

“Mental Health Gym” – Your New Kind of New Years’ Resolution

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It’s time to do something different. You know about the many speed bumps on the road through education; anxiety, depression, social pressures and challenges, organization, and high stakes testing to name a few. You’ve watched your child struggle with homework, with organizing a long-term project, or become very anxious before an important test. Maybe the social pressures or challenges of working with others get in the way of your child doing the kind of work you know they are capable of. You’ve tried to help, but the struggles continue. Enough is enough.

There are a variety of ways to intervene. Anxiety and depression are real problems that can get in the way of work completion and academic progress. High stakes testing is an issue that is taken seriously by our schools today, and has a significant impact on so many students which can lead to intense test anxiety. Specific anxiety management techniques can help alleviate some of the stress and make the rest of it workable. Sometimes depression, self-doubt and low self-esteem can create challenges as well. Individual and group counseling services provide the interventions that may help your child become better able to identify his/her triggers and utilize the right coping skills to solve the problem at hand.

Perhaps you have watched your child struggle with peer interactions, such as making or keeping friends. Such a challenge can be heartbreaking to watch. Your child may be the one having a hard time, or may be the one making it difficult for someone else. In these cases, specific counseling interventions can help your child understand their role in relationships and work toward making them a more positive experience for them. After all, interpersonal relationships are important not only for family and friends, but are also necessary for success at school as well as in the community and on the job.

Maybe the difference needs to be for your child, or maybe it needs to be for you if you are also in school or a training program. Difficulty in any of these areas tends to impact a student’s performance, whatever the age. If you or your child have had enough of struggling through school without the results you are looking for, it is time for a change. That time is now. Make a different New Year’s Resolution this year and reach your goals!