

Counseling Connections

El Cerrito Counseling Newsletter



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Focus of the Week:

HealthyBody/Healthy Mind

A healthy mind and a healthy body go hand in hand. We will be creating a two-part series to provide tips and strategies to help you with your journey to maintain healthy habits for the mind and the body.

Health is a state of complete physical, mental, and social well-being. In order to develop and maintain a healthy body, you should try incorporating the following routines in your lifestyle to keep your body in its optimum condition.



Tips for Staying Healthy!

In order to maintain a healthy body, you should get plenty of sleep, exercise 3-5 days a week, eat nutritious foods with plenty of vitamins and minerals, practice self-care, maintain positive relationships, develop a positive attitude, and reduce stress whenever possible. Incorporating these tips into your daily routine will allow you to live a more active and fulfilling life.

Visit the following sites for resources in supporting student wellness

- <https://familydoctor.org/teenagers-how-to-stay-healthy/>
- <https://thriving.childrenshospital.org/ten-ways-build-healthy-coping-skills/>



IN CRISIS?

TEXT
CNUSD
TO
741741



Free, 24/7, confidential crisis support by text.

CRISIS TEXT LINE

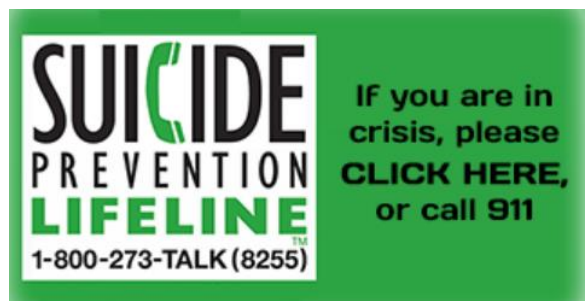
Care Solace is an online resource with a live 24x7 concierge line meant to assist individuals in finding local mental health-related programs and counseling services (available for CNUSD families).

[Care Solace](https://www.caresolace.org)

Phone: (888) 515-0595

Email:

weserve@caresolace.org



To calm and support a positive mental health visit CNUSD's Virtual Calming Room, <http://bit.ly/CNUSDvirtualcalmingroom>

For additional grade-specific social emotional enrichment tools, visit [CNUSD](https://www.cnusd.org)
Always Learning