



Social Worker Newsletter



Volume 4, Theme: Balance

Find Something to Celebrate

As our personal worlds have shrunk, so too might our celebrations. We are trying to do so many things in such different ways. Perhaps our standards need to be adjusted as well. Maybe we can't do everything we want to do or as well as we would like, but there's got to be something we're doing well. Find something small to celebrate. Did you go for a walk? Good job! Did you get dressed and brush your teeth? Props! Did you say something nice to your child? Pat yourself on the back! Seriously, let's celebrate the little things. It will make you feel a little better.



Balance What, Exactly?

It's easier said than done and there's no one right way. We can just feel when our lives are unbalanced. Consider the balances between alone time and time with others, exercise and relaxation, structure and lack thereof, giving and receiving, talking and listening, working and playing, appreciating and being appreciated. The list goes on and on. What could you use more of? What could you use less of? How can you create more balance in your life?



Social Workers are Available!

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Need Help? It's ok to ask for it!
Call 211- the Idaho Care Line