



# RB Wellness Strategies

## SELF-CARE: WHAT IS IT?

- Intentional efforts to address stress, burnout and feeling overwhelmed by life
- Incorporating daily or regular practices in our lives that help to increase resilience, cope with adversity and let go of self-judgement and shame
- Creating meaning and purpose in our daily lives to renew our dedication to ourselves

## SIGNS OF STRESS OVERLOAD

<b>COGNITIVE SIGNS</b>	Concentration and memory issues Generally negative attitudes or thoughts
<b>EMOTIONAL SIGNS</b>	Feeling overwhelmed, moody or doubtful Irritability, loneliness, isolation, desperation Lack of social connection, inability to relax
<b>BEHAVIORAL SIGNS</b>	Changes in appetite Sleeping too much or too little Procrastinating or neglecting responsibilities
<b>PHYSICAL SIGNS</b>	Muscle tension Weakened immune system Frequent headaches or stomachaches

If stress is negatively impacting your relationships, your health, your school work, your life... You can do something to reduce your stress, manage your stress, and get back to a healthy lifestyle!

A long term plan can include... **talking** with your parents, **seeing** your counselor, **visiting** Student Services, or **seeking** assistance from a trusted adult.

## LONG-TERM STRESS MANAGEMENT STRATEGIES



Sleep at least 8 hours per night



Eat Healthy



Exercise Regularly



Take a break from technology



Get outside often



Make time for fun



Manage your time



Strive for least one hour of quiet each day.



Say NO to requests that might add more stress to your life.



Adopt a Growth Mindset

## IMMEDIATE STRESS MANAGEMENT STRATEGIES

<b>DEEP BREATHING</b>	4-4-4-technique – Take a slow and deep breath in through your nose for four seconds. Hold for four seconds. Breathe out slowly for four seconds.
<b>PROGRESSIVE RELAXATION</b>	Get comfortable, either sitting or lying down. Tense up the muscles of your feet, then relax them and feel the tension flow away. Breathe slowly and deeply. Repeat and progressively relax one muscle group at a time.
<b>VISUALIZATION</b>	Get into a comfortable position and close your eyes. Imagine a peaceful place and picture it as vividly as you can. Incorporate as many sensory details as possible.



# Support Resources

Below you will find some information about how to identify, respond to, and seek help for issues that relate to student safety. The wellness of our students is paramount and is at the heart of being part of the Bronco Stable. Please feel free to use any of the resources below and/or report the issue to a trusting adult. This can be a parent, a school or district staff member, a law enforcement officer, or any of the contacts listed below.



## “SEE SOMETHING, SAY SOMETHING”

In partnership with the cities of Poway and San Diego as well as local law enforcement, a PUSD schools tip line is in place, which is monitored 24-7 by law enforcement. We encourage all of your students, staff and families: *if you see something, say something.*



## SUICIDE / CRISIS INTERVENTION

The San Diego Access and Crisis Line (ACL) has been serving the people of San Diego County since 1997. It receives thousands of calls per month related to suicide prevention, crisis intervention, community resources, mental health referrals, and alcohol and drug support services. Confidential and free of charge, the line is immediately answered 7 days a week, 24 hours a day by Master’s-level and Licensed Clinicians. The counselors average 16 years of clinical experience in a variety of backgrounds, including: emotionally disturbed youth, geriatric social services, nursing, in-home domestic violence intervention, case management, and drug and alcohol abuse. Language interpreter services enable the ACL to assist in 150 languages within seconds.

211 San Diego: <https://211sandiego.org>

Rady Children’s Hospital: <https://www.rchsd.org/program-services/psychiatry>

Sharp Mesa Vista Hospital: <https://www.sharp.com/hospitals/mesa-vista>

Aurora Behavioral Health Care: <http://www.aurorasandiego.com>

National Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org>

**Text Crisis Line – Text HOME to 741471 for free, 24-hour support.**



## BULLYING, HARASSMENT AND ASSAULT

Students, parents and the community can report suspicious and illegal activities by seeing an adult in person or calling the PUSD Safe Schools Hotline (858)668-4161. The confidentiality of those reporting is protected.

Rancho Bernardo High School is a No Place for Hate school and supports the rights of all students to live and learn in a supportive and safe environment. All forms of intolerant behavior, including bullying, harassment, and assault (including sexual) are unacceptable.

Poway USD Bullying and Harassment Information and Policy: <https://www.powayusd.com/en-US/Departments/Student-Support-Services/Safety/Bullying-Prevention#bullying>

Trans Family Support Services: <https://www.transfamilysos.org>

North County LGBTQ Resource Center: <https://www.ncresourcecenter.org>

RAINN : Sexual Assault Information <https://www.rainn.org/safety-prevention>