

Happy New Year, JUB!

FROM THE DESK OF MRS. NETTLES, SBSW

Welcome back, JUB!

The JUB PEER Mentors would like to welcome you back to school after having taken a much-needed holiday break! As we continue to progress through the school year, we want to remind students that our PEER mentors, school social worker, and counselors are available to assist with any mental health needs such as anxiety, school-related stressors, family-related stressors, and peer pressure.

We encourage everyone who needs a listening ear to utilize the above-mentioned resources that JUB has to offer. If any student decides to utilize either resource, please know that what is discussed shall remain confidential unless there are extenuating circumstances. JUB is a school that holds a reputation of being family-oriented and community-based whose staff members pride themselves as being uplifting units in the lives of our students for the betterment of their well-being and future endeavors.

*Best wishes for the New Year!
JUB & PEER Mentors*

The JUB PEER Mentors' mission is to provide peer-to-peer prevention and support that empowers other students to be academically, socially, and emotionally successful; to recognize and resolve conflict with the help of school-appointed staff, to value diversity, and be advocates for positive change and healthy choices.

2023



Anxiety & Coping Tips

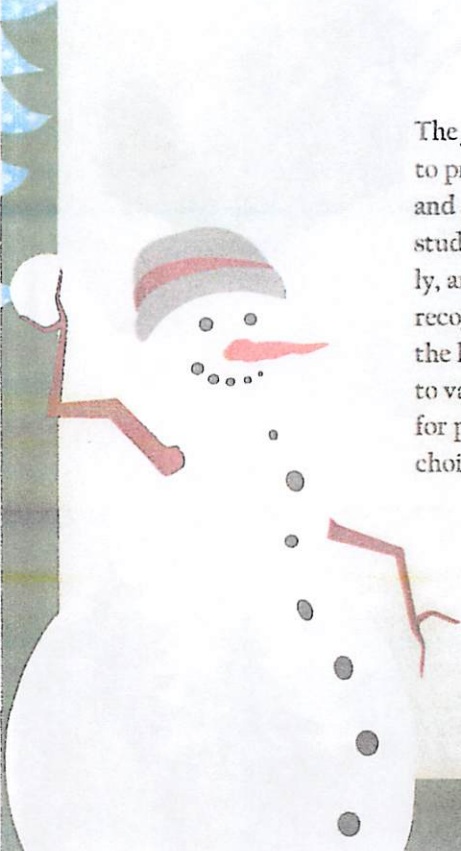
Occasional anxiety is a normal part of life. Anxiety is a natural reaction to events or situations that are frightening or stressful. The start of a new school year, returning to school after a long break, or an impending test can cause nervousness and anxiety. When feeling anxious, the heart rate and breathing increase. Anxiety usually goes away when a problem is resolved or when a situation is over with. Here are a few tips to help cope with anxiety:

- Take deep breaths
- Practice mindfulness
- Get plenty of sleep
- Visualize
- Exercise
- Try meditation

Social Pressures

Teens can feel a lot of pressure at school, at home, and even in their community. These pressures can stem from the desire to fit in, to make good grades, to make a sports team, and to making friends.

These struggles seem to increase for teens with the growth of social media and electronic communication.



How School Staff & Parents can Pressure- Proof Teens

- Identify what problems and social pressures a teen is experiencing and the reasons behind them.
- Protect teen by reducing the amount of time he or she spends in unsupervised activities where sources of social media pressure are present.
- Empower the teen by teaching skills that will help him/her effectively deal with stressful, pressure-filled situations such as exams, class presentations, team tryouts, school events, or dating.
- Encourage teen to spend time with friends who have similar/healthy interests and who can also be positive influences. This can help with wanting to fit in and the acceptance of others.
- Maintain a strong, supportive relationship with a teen. Remember to talk often and keep the lines of honest communication open.



Note to Self:

I don't have to take this day all at once, but rather, one step, one breath, one moment at a time.

I am only one person. Things will get done when they get done.



Next Time You're Stressed....

Take a step back, inhale and laugh. Remember who you are and why you're here. You're never given anything in this world that you can't handle. Be strong, be flexible, love yourself, and don't be afraid to love others. Always remember, just keep moving forward.