School Counselors

- **Lynn Heramis (she/her)**
  - Email: lynn.heramis@nortwestschool.org
  - Teams chat or call
  - Calendly: calendly.com/lynnheramis
  - 7th, 9th, 11th Grades

- **Erin North (she/her)**
  - Email: erin.north@northwestschool.org
  - Teams chat or call
  - Calendly: calendly.com/erin-north
  - 6th, 8th, 10th, 12th Grades
Range of Emotions

I Feel...

Fearful    Confident    Sad    Angry    Delighted
Excited    Worried     Vulnerable    Hopeful    Stressed
Joy        Overwhelmed    Shocked    Ashamed    Thrilled
Terrified  Anticipation    Lonely    Passionate    Anxious
Disappointed Confused    Energetic    Hysterical    Nervous
Safe       Frustrated    Enraged    Alarmed    Frightened
Cautious   Panic        Surprised    Loss    Disgusted
Guilty     Unsafe    Happy    Exhausted    Numb
Common Wellness Strategies

- **Movement / Physical Activity**: walk, run, jump rope, yoga, stretch, sports, dance, Tai Chi, Hula, cultural practices and ritual movements
- **Controlled Breathing**: (slow inhale with a long slow exhale (in 4 & out 5; breathing to calm your nervous system)
- **Positive Social Interaction**: tells your body it is safe in this moment; warm hello to a neighbor, talk about a favorite book/movie, ask after someone
- **Affection**: with a safe and trusting person, a long and stable embrace can soothe your nervous system
- **Creative Expression**: draw, play music, write, create/tell stories, paint, color, knit, sew, use clay/playdough, create photo albums
- **Guided Meditation**: deep breathing, body scan, focus on breath and presence
- **Pets & Nature**: Take a little time to be present with a pet or nature
- **Laughter**: uninhibited and genuine laughter can give a sense of relief
- **Crying**: expression of release with a sense of moving through and completing feeling; focus the sensory experience of crying
Take What You Need

- Wellness practice sessions will be offered next week for support.

- Each session will include a sampling of simple and brief exercises, ranging from 3-14 minutes per activity.

- Students will be able to see our faces and our engagement during all exercises; goal is to reduce any additional stressors on top of what you are already carrying; pressure free participation.

- These opportunities are optional, and we want you to take what you need.
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