

October 2nd, 2020/ Issue 1



## Wayne Local Schools Wellness News!



**WellBITTEN**  
**Daily Wellness Tip**  
**Keep an inspiring quote by your side.**  
Keep an inspiring quote or picture that you really love by your workspace, in your car or in your purse at all times. When you're feeling frustrated or overwhelmed, take a breather and remember\* what that quote means to you to get re-inspired.  
BiteSizeWellness.com

### Wellness Committee Contacts:

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### HOW TO CONNECT WITH OUR GUIDANCE COUNSELORS:

Our current options for access to Wellness and Mental Health Supports:

- Students can request a meeting with a school counselor with their building secretary.
- Parents may also reach out to our Mental Health Consultant, Josie Muterspaw, between 7:30 am– 2 pm. Phone: 513-897-649-7344 or jmuterspaw@wayne-local.com.
- Guidance Counselors available for assistance:  
MS/HS: Sarah Snyder and Cathy JoeFreda  
Elementary: Charnelle Bees

## Welcome Back To School!

2020-2021

As we begin this new school year, under a Global Pandemic, it's the perfect time to check in on our own wellness and mental health. It is important to know what you can do to help take the best care of yourself.

Everyone's wellness and mental health is different. It is important to set individual goals for yourself. Below are some good 'Best Practices' to help support your wellness and mental health.

1. **Be kind to yourself:** It is important that you treat yourself with the same kindness and encouragement you would extend to a friend. If you wouldn't say it to someone you love, then you shouldn't say it to yourself.
2. **Practice good sleeping habits:** Prioritizing sleep is important for improving wellness and mental health.
3. **Eat healthy and get your body moving:** Care for your body by putting healthy nutrients within it.
4. **Talk more about your wellness and mental health:** Being more open about your well-being. This allows others to understand your needs and allows them to be supportive to you. It supports the building of connections.
5. **Help others:** Do small random acts of kindness. Put in extra effort to show your loved ones that you appreciate them. Studies show that helping others is good for your wellness and mental health... plus others appreciate it as well.



### NOT SO FAST!!!

Study show that individuals whom would eat FAST, were 84% more likely to be overweight.





## SELF-AWARENESS and SELF- REGULATION

When a person is in a state of stress for an exaggerated and prolonged period of time, their bodies are impacted and so is their ability to think clearly and regulate themselves. Indicators of distress are unique to each individual. If you notice any of the following distress indicators in yourself or others at your school, they may be experiencing more demands than resources. These distress indicators are signs of impending burnout.

### Emotional Distress Indicators

- Anger
- Sadness
- Depression
- Anxiety
- Prolonged grief

### Physical Distress Indicators

- Headaches
- Stomachaches
- Fatigue
- Sleep problems
- Over/under eating

### Personal Distress Indicators

- Isolation
- Cynicism
- Perfectionism
- Mood swings
- Irritability

### Work Distress Indicators

- Avoidance (of tasks, peers, students)
- Missed appointments
- Not returning phone calls, emails
- Tardiness, absenteeism
- Lack of motivation

"Self-regulation is the ability to manage your own energy states, emotions, behaviours and attention, in ways that are socially acceptable and help achieve positive goals, such as maintaining good relationships, learning and maintaining wellbeing."  
~ Stuart Shanker





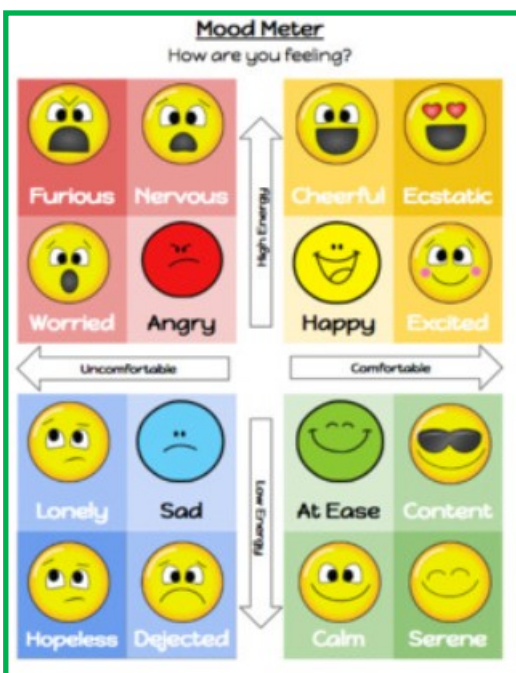
## Wellness Committee Member Spotlight



### Josie Muterspaw

Josie Muterspaw is a Professional Clinical Counselor and Certified Trauma Specialist with over 16 years' experience working in the mental health field with children and adolescents. She is the district's Mental Health Consultant primarily serving in the areas of crisis intervention, mental health assessment, and social-emotional education. Josie is grateful to be able to serve Wayne Local Schools and the community that she has always called home.

### The Mood Meter: a tool for developing greater self-awareness and awareness of others



How you are feeling on the inside can have a huge impact on how you behave and treat others. Perhaps you've reacted to someone else in a harsh way, or broke down over a simple problem with an easy fix.

Research confirms that our feelings have a huge influence on our decision making, and yet often in the moment, we aren't really aware of how we're feeling or how those feelings are influencing our behaviors.

The Mood Meter is designed to help us learn to recognize emotions, in ourselves and others. With increasing awareness, we can develop strategies for regulating our emotions. It can help to provide us with a language to talk about our feelings.



## Resources and Links:

Cincinnati Children's Psychiatric  
Response Unit:  
513-636-4124

Warren County Crisis Hotline:  
1-877-695-6333

Text 4hope to 741741

1in5.org

Great in home mental health  
wellness activities for all ages.



## Take Advantage of Fall Weather and Activities:

Walking, hiking and cycling are even more enjoyable when the temperatures are lower and the scenery is more beautiful. Try a few ideas below:

- Pumpkin or apple picking at a local farm.
- Sign up for Waynesville's Friends Home Museum Ghost Tours.
- Hike through Caesars Creek State Park
- Walk, jog, ride on Corwin's Bike Trail.

## Fall Food Snacks:

