

Student Support Services-Mercer

Issue 1.5

Positive About Positive Action

“You feel good about yourself when you do positive actions and there is a positive way to do everything!” This is the Positive Action mantra, which our team learned last month when certified as facilitators and trainers. NJ4S is excited to share this evidence-based curriculum with students, families, public and charter schools and staff throughout Mercer County.



Spotlight on Tier 1 Services



Monday, December 4th: Prevention Education Consultants Suzette Andre and Helene Lodge provided Tier 1 services at UrbanPromise Trenton’s Camp Grace.

“I go to my safe place, my grandma’s house,” explained a student when asked, “How do you cope with stress?” Stress is inevitable. Although we can’t control the circumstances, we are in control of how we respond to stress. Students received tools on how to manage current and future stressors. Channeling Bill Phillips, students were reminded that “stress should be a powerful driving force, not an obstacle.”

To make a referral for these services on behalf of a community organization or school, or for further information on services provided through the NJ4S- Mercer hub, contact HUB Director, Michael Lovaglio at (609) 394-5157 ext. 2149 or via email at MLovaglio@cctrenton.org.

Mindful Moment Practices

“I’m in sad shape... I know I should be happy, but I’m not,” says a sullen Charlie Brown seeking advice from Lucy, in an early scene from *A Charlie Brown Christmas*. He’s not alone, especially around the holidays. Friends, family, rich foods, twinkling lights; it’s joyous, but overwhelming. A method by which to recenter and slow it all down is a Mindfulness Moment.

**Please see Issue 4 for initial steps in taking a Mindfulness Moment.*

1. Relaxing with Mindful Moments (3 minutes):

- **Standing Energetic:** https://drive.google.com/file/d/1SvzQmjzO-Wqv7q8s5I8SCPN1ojN_I3ou/view
- **Standing Movement:** https://drive.google.com/file/d/1kwLKeFt7QQ4Jn88CX8PgTAKx_hXOVLgl/view
- **Walking practices:** <https://docs.google.com/document/d/1qWnk2WgedRI-YMpVVIWtY9ymJ2TnJW-gdEE2fV4HTbs/edit>

2. Quick Relief with Deep Sighs:

- **Three long deep breaths: in nose, out mouth.**

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Resource Recommendation



“How stress weathers our bodies, causing illness and premature aging.”

Stress is the #1 culprit when physicians and public health experts are asked, time and time again, “why Americans live shorter lives than peers in nations with similar resources, especially people felled by chronic disease in the prime of life”, explains Akilah Johnson and Charlotte Gomez in this compelling and timely read. “Striving to get ahead in an unequal society contributes to people in the United States aging quicker, becoming sicker and dying younger.”

How Big Are Your Worries, Little Bear?

“Children should never have to worry”, inscribes Jayneen Sanders at the start of her guidebook on managing anxiety. “Their job is to wonder and explore.” Join Little Bear as he learns to navigate his worries in this brilliant story for all ages.

Have a Resource Recommendation? Send Michael an email at MLovaqlio@cctrenton.org