experienced in your life.

All images courtesy of [Pexels.com](https://www.pexels.com)



Mental Health Awareness

May is Mental Health Awareness Month. The National Alliance on Mental Illness (NAMI) has adapted the theme of "You are not Alone!" for 2021. Perhaps more important than other years, we focus on building an awareness, acknowledgement and acceptance of mental health matters. Awareness starts with educating ourselves. Did you know...

- 17% of youth aged 6-17 experience a mental health condition.
- The average delay between onset of mental illness symptoms and treatment is 11 years.
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24.
- 16.5% of U.S. youth aged 6-17 (7.7 million people) experienced a mental health disorder in 2016, but only 50.6% of them received treatment.

<https://www.nami.org/mhstats>

A great way to promote that You Are Not Alone is to check in with those around us. One way to check in with family or friends is to send a postcard letting them know you are thinking of them. At LCS, we want to make this easy for you! Follow these easy steps to get a kit of three stamped postcards to mail out:

1. Fill out the form below.
2. Receive your FREE kit in the mail.
3. Write a personal message on the card.
4. Address it to your family or friends.
5. Drop it in the mail!

Let's spread some hope during Mental Health Awareness Month!

<https://forms.gle/GXM5HTkXM31nBFm38>

Lutheran Counseling Services, Inc.,
a nonprofit organization, has a
mental health crisis fund.
Could you offer support?

[Donate](#)

(407) 644-4692 ext.104

www.lcsfl.com

MISS A MONTH?

Find previous [newsletters here](#).



Lutheran
Counseling
Services

schools@lcsfl.com