



# JVHS WELLNESS CENTER NEWS

JANUARY 2024 ISSUE



## Happy New Year!

Welcome back Jag Family!

This month is **Mental Wellness Month!**

We have some exciting activities coming up for students within the next couple of months!

### Upcoming Activities

✦ YOGA CLASSES

✦ CROCHET  
CLASSES

**Coming Soon:** The Wellness Center will be offering Yoga and Crochet classes for students to support emotional regulation through relaxing activities. Be on the look out for additional flyers with dates and times classes will be offered.



# Mental Wellness Is Important For Everyone

According to the Nebraska Dept. of Health and Human Services, "People with healthy emotional wellness are confident, have control over their feelings and behavior, and have good coping mechanisms for dealing with difficult situations."

Strategies for improving mental well-being in the new year:

- ★ **CREATE A MENTAL HEALTH WELLNESS PLAN** - KEEP A GUIDE OF COPING SKILLS THAT WORK FOR YOU, HAVE PEOPLE TO TALK TO IN STRESSFUL SITUATIONS, AND ENGAGE IN ENJOYABLE ACTIVITIES THAT CAN SUPPORT YOU IN MAINTAINING THE BALANCE BETWEEN YOUR THOUGHTS, EMOTIONS, AND BEHAVIORS.
- ★ **PRACTICE SELF-ACCEPTANCE**- USE THE NEW YEAR AS AN OPPORTUNITY TO PRACTICE SELF-ACCEPTANCE TO IMPROVE SELF-ESTEEM.
- ★ **LEARN A NEW SKILL**- CREATIVE HOBBIES CAN PROVIDE A SENSE OF PRIDE AND ACHIEVEMENT. MAKING TIME FOR HOBBIES CAN IMPROVE EMOTIONAL REGULATION.

★ "Wellness Wednesday" ★  
During Lunch!

Please feel free to remind students about utilizing the Wellness Center in room E-4 to reset and re-charge. Staff are available to support their needs.

*WhyTry* Attendance Group is being held 2nd semester starting 1/17/24! Please see Phillip Ramirez or Briana Beam for additional information.

[Staff Referral Form](#)

