



Social Worker Newsletter



Volume 5, Theme: Grace
Created by Sara Lawson



It's Ok to Feel Unhappy- it's Temporary!

It's probably more normal to feel unhappy right now than it is to be experiencing a ton of joy. We put so much pressure on ourselves to be happy all the time, and it's just not possible. So let's stop beating ourselves up about it. We have a range of emotions for a reason, and it is okay to experience them. It might even be interesting to explore them a little. If you aren't feeling happy these days, consider giving yourself one of the following and do keep in mind that everything (especially emotions) are temporary.*

Give Yourself

Grace Time
Space

A hug A break

A pat on the back

Credit Permission

*If you are feeling depressed and you can't seem to shake it, consider reaching out to one of the resources listed. It's amazing how helpful it can be to get out of your own head for a few minutes and dump all your crap on someone else. I mean it- as a mental health professional and someone who attends counseling!

Parenting Tip:

You can help your child learn to regulate their emotions by narrating your own experience! Our children see us struggle. We really don't hide it well. Next time you are stressed out in front of your kids, you could say something like, "I am so frustrated with this computer right now. It's just not working! You know what, I'm going to take a break for a few minutes and try again later." This approach identifies your emotion and the cause of it, as well as provides a healthy coping skill. These smart and sneaky kids are always watching and listening to us! We might not always be teaching, they are certainly always learning.



Optum Resources-New & Expanded

Idaho Suicide Prevention Hotline:

1-208-398-4357 text or call

Optum 24/7 Medicaid Member Access & Crisis Line: 1-855-202-0973 TDD/TTY: 711

Optum Public Toll Free Helpline:

1-866-342-6892

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