



Wayne Local Schools Wellness News!



JANUARY

"Turns out, the most effective way to limit stress & maximize happiness, according to Harvard—is to have a habit of gratitude. Study after study found? Nothing, absolutely nothing interrupts anxiety like gratitude. The research indicates that recording just 3 gifts a day is a kind of cognitive training, a way of reorganizing your brain around a focus on goodness, & it increases an individual's positive outlook by 25%. The way to make it a happy new year is to make the year about giving thanks because that gives you happiness."

Ann Voskamp

SUN	MON	TUE	WED	THU	FRI	SAT
					January 1 Name 3 sounds you love.	January 2 Name 3 gifts in nature.
January 3 Name 3 things you love about your home.	January 4 Name 3 places you love to visit.	January 5 Name 3 people that make you smile.	January 6 Name 3 books/movies you love.	January 7 Name 3 things that make you laugh.	January 8 Name 3 memories you treasure.	January 9 Name 3 things about yourself you love.
January 10 Name 3 hopes for your future.	January 11 Name 3 things you treasure about your family.	January 12 Name 3 favorite things you enjoy.	January 13 Name 3 treasured traditions.	January 14 Name 3 favorite smells.	January 15 Name 3 favorite tasty treats.	January 16 Name 3 fun activities.
January 17 Name 3 things that calm you.	January 18 Name 3 things that excite you.	January 19 Name 3 things that motivate you.	January 20 Name 3 witnessed blessings.	January 21 Name 3 friends that encourage you.	January 22 Name 3 things you are good at.	January 23 Name 3 quotes that inspire you.
January 24 Name 3 things about your job/school you love. (repeat on Jan.31st)	January 25 Name 3 co-workers/peers that make your day better.	January 26 Name 3 things you see that make you smile.	January 27 Name 3 favorite works of art or creative endeavors.	January 28 Name 3 songs that make you want to dance.	January 29 Name 3 things you want to accomplish.	January 29 Name 3 positive changes you want for 2021.

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Steph Gbantous is the School Psychologist for the elementary and has been with the district for 6 years. Steph attended the University of Cincinnati and completed her internship at Waynesville. She supports the community to help children succeed academically, socially, and emotionally. When not in the district, she enjoys running, spending time with family, and reading.

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

Happy New Year- 2021

“Wishing you a Happy, Healthy New Year!”



Happy New Year!! Every year, there are families that start a new gratitude jar. On New Year's Day, they put an empty mason jar on the counter and throughout the year, they fill it with notes of things they are thankful for. Then on New Year's Eve, they go through and read each one.

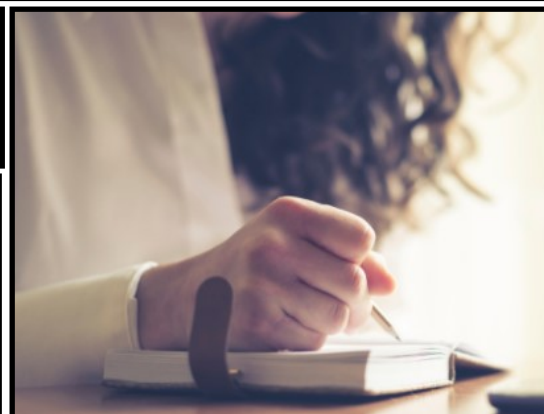
Gratitude Journal

Count your blessings and enjoy better health and happiness.

How to do it:

The goal of the exercise is to remember a good event, experience, person, or thing in your life- then enjoy the good emotions that come with it. There is no wrong way to keep a gratitude journal, but here are some important tips:

1. Be specific as possible- specificity is key to fostering gratitude.
2. GO for depth over breadth- elaborate in detail about a particular person or thing for which you're grateful.
3. Get personal- focus on people to whom you are grateful has more of an impact than focusing on things.
4. Be grateful for the negative outcomes you avoided, escaped, prevented, or turned into something positive- don't take good fortune for granted.
5. See the good things as "gifts". Try to relish and savor the gifts you've received.
6. Its okay to write about the same people or things, but add specific details.
7. Write regularly- every other day, once a week... commit to a time and honor it.



Never too late to start a New Year's resolution or make some changes:

1. Focus on a Passion.
2. Work out to feel good, not to look good.
3. Spread positivity, not gossip.
4. Do random acts of kindness.
5. Clear out the clutter.
6. Volunteer
7. Call a friend instead of texting them.
8. Journaling
9. Be kind on social media
10. Let go of grudges
11. Send a handwritten letter
12. Pay it forward
13. Talk less, listen more
14. Whatever your goals are, write them down. People who write down their goals are 42% more likely to achieve them. Make the commitment.

