

DA VINCI SCIENCE 2020-21

COUNSELING CORNER

Week 17: December 14-18

THINGS TO DO DURING BREAK STAY ACTIVE. STAY ENGAGED.

Volunteer Opportunities in Los Angeles during the Holidays

Family Dance Party - 12/14, 12/21, 12/28 at 3:30pm

Maker Talk: Cardboard Superheroes - 12/22 at 4pm

Guitar and Songwriting - Tuesdays at 3pm

Virtual Teen Party Games - 12/22, 12/29 at 4pm

Bullet Journals: Get Organized for the New Year - 12/14, 12/21, 12/28 at 3:00pm

PRACTICE GRATITUDE EVERYDAY

HEALTH BENEFITS OF GRATITUDE

1. Improves sleep quality
2. Decreases blood pressure
3. Increases energy levels
4. Reduces stress and depressive symptoms
5. Helps you live longer

HOW TO SHOW GRATITUDE

1. Give out compliments
2. Make a list of things you are grateful for
3. Do small random acts of kindness
4. Smile

toplinemd.com

COPING IN THE TIME OF COVID-19

presented by Pepperdine therapist
interns

Here is the link to the webinar providing strategies to cope with COVID-19 stress and creating more structure in the family.

COVID-19 and Related Stress Resources for Parents

It's the last week of the first semester and what a year it has been so far. If we can get through these times together, we can get through anything. We encourage you to take a well deserved break and we wish you a peaceful holiday season and a happy new year. Be safe. Be healthy. Be well.

-The DVS Counselors