



November 2019

Hello friends! We are full-force into the holiday season and I hope you are all doing well! It seems like no matter

how well organized or prepared I think I am, there is always more to do or more places to go. With that being said, let's explore **Habit 3: Put first things first.** So much is going on and all of it seems to be important, making life feel overwhelming! How do we juggle all of this important stuff and still maintain our sanity, let alone health? If we are using and following



Habit 1: Be proactive and Habit 2: Begin with the end in mind, then we

just need to prioritize those choices and plans according to what is most important. When talking about putting first things first, I remember

a quote that I heard, **You will always have time for the things you do first** (unknown). Though I cannot remember who told me that, the concept has stuck with me. I must choose what to do first, and if I do the most important thing first, then I will always get done what is most important.



I know in my family it is hard to take care of what seems so basic but is yet so critical: our health. It seems nearly impossible to do everything that is thrown at us, but we have to find balance in our lives. To find this balance, we must put first things first.

I cannot be my best, if I have not taken care of myself first.

When you say yes to something there is less of you for something else.

Make sure your yes is worth the less.

LOUIE GIGLIO

Stress is a hot topic as it is something we all face. Here are some realistic ways to help your student cope with stress in healthy ways.



1. Stop overscheduling.
2. Make time for play.
3. Make sleep a priority.
4. Teach your kids to listen to their bodies.
5. Manage your own stress.
6. Make mornings calmer.
7. Prepare your kids to deal with mistakes.

For more information visit

<https://psychcentral.com/lib/7-tips-for-helping-your-child-manage-stress/>

I **love** spending time with all of my students, so I just want to share a few random snapshots with you!



#twinday during Red Ribbon Week



Lunch with friends



#BlueUp against bullying



Please let me know if there is any way that I can help you and your student during this busy and often stressful time of year. I sincerely hope that you all have a wonderful and happy Thanksgiving!

Sincerely,

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