

# SCHOOL SOCIAL WORK

MONTHLY NEWSLETTER



## HOLIDAY BLUES

The holidays often bring feelings of joy, but for some, it may bring up other feelings. The holiday blues refer to when people feel sad or depressed after a holiday or vacation. It's important to remember that it's okay to feel down after a holiday. Give yourself time to adjust and don't be too hard on yourself. Reach out to friends and family for support, or consider talking to a mental health professional if the feelings persist.

## COMMUNITY CLOSET

STARTING NEXT WEEK, HVRHS STUDENTS WILL HAVE ACCESS TO A COMMUNITY CLOSET. THE CLOSET WILL BE OPEN DURING DAY 3 FLEX, AND BY APPOINTMENT.

## SELF CARE TIP OF MONTH

There are ways to combat holiday blues. One effective way is to focus on the positive aspects of the holiday, such as the memories made, the new experiences gained, or the relaxation achieved. For more info, [please click here](#)

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THAT'S WHAT *winter*  
IS: AN EXERCISE IN  
REMEMBERING HOW  
TO STILL YOURSELF  
THEN HOW TO COME  
PLIANTLY BACK TO  
LIFE AGAIN.

ALI SMITH