



COUNSELOR'S CORNER

August 2024

Presented by SJHS Counselor: T. Hickey

Monthly Focus:

Coping Skills

1. **Encourage communication:** Create a safe space to express feelings.
2. **Model Coping strategies:** Show healthy ways to cope, like deep breathing.
3. **Establish Routines:** Maintain consistent daily schedules for stability.
4. **Teach Relaxation:** Introduce calming techniques like deep breathing.
5. **Promote Activity:** Encourage regular physical exercise to reduce stress.
6. **Set Goals:** Help break tasks into manageable steps.

Happy Student Tip:

Staying involved in your children's schooling has a positive impact on their grades, social skills, and attendance! You can get involved by communicating regularly with their teacher, checking their folder each night, volunteering at school, attending school events, or joining our PTO!

Let's Connect!

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