

# *The Center*

**A space to learn tools and skills to deal with stress**



# *Why?*

**The counseling department and staff have seen an increase in student stress and anxiety.**

**In surveys and conversations, students report a high level of stress, anxiety, and difficult emotions impacting school and life performance.**

**Students have asked for greater support with these challenges.**

**It is important that students (and all people) learn coping and self-soothing skills to deal with difficult emotions and challenging times.**

**Because the adults in this building care about us all so much and want to help equip us with positive ways to deal with stress, anxiety, and other difficult emotions and challenges, The Center was created.**


A soft-focus background image of a mountain range reflected in a calm lake. The sun is low on the horizon, creating a warm, golden glow that reflects on the water's surface. Concentric ripples are visible in the foreground of the lake. The overall mood is peaceful and inspiring.

*And...*

because we see your strength and resilience and ability to cope with life and all its challenges. We want to empower you to find tools and the internal drive to take care of yourselves in positive and healthy ways. You deserve that!



## *Support for the Creation of The Center*

- ★ **Huge monetary donation from Whole Foods**
  - ★ **Grant from Dare to Dream- a program that provides financial support for young people to get involved in mental health awareness activities**
  - ★ **Donations from Dandelion Toys, American Furniture Warehouse, and Celestial Seasonings**
  - ★ **Monetary and material donations from your amazing families**
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*Purpose:* To give students the opportunity to try different research based strategies to deal with stress, anxiety, and other difficult emotions

*Goal:* Students will use The Center to learn skills and then transfer these skills into their daily lives



# What's in The Center



*Essential Oils:* When you smell essential oils, your body responds by releasing endorphins (which can help relaxation), serotonin (which aids in calming), and even noradrenaline (which is a stimulant). These responses mean that the act of inhaling essential oils can help your body calm, relax, or get energized. In The Center, you can learn about and experience how different oils can impact mood, emotions, and even memory.

A weighted blanket with a quilted, diamond-patterned texture is draped over a bed. In the background, a white pillow with a pink and red floral pattern is visible, along with a framed picture on the wall. The overall scene is softly lit, creating a cozy atmosphere.

# *Weighted Blanket*

A weighted blanket is a blanket that is designed to be heavier than normal. They have specifically been shown to decrease the activity in the nervous system. The deep pressure from the weight causes the body to produce serotonin and endorphins, which are the chemicals our bodies naturally use to feel relaxed or calm.



# *Bi-lateral Stimulation Music*

Listening to music that alternates between the left and right sides of the head. It produces:

1. A relaxation effect including decreased physiological arousal.
2. Increased attentional flexibility (meaning that your thoughts become less 'stuck' on whatever was bothering you).
3. Distancing effect (meaning that the problem seems smaller and further away).
4. Decreased worry.

# Art Station

Includes: coloring books, markers for body art, art, pastels, clay, origami, and more

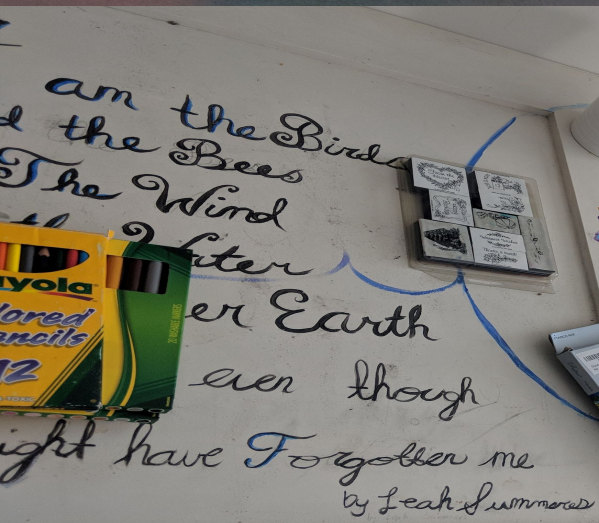




*Other helpful stuff...*

**Calm down glitter jars, fidget toys, sand tray, kinetic sand, meditation books/scripts, comfy seating, salt lamps, tea station, and more**





BY C.A.P. 2012





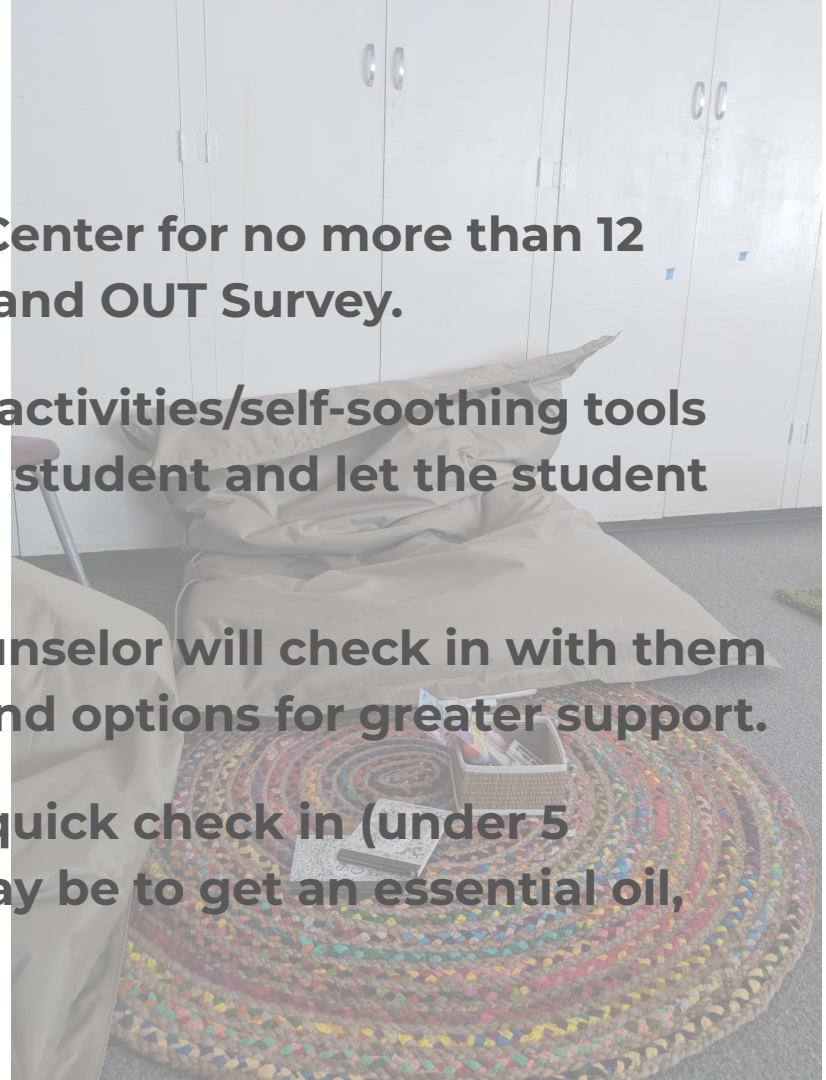
# *How it works:*

**During class time, students can visit The Center for no more than 12 minutes. This includes time for a short IN and OUT Survey.**

**Upon visiting, students can try any of the activities/self-soothing tools available. The adult will set a timer for the student and let the student know when it is time to return to class.**

**If a student visits the center 3 times, a counselor will check in with them to better understand challenges, needs, and options for greater support.**

**Separately, any student can stop by for a quick check in (under 5 minutes) when the center is open. This may be to get an essential oil, take a deep breath, etc.**





*Just needing a quiet place to “center” or chill...*

**The Center will be open most breaks and lunches as a quiet, cell phone free space to relax, try out the tools and activities, read, listen to music, etc.**



*It has been so  
much fun to create  
this space and we  
can't wait to  
share it with you!*

