

School Based Mental Health Counseling Services

[Make a Referral Here](#)

RESOURCES

 [FAQs About School-Based Mental Health Counseling Services](#)

SELF-SOOTHING

Self-soothing is a quick and effective way to reduce the intensity of negative emotions.

Sight

Low Lighting
Soothing Colors
Sleeping Masks
Coloring Books
Pinterest Collages

Touch

Massage
Soft Cuddly Things
Hot/Cold Shower
Heated/Weighted Blanket

Sound

Calming Noise
ASMR Videos
Nature Sounds
Guided Meditations
Binaural Beats

Smell

Aromatherapy
Fresh Air
Candles/Incense
Comforting Smells

Taste

Strong Flavors
Warm Drinks

Eat Slowly

Nostalgic Flavors

BlessingManifesting

How do I motivate my child?

Behavior is a function of its consequences



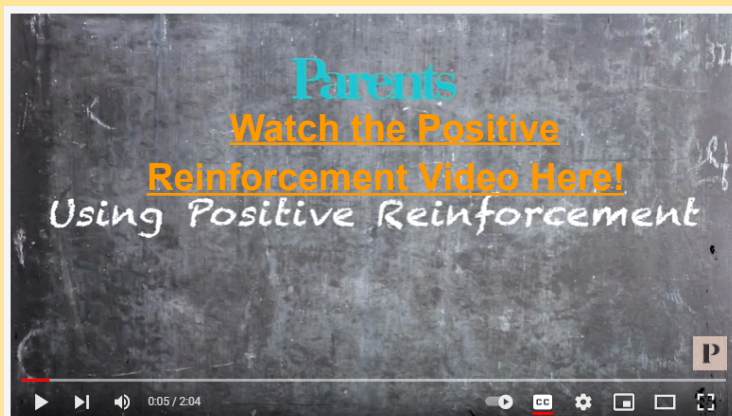
Children repeat behaviors that lead to positive consequences



Children avoid behaviors that lead to negative consequences



Using Positive Reinforcement increases good behavior! Check out this [video...](#)



Fixed

Mindset

Growth

Mindset

Carol Dweck

Intelligence is static.
Leads to a desire to LOOK SMART and therefore a tendency to:

- ✓ AVOID CHALLENGES
- ✓ GIVE UP EASILY DUE TO OBSTACLES
- ✓ SEE EFFORT AS FRUITLESS
- ✓ IGNORE USEFUL FEEDBACK
- ✓ BE THREATENED BY OTHERS' SUCCESS

Intelligence can be developed
Leads to a desire to LEARN and therefore a tendency to:

- ✓ EMBRACE CHALLENGES
- ✓ PERSIST DESPITE OBSTACLES
- ✓ SEE EFFORT AS PATH TO MASTERY
- ✓ LEARN FROM CRITICISM
- ✓ BE INSPIRED BY OTHERS' SUCCESS

Silvia Rosenthal Tolisano - @langwitches

[Watch the Video on the Power of Believing You Can Improve!](#)

INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

Mental Health Help

Crisis Text Line  Text 'PA' to 741741	National Suicide Prevention Lifeline  800-273-8255	Preventing suicide in PA  preventsuicide pa.org/
Take a screening  bit.ly/mh-screen	Get Help Now for substance use disorder  800-662-4357	Veterans in crisis  veterans crisisline.net
PA's support helpline  855-284-2494	Coping with COVID-19 stress  bit.ly/covid-coping	Disaster Distress Helpline  800-985-5990