

# Counsellor's Corner



Volume 2, Issue 5

Empowerment

January 2019

## Empowering Your Stress

Happy New Year! Welcome back! I hope you had a satisfactory break and you are ready for this year. I would like to empower my Immaculate family with some thoughts. We were created to socialize which includes empowering others and even ourselves. Before we judge, let's reflect and see how we can empower because we are human being before any title we hold.

How can we empower our stress?

Unfortunately, stress is linked to heart disease, high blood pressure, metabolism problems, colds, depression, obesity, migraines and cancer. Ladies, we are more prone to stress than our men because we are more emotionally in tuned in comparison to men- I promise I am not making this up. Despite this, not all stress is bad. In fact, stress in small doses can be good.

You can start by doing some of the following:

- Make time for exercise
- Make sleep a priority
- Tap in to you inner "Zen Master"
- Get off the mental treadmill of worry
- Really really forgive someone

Let's go! Empower your stress!

## Upcoming Event

**January 25<sup>th</sup>- Last day for early bird Annie tickets**  
**February 3<sup>rd</sup> - HSA fundraiser-Annie**

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## Attention Deficit Hyperactivity Disorder Cont'd

Attention Deficit Hyperactivity Disorder (ADHD) begins in childhood. Once a health care professional (usually a psychologist, or counsellor licensed for assessment) has assessed and diagnosed, recommendations are provided for the most suitable course of action. The two most common treatment approaches for ADHD are medication and behaviour based interventions. The parent along with the healthcare professional can decide the best approach to treatment which may include a combination of both approaches or one individual approach.

As with most medications, there are side effects. However, studies have highlighted positive responses such as reduced hyperactivity, increased attention and time on task. Behavioural intervention includes reinforcing positive behaviour, modifying assignments and instructional activities to promote success, and systematically teaching self-control. In addition to that, behavioural intervention may also include parents and teachers to follow through with some practical strategies in the home and school environment.

If you notice any symptoms (provided in the previous issue) in your child and have concerns about how to navigate assessment and diagnosis, please do not hesitate to consult with myself or Mrs. Grant- Vice Principal/Resource Room Teacher.

**Next Issue:** Depression

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***"People EMPOWER each other. Be that person for someone so they can say...because you empowered me I was able to..." "We are Human Beings first" -Janelle Reid***

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## **References:**

- Dreisbach, S. 2018 "A Disquiet Place." *Self Special Issue*. p32-35.
- Heward, W.L. (2006) *Exceptional Children An Introduction to Special Education* (8<sup>th</sup> edition). Pearson Press: New Jersey
- Owens, A. 2018 "12 Ways to De-Stress." *Self Special Issue*. p 36-37.