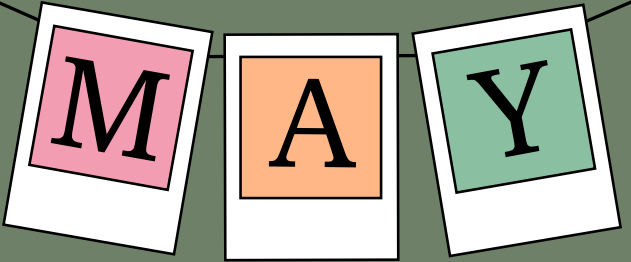


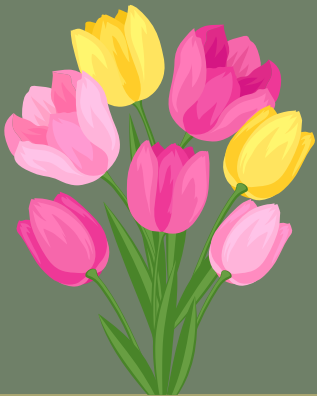
# Sawgrass Elementary Counseling Newsletter

May 2024



## Nearly There!

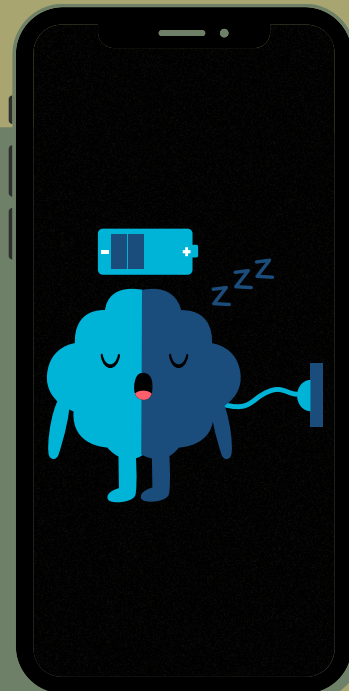
.....  
28 school days and  
counting! Testing season is  
upon us, so it's more  
important than ever to self-  
care!



*Self-care*  
**IS EMPOWERMENT**

## Schoolwork, Burnout, and Stress

Much like a phone battery, our brains get too tired to work if we use it too much! With few days off between now and the end of the year, it is important to give our brains a break every now and then. Take a nap, watch some TV, spend some quality family time together, or do something fun! It is important to balance school and fun.



# HOW TO DE-STRESS FROM TESTS



**So important, it's  
worth repeating!**

**DE-STRESS**

Take time to check in on your brain and body! Whether we need a nap, some exercise, or some fun to relax, self-care is essential to performing our best on tests. Keep a consistent sleep and study schedule, but be sure to take some time to have some fun as well!

## **Links and Resources**

- ReThink Ed Parent Sign Up:  
[Click Here!](#)
- ReThink Ed Parent SEL Resources:  
[Click Here!](#)
- BCPS Mental Health Resources:  
[Click Here!](#)
- SEL At Home:  
[Click Here!](#)