

Pastoral Care News

A snapshot of what was discussed in Joey's Morning Meeting this week:

Let Them / Let Me



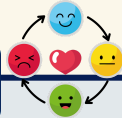
Let Them Get Upset — Let Me Stay Calm

Message: If someone gets upset, angry, or overreacts, it doesn't mean you have to. Let them — you can choose calm.

Example: A friend gets angry when they lose a game. You take a deep breath and say, "It's just a game," or walk away if needed.

Reflection: What's something you could do to stay calm when someone else is upset?

Self-Regulation



Your Inner Remote Has a Pause Button

Message: Imagine a remote control inside your mind with a pause button. You can press it when you feel upset or overwhelmed.

Example: You're about to argue with a sibling, but you press your mental pause button and walk away to calm down.

Reflection: What does your pause button look like in your imagination? When could you press it?

Body Positivity



Food gives our bodies energy, not guilt.

There are no 'good' or 'bad' foods — just foods that help us grow, feel strong, and enjoy life.

What's a food you love that gives you energy?