

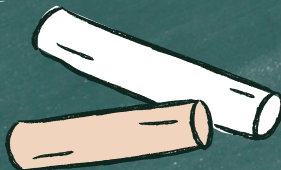
Counselor's Corner

Samuel Bissell Elementary School



Meet the School Counselor

Hello! My name is Mrs. Braun. As a fellow Twinsburg Alumni, I am thrilled to be working with the students of Samuel Bissell Elementary School! I graduated with my Masters in School Counseling in 2020 from Kent State. My experience with students thus far ranges K-8th. I'm trained in counseling students with anxiety, depression, emotional regulation issues, executive dysfunction, home/school stress, social conflicts and much more!



What I Provide

Classroom Guidance: I visit classrooms monthly to teach lessons that fall into 1 of 3 categories - Academic, Career and Socio-Emotional.

Small Group: I facilitate small group sessions for students who may need extra support in a certain socio-emotional area.

Individual Counseling: I meet with students on a short-term basis to work through any challenges that may be impacting them at school.

Consultation with Staff/Families: I am available to talk with stakeholders in order to help support students and provide resources to best assist your child including outside referrals.

Contact Info

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National Self-Care Awareness Month!

September is National Self-Care Awareness Month! Self-care is crucial for any age! The more we take care of ourselves, the better we handle stress. Overall, this benefits our mental, emotional and physical health. Take a look at some self-care strategies below!

Be kind to yourself

Be grateful for what you do have

Happiness is a choice. I choose to be happy!

Note to Self

You are allowed to say no

Setbacks don't equal failure

It's ok to rest

Your boundaries are important

You can't please everyone

50 Ways to Take a Break

- REST**
 - Take a Bath
 - Listen to Music
 - Take a Nap
 - Go to a body of water
 - Watch the clouds
 - Watch the stars
 - Write a Letter
 - REST your legs up on a wall
 - Let out a sigh
 - FLY a Kite
- MEDITATE**
 - Learn Something NEW
 - Listen to a guided relaxation
 - Read a Book
 - Take Deep Belly Breaths
 - Notice your Body
 - Call a Friend
 - Meander around Town
 - 2x Move twice as slowly
- WRITE**
 - Light a candle
 - Walk Outside
 - Buy Some Flowers
 - Find a relaxing scent
- SILENCE**
 - Go for a run
 - Take a bike ride
 - View some ART
 - Turn off all electronics
 - Go to a park
 - Pet a furry creature
 - Create your own coffee break
 - Read or watch something FUNNY
- COLOR**
 - Go to a Farmer's Market
 - Let go of something
 - Engage in small acts of KINDNESS
 - Put on some music and DANCE
 - Give Thanks
- MUSIC**
 - Write a quick poem
 - Read poetry
 - Put on some music and DANCE
 - Give Thanks