

GUIDANCE NEWS

May 2020 – Week 4 • Email: nhayes@iu08.org •

Perspective...



What a crazy end to the 2019-2020 school year!!

A global pandemic. Scary new virus floating around. Loss of “normal” experiences. Social distancing. Face masks. Don’t forget the hand sanitizer and toilet paper shortage! Closing of schools, churches, businesses. The shift to working and schooling from home. Loss of jobs and added financial struggles. The list goes on and on. How have you coped? Have you been on the “emotional roller-coaster” so many have experienced? I sure have! But today does not have to define your tomorrow! How you react to your situations can greatly affect your perception of your whole life. What *good* has come of all this? More family time? More quiet time? Discovery of a new talent, perhaps? Have you slowed down? Enjoyed a clear calendar? Seek the good and you will find it! ☺ God bless!

FEELINGS CHECK-IN

Yes, attitude is about perspective! Here are some tips for wrapping up the school year on a positive note: (Adapted from osgoodandassociates.com)

Step 1: Assess If you want to end your year on a high note, the first thing to do is to assess your progress over the past 9 months. What goals did you set? How many of those goals did you meet? The more mindful we are about the changes in our lives, the easier it is to see the positive progress we have made.

Step 2: Acknowledges the Losses But Celebrate The Wins Our failures are part of our journey. Acknowledge them and then learn from them. At the same time, you don’t want to get stuck focusing on negatives. You need to celebrate your wins as well! You’ve earned them!

Step 3: Look Forward The end of the school year is a great time for fresh starts. Take the summer months to create a new list of goals and a plan for achieving them. As you do, think back on the past nine months to know what you need to improve on and what you can continue doing right!

This year has been full of unprecedented things! Reflect, experience your feelings, and choose healthy ways to express yourself. When the day doesn’t go as well as you had hoped, look ahead to brighter days with endless possibilities!

When a photographer
can't change a scene, he changes
his angle and lens to capture the
best of that scene. Similarly, when you
can't change a situation in your life,
CHANGE YOUR PERSPECTIVE
and mindset to get the best
out of that situation.

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tinybuddha.com

Calendly

I am no longer taking any individual Calendly appointments this school year, but will resume scheduled appointments as needed based on the structure of education in the Fall. Have a great summer!! ☺ ~Mrs. Hayes

Quick Tip

IN CRISIS?

CALL:
1-800-273-TALK (8255)

TEXT:
“TALK” to 741741

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