

Counselor's Corner

Early Warning Signs

Not sure if you or someone you know is living with mental health problems? Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Having persistent thoughts and memories you can't get out of your head
- Inability to perform daily tasks like taking care of your kids or getting to work or school



For more information, visit [MentalHealth.gov](https://www.mentalhealth.gov)

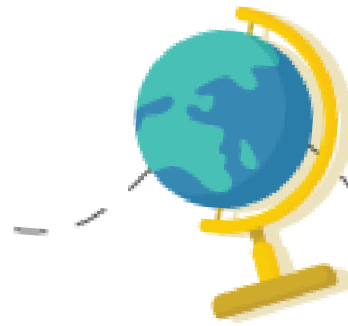
Resources in Dubai

The Thrive Wellbeing Center offers free webinars and support groups for adults, parents, educators, and students.

Info@thrive.ae

+971.56.895.2347 www.thrive.ae

 Thrive
Wellbeing
Centre
by Dr. Sarah Rasmi



World Mental Health Day: October 10

World Mental Health Day overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health.

The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

Exercise for Stress Relief

Stay Grounded Using Your 5 Senses

Relax Your Body, Take a Few Deep Breaths and Focus on the Following...

- 5 Things You Can See 
- 4 Things You Can Feel 
- 3 Things You Can Hear 
- 2 Things You Can Smell 
- 1 Thing You Can Taste 

© 2019 The Preprints Project LLC

Use the link below to start the exercise

[Grounding Exercise](#)

Let's Talk

Do you have ideas for Issue #3? Want to be more involved with Ignite's School Counseling Department? Have questions, comments and/or concerns?

Please contact me C.Dixon@igniteschool.ae

Crystal Dixon

School Counselor

