

SCHOOL SOCIAL WORK

NEWSLETTER

FINDING BALANCE THIS NEW YEAR

FINDING BALANCE MAY SEEM OVERRATED, BUT MAINTAINING STRESS IS AN IMPORTANT WAY. THE RANGE OF THINGS THEY NEED TO BALANCE MAY CHANGE FOR EACH PERSON. FOR TEENAGERS, IT COULD INVOLVE SCHOOL, SPORTS, AND FRIENDS. FOR ADULTS, THERE MAY BE MORE TASKS THAT ARE TIME-CONSUMING. EVERYONE CAN FIND BALANCE IF THEY MAKE IT A PRIORITY AND UTILIZE COPING SKILLS TO HELP WITH THE BALANCING ACT.



LOCAL FOOD PANTRIES

THE SOCIAL SERVICES OFFICES IN FALLS VILLAGE, NORTH CANAAN, SALISBURY, SHARON, KENT, AND CORNWALL PROVIDE FOOD PANTRIES TO THEIR RESIDENTS.

ADDITIONALLY, THERE IS THE CORNER FOOD PANTRY IN LAKEVILLE AND FISHES AND LOAVES FOOD PANTRY THAT SERVES RESIDENTS OF CANAAN AND FALLS VILLAGE

SELF CARE TIPS

Learning to say no is an important coping skill to master, but it can also be a difficult one. The first step is to know our priorities and whether the request oversteps them. When declining a request, it's important to give a clear direct answer and to also stand your ground. Remember that you are saying no to the request and not the person.

When Is Saying No Okay?

Saying no is essential for maintaining healthy boundaries and preserving your own well-being.

Saying no can be appropriate when feeling overworked, experiencing burnout, or struggling with resources. You can also (and should) refuse a favor or request when you feel uncomfortable.