

OCTOBER 2026

Counseling Connections

The fall months are here! This is a great time to get out and do something in the cooler air.

A SPECIAL UPDATE

I got married in September! Same School Counselor..new last name :)

HEALTHY CELL PHONE HABITS

For Students

- Be Kind online (what you say matters!)
- Use social media positively
- Take screen breaks

Tell a trusted adult if something feels off

For Families

- Set simple rules for meals & bedtime
- Model healthy habits yourself
- Review privacy settings together
- Talk regularly about online life and content

EMOTION REGULATION TOOLS

1. Co-regulate first

Get on their level, soften your voice, and name the feeling: "I see you're frustrated. I'm here."

2. Breathe together

Try slow bubble breaths or square breathing (in 4, hold 4, out 4, hold 4).

3. Name the feeling

"Your body looks worried." Naming it often lowers the intensity.

4. Sensory reset

Cold water on the face, a short walk outside, or a stress ball can help settle the body.

5. Talk it out

Take time to reflect on the situation and how the situation could have been, offer solutions and support

Resource:https://www.thinkgiveproject.org/wp-content/uploads/Parent_Guardian-Toolkit_-Emot-Reg.pdf

Please reach out if you need anything!
Sarah Larsen-School Counselor
Pioneer Union School District
530-620-7210