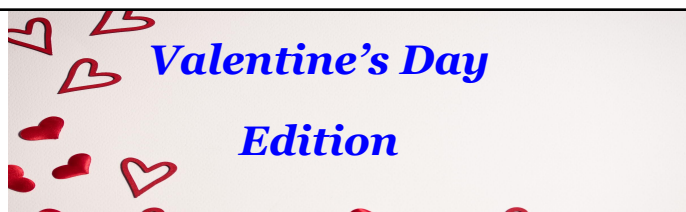


The Stall-Ledger

Monthly Wellness Tips from the RPHS Counseling Team



Love Yourself First: We tend to put others first. We are so busy making sure that others are happy, healthy and feeling loved. While that may be an amazing quality about you, make sure that you always love and respect yourself first. When you respect yourself, then you will show respect to others without even having to try. You are an important member of the RPHS community.

Showing Love for Myself: Find one way to self care every day. Here are some examples:

- Take a walk alone or with friends
- Journal daily noting your positive qualities or your favorite hobbies
- Reflect on the things you are grateful for

Remember, you are worth it!

Being a Community: Loving yourself first is the key to loving others in a healthy way. Show empathy for others, say hello to new faces in the hallway and invite others to sit at your table for lunch. Taking a risk to be kind can feel good.

Forgive: Have an old conflict? Find forgiveness in your heart. You do not need to be friends, but sending positive vibes to someone you have a negative history with will clear your mind and only benefit you in the end.

Love our Differences: Roselle Park High School is a strong and diverse community, where we strive to learn from and respect our differences. Take some time to learn from your friends, ask genuine questions, be supportive, use language that is kind, and try foods from other cultures. Not only will you show an interest in someone else, you will be broadening your own understanding of others.

Support is Available: Sometimes we struggle and need support to get through difficult life challenges. Should you be struggling with your emotional well-being, health or a substance issue—please reach out to a guidance counselor, Mrs. K, Nurse Florczak, a Crisis Center counselor or a trusted adult.

WHEN LIFE FEELS TOO MUCH... It is okay not to feel okay, and sometimes we need a confidential person to speak with. The 3 digit phone number for the Suicide Helpline is **988**.

Just a reminder: Vaping and substance usage is not allowed on school property. Suspensions of substance usage on school property may result in a required substance usage testing.

The National Substance Abuse Hotline is:
1-800-662-4357