

Counseling Connection Newsletter

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Emotional Wellness for Overscheduled Families

Why should we make time for this?

Emotional health influences every aspect of life. Tight schedules can result in negative thoughts and feelings. Commit to being a positive, healthy family by practicing strategies that support emotional wellness. Follow the tips below to help your family manage emotional health.

How can I improve emotional health with little time?

Talk About Feelings

From time to time, we all have strong feelings that bubble up. Don't ignore them. Encourage children in your family to share their feelings by setting an example for them to follow. Talking about feelings puts them out in the open and prevents rumination. If you feel further assistance is needed when working through situations and emotions, contact your school counselor and/or a clinical mental health counselor.

Take Short Breaks

Although deadlines exist and schedules are tight, that doesn't mean one needs to rush all the time. Go for short walks, especially outdoors, to take in fresh air and connect with people. Drink plenty of water. Helping others also can improve one's emotional health. Encourage the young people in your life to take breaks as well. It helps us all reset and re-focus.

Make Time for Yourself

In an overscheduled life, making time for yourself may be difficult. But it is a must when seeking balance. Take at least a few minutes each day to do something you love. Make your hobbies part of your daily routine, and incorporate learning into "fun" activities.

Say No

Say "no" when you need to without feeling guilty. We can't do everything everyone asks of us. Know your own limits and reduce stress levels by prioritizing and refusing unnecessary additions to your already overscheduled life. Recognize that saying "no" to others gives you the chance to say "yes" to family time and helps you recharge. This teaches young people how to assertively prioritize.