



School Social Work Newsletter

January 2021

The EUPISD School Social Workers want to wish you a very happy new year! As we reflect on this past year, we commend each and every one of you for the trials and tribulations that you have encountered and most importantly, overcome! 2020 has been a year to remember in ways that we never thought possible. 2020 brought about quarantines, masks, social distancing, toilet paper shortages, remote learning, etc. These many challenges have affected everyone in different ways. We have been pushed out of our comfort zones and we've learned to adapt and embrace online learning the best that we can. With these crazy endeavors that we have faced, it is important to recognize our resilience!

resilience:
"an ability to recover from or adjust easily to misfortune or change."
—Merriam-Webster Dictionary

In the face of adversity and hardship during this ongoing pandemic, we have learned and developed the skills to increase our ability to adapt and keep moving forward. Everyone will display their own level of resilience based on our own psychological makeup and social influences. Learning to increase our resiliency will help us to adapt better to unforeseen changes, traumatic events, life stressors, etc. and will ultimately improve our mental health.

In the new year we hope the new norm of masks, social distancing and quarantining will eventually be a thing of the past. Moving into 2021 hopefully we can get our normalcy back. In the meantime, it's important to not only stay connected for remote learning but also to stay connected to our social & emotional well-being. As we continue to support our social and emotional well-being, we are

providing ourselves the opportunity to continue to build resilience.

New year's resolutions are always a hot topic at the start of the year. Resolutions are essentially goals that we create to better ourselves. Oftentimes, these resolutions are made with unrealistic goals which tend to be neglected. New year's resolutions do not need to be big goals. Making little goals for yourself can be just as beneficial if not more, and can help you to create a healthier mindset.

Don't make resolutions - build resilience!

Here are 5 tips to avoid making resolutions but instead ways to build your own resilience and embrace all that 2021 will bring!

- 1) Accept things as they are now.** Acceptance is the first step to resilience. While acceptance may seem difficult, it's the first step in moving forward and personal growth.
- 2) "Adjust as you go".** Be flexible with bumps in the road. As 2020 has proved, you cannot predict what the future will bring but instead, adjust your sails and continue the course.
- 3) Stay connected!** Personal connection is always important. Continue to check in with loved ones, friends, co-workers even if things remain virtual for a while.
- 4) Brush up your coping skills!** Maybe learn new ones or develop your tried and true skills.
- 5) Grow and Thrive.** During tough times, we must learn to grow and thrive to sustain a more positive and resilient life.



School Social Work Newsletter

January 2021

New year, New mindset!

Fostering a growth mindset goes hand in hand with building resilience. A growth mindset helps us to look past the negativity and obstacles that we may face. Having a growth mindset helps us to view challenges as opportunities to learn something new or strengthen skills we have already developed.

Ways to Develop a Growth Mindset

- 1) Embrace your weaknesses-** When facing a task that looks difficult, try to refrain from having an "I can't" attitude. Viewing each obstacle as an opportunity to learn and grow is far more motivating than it is when you view it as a failure.
- 2) Reframe your words-** Rather than focusing on what has gone wrong, try to respond in a more positive way. Try to acknowledge all that you tried and all that you will overcome.
- 3) Learn to Appreciate the Process-** Whether it be a positive or negative life experience, it's important to maintain a positive mindset. Celebrating those small victories and finding value in the small steps that it takes to conquer an obstacle or desired goal sets tone for your resilience.
- 4) Explore new opportunities-** Pushing yourself out of your comfort zone to try new things will help you to learn about yourself and build your toolkit for facing challenges or hardships. Doing so promotes self-improvement and gives us the opportunity to learn new skills. Increasing your range of skills will help to strengthen your attitude and ability to bounce back.
- 5) Find Your Purpose-** Having a positive mindset and outlook on your life endeavors can help you find meaning in everything that you do. Feeling a sense of accomplishment and meaning in your life will encourage you to keep moving forward.

Self-Care During COVID-19



COVID-19 has taught us many things but most importantly, how important it is to prioritize your own health and well-being. Here are some simple strategies to manage and improve your self-care as we move into the new year:

- **Reflect on your year** - consider your strengths and weaknesses. Reflection can help you find direction for your future.
- **Celebrate your improvements** - when you take steps to improve your habits and overall lifestyle, recognize those improvements and celebrate them!
- **Prioritize sleep (among other healthy habits)** - sleep contributes to your emotional well-being, brain functioning and physical health. Start the year off with a better sleep schedule and pattern.
- **Schedule time for self-care** - Whether that be taking a nap, reading a book or taking a hot bath/shower, mark it on your calendar. Making room for this time allows you to look forward to this time and make it a priority!

7 Apps to Help Improve Self-Care & Foster a Growth Mindset

- 1) Headspace
- 2) Shine
- 3) Calm*
- 4) Pacifica
- 5) Relax Melodies: Sleep Sounds
- 6) Breathing Zone*
- 7) Happify

Happy
New
Year 2021

School Social Work Newsletter

January 2021

* denotes apps that are not free

These apps provide a variety of meditations, ways to reduce stress/anxiety, daily motivational text messages, guided breathing exercises and more.



From the bottom of our hearts, we would like to thank you for not giving up, for adjusting to change and learning to accept the uncertainties that 2020 had to offer. We are so proud of each and every one of you for conquering the obstacles of 2020! We miss our students, their families, teachers and staff. We cannot wait to see you when we return face to face! Here's to the new year full of new blessings and adventures!



Ashley Anderson, LMSW, SSW
anderson@eupschools.org

Angela Craven, LMSW, SSW
acraven@eupschools.org

Megan Billings, LMSW
mbillings@eupschools.org

Carri Bradley, LMSW, SSW
cbradley@eupschools.org

Kali Hancock, LLMSW, SSW
khancock@eupschools.org

Kate Ludlow, LMSW, SSW
kludlow@eupschools.org

Karly McLean, LLMSW
kmclean@eupschools.org

Jaci Mortinsen, LMSW, SSW
jacim@eupschools.org

Jami Raymond, LMSW, SSW
jraymond@eupschools.org

Jennifer Randazzo, LLMSW, SSW
jrandazzo@eupschools.org

Mallory Schley, LLMSW, SSW
mschley@eupschools.org

Shelly Smith, LMSW, SSW
ssmith@eupschools.org

JANUARY FAMILY FUN BUCKET LIST

