

# Wellness Wednesday



Karen Haynes, Ph. D., LPC-S

Tap IN To Your  
Mental Health



Mrs. Curby Rogers-Mitchell, LPC

# Tap IN to Mental Health



Did you know that your brain is capable of remarkable change?

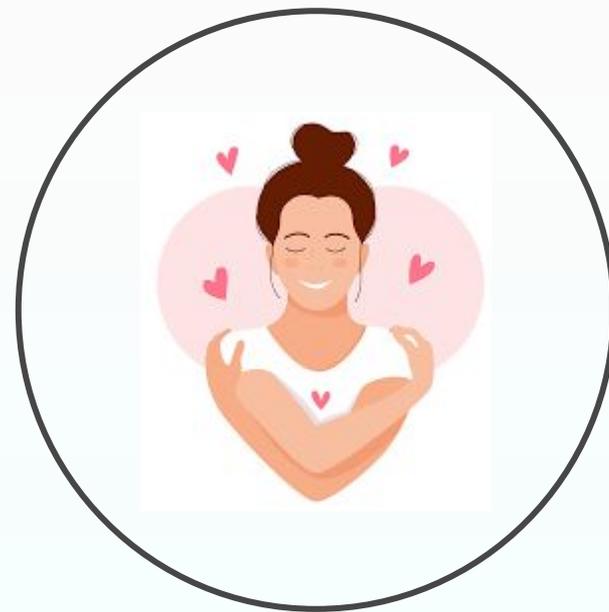
Neuroplasticity is the ability of our brain's neural networks to change throughout growth. These changes help us have new thoughts, new behaviors, and adapt to external and internal changes.

*Round of Applause for our brains!*

# SELF-TALK

Positive self-talk is a major component of helping your brain TAP IN to its neuroplasticity. When you use positive language, your brain will catch up with the words and begin to shift how you see yourself (this is also true for negative self-talk).

*Be Kind to YOU!*



# AFFIRMATIONS ARE TOOLS



## Self-Love Affirmations

- ★ I trust in the person that I am
- ★ I release myself from needing to please others
- ★ I am enough
- ★ I age with joy
- ★ I accept about me what others may not

## Body Positive Affirmations

- ★ I am patient and kind to my body
- ★ I do not compare my body to other people's bodies
- ★ I love my body-type
- ★ I am beautiful when I decide I am
- ★ I treat my body with love, care and pride
- ★ I listen to what my body needs



# Your turn!

Add some affirmations of your own!

*Be creative!*

[101 Positive Affirmations for Kids](#)

[200 Positive Affirmations That Will Change Your Life](#)



Just as a new life begins with a new thought; your change begins with a new you.

– Ebenezer Oginni





# Change begins with YOU!

## #GOALS



You are capable of more than you can imagine. Reach deep within and set some goals for your well-being. You deserve happiness, love, peace and connection.

What is ONE goal you can set for the next week?



## #Selfcare



# SEVEN DAYS OF SELF-LOVE

Below you will find a daily challenge for the next SEVEN days!  
Ask a friend to join you!

- **Day 1:** Don't complain today! Focus on what is going well and what you have!
- **Day 2:** Compliment yourself in the mirror EVERY time you wash your hands.
- **Day 3:** Do one thing that you enjoy.
- **Day 4:** Hug a loved one.
- **Day 5:** Listen to your favorite song.
- **Day 6:** Drink at least 5 bottles of water today!
- **Day 7:** Spend 15 minutes of alone time.





# RESOURCES



Crisis Text Line | Text HOME To 741741 free,  
24/7 Crisis Counseling

Bo's Place | Bereavement Center  
Offering Free Grief ...

National 1-800 Crisis Hotlines -  
AllAboutCounseling.com



# TOPIC SUGGESTIONS AND FEEDBACK

Click the [Suggestion Box](#) to submit your response.

Are there topics  
you would like to  
see discussed?  
We would  
**LOVE**  
to hear from you.



# UPCOMING MEETINGS FOR EDUCATORS

Student Support Services Department  
Mental Health Intervention Team

*Cordially Invites you to Our*

## Mental Health Awareness Series for Educators

Wednesday, September 22, 2021  
5:00 p.m. - 6:00 p.m.

Topic  
"Suicide Prevention"

Virtual Meeting

<https://crime-stoppers.zoom.us/j/85061480273?pwd=U0JUOWIBbEVJSIFqSS9BTGU3Vy9Ndz09>

Presenter  
Kaitlyn Frey  
Education Specialist, The Safe School Institute  
Crime Stoppers of Houston



# UPCOMING MEETINGS FOR PARENTS



## Galena Park Independent School District Student Support Services Department

### The GPISD Mental Health Intervention and Social Services Team

*cordially invites you to attend the*

### Community Collaborative for Proactive Parenting Meeting

Tuesday, September 28, 2021  
10:00 a.m. - 11:00 a.m.

**Topic**

Suicide Prevention and Intervention

**Location**

ZOTZ Education Center  
13801 Hollypark Dr, Houston, TX 77015  
Room: A+B

**Presenter:**

Ashley Whitley, MA, MS, LMFT-A  
Non-Physician Mental Health Professional (NPMHP)/Region 4 ESC  
The Harris Center for Mental Health and IDD



## Distrito Escolar Independiente de Galena Park Departamento de Servicios de Apoyo al Estudiante

### El Equipo de Salud Mental y Servicios Sociales de GPISD

*Lo invita cordialmente a asistir a la*

### Junta de Colaboración Comunitaria para la Crianza Activa de los Hijos

martes, 28 de septiembre de 2021  
10:00 a.m. - 11:00 a.m.

**Tema**

Prevención del suicidio e Intervención

**Lugar**

Centro Educativo ZOTZ  
13801 Hollypark Dr, Houston, TX 77015  
Salón: A+B

**Presentadora:**

Ashley Whitley, MA, MS, LMFT-A  
Profesional de salud mental no médica (NPMHP)/Region 4 ESC  
Centro de Salud Mental Harris e IDD

# Chat with a **PRO**



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