

# COUNSELING CORNER

PREPARATORY CHARTER HS

## TOOL BOX TOPIC: BENEFITS OF ROUTINE IN YOUR LIFE

### WHAT ARE THE BENEFITS OF ROUTINE

- YOUR STRESS LEVEL WILL FALL
- BETTER SLEEP
- HIGHER PRODUCTIVITY

### HOW TO BUILD A ROUTINE:

- CHOOSE A TIME TO WAKE UP AND GO TO BED AND STICK WITH IT.
- USE YOUR PHONE TO MAKE ALARMS AND REMINDERS FOR ACTIVITIES.
- LOOK FOR ACTIVITIES IN YOUR COMMUNITY.

### THING YOU CAN DO AS PART OF YOUR ROUTINE OVER THE SUMMER:

- WORK
- EXERCISE
- GO TO THE POOL
- SCHEDULE WEEKLY HANGOUT TIMES WITH FRIENDS
- PICK UP A NEW HOBBY LIKE CROCHETING, READING, BIKING, ROLLER SKATING, AND COOKING

## WORD OF THE MONTH

### Harm Reduction

Harm reduction refers to a range of intentional practices and public health policies designed to lessen the negative social and/or physical consequences associated with various human behaviors like drug use or sexual activity.

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P R E P A R A T O R Y C H A R T E R H S

## RESOURCE CORNER



### **Philadelphia CeaseFire: Cure Violence**

The program is designed to reduce the spread of violence through interrupting its progression and concentrating on those at highest risk.

Trained outreach workers who go out into the community and identify and mediate conflict. If you or someone you know in a situation that could possibly lead to violence, you can contact them and they will help out

They only work in the 22nd police district at the moment.

Phone: (215) 806-8493

Email: [marladb@temple.edu](mailto:marladb@temple.edu)

### **Summer of Wonder at the Free Library**

Sign up for Summer of Wonder at your neighborhood library or online for fun craft and maker activities, storytimes and book clubs, gaming and STEM programs, and more to help your mind stay curious and active all summer long!

Location: At your local library

### **Play It Safe Philly**

Connecting children, teens, and families with summer activities and information.

<https://www.phila.gov/programs/playitsafephil/>