

GUIDANCE NEWS



BALANCE is our theme for MAY

As you continue to look for ways to find *balance*, consider trying one of the breathing exercises demonstrated below. These are just a few helpful resources:

What's New This Week in our google site [COVID-19, Guidance & SEL:](#)

In the **Self Care & Wellness** section:

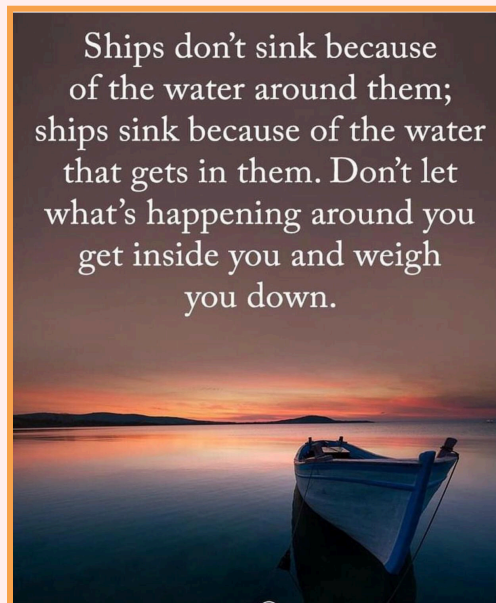
Watch & practice: [asleep in 60 seconds: 4-7-8 breathing technique](#) with Harvard-trained Dr Andrew Weil - this is described as a 'natural tranquilizer for the nervous system' helping to quickly reduce tension and allowing the body to relax.

Watch this TEDtalk with Max Strom - [Breathe to Heal](#) - with anxiety, stress, and sleep dysfunction skyrocketing around the globe, it's time we look at the unspoken reasons why.

In the **Parent Resources** section:

[How to Keep Kids Media & Tech use Healthy & Helpful](#) - from [Common Sense Media](#) - advice tailored to your student's age

[5 Ways to Prioritize your Mental Health & Achieve Work-Life Balance](#) - from *Forbes*



Please remember we are here to support you - reach out if you have a question/concern:

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