



# Counseling Awareness Month

## CONNECT WITH EASE

Employee Assistance Service for Education

### MESSAGE FROM EASE

April is National Counseling Awareness Month, and so we thought it would be a good idea to take this time to talk about mental health and the benefits of seeking support. When we talk about mental health, we are talking about our emotional, psychological and social well-being. Our mental health not only affects how we feel but also how we think and behave as well as handle stress and make decisions. Many people are afraid to seek counseling, even though they could benefit from it. Some common misconceptions perpetuate the myth that counseling is scary or that only "crazy" people seek counseling, when the fact is that counselors do not use the word crazy and help people with all degrees of concern. Being in counseling can be one of the safest and liberating experiences a person can have! Demystifying these myths to reduce negative stigma is critical. Counselors strive to provide a safe, non-judgmental, warm, and caring environment for clients to feel comfortable. The top 3 characteristics of most counselors include empathic understanding, unconditional positive regard, and genuineness. It is a place where one does not have to worry about being judged and feel safe to know that privacy will be maintained. Counseling can help with multiple areas of life, including parenting, breakups, grief, financial stress, wellness goals, work-life balance, and more. The World Health Organization defines health not as the absence of illness, but as "a state of complete physical, mental, and social well-being." Counselors can help one maintain or gain a sense of health. By practicing self-care in this way, you can strengthen your relationship with yourself and with others, as you work to improve your own mental health. Being mentally healthy has many benefits. Taking care of our minds and bodies has a positive trickle down effect on everyone around us and most areas of our lives, like work! This month we celebrate all the traditional and non-traditional counselors doing the work to support others and remind everyone to practice self care and to take care of your minds and bodies during these challenging times!

**To reach out and talk to a counselor, contact EASE!**

### Overview:

#### Monthly Article:

Counseling: Understanding the Profession and it's Benefits

How to Show Your Support for Counselors

#### EASE CAN HELP DURING DIFFICULT TIMES

#### CONNECT WITH EASE:

**(800) 882-1341**

**Free confidential professional help for district employees and family members:**

Family troubles. Emotional distress.  
Stress. Anxiety.  
Drug/alcohol use.  
Grief. Loss.  
Life transitions.

Professional counselors are ready to help.  
Call the EASE Hotline for 24/7 assistance.

# How to Show Your Support for Counselors



## Support Counselors on TEAL DAY

The American Counseling Association created Teal Day as an outward symbol of advocacy and hope for counselors and the profession. It is an enthusiastic social initiative designed to build strong support, recognition and appreciation for professional counselors!

### The Goal

Teal Day is celebrated on the second Friday of April and encourages awareness of the importance of counseling and self-care for counselors. The movement challenges everyone to broaden their understanding of the life-changing impact of counseling and the importance of taking action to reduce personal risk of mental health conditions.

### Why Teal?

The color teal perfectly reflects the nature of a counselor's work as it encourages a calm and reflective mood. Counselors help their clients live in a state of emotional regulation, while the psychology of teal is largely believed to embody restfulness and mental and spiritual balance.

<https://www.counseling.org/knowledge-center/mental-health-resources/counselingawarenessmonth>  
<https://www.counseling.org/aca-community/learn-about-counseling/what-is-counseling>  
<https://www.lifeskillsresourcegroup.com/april-counseling-awareness-month/>

# Counseling: Understanding The Profession and It's Benefits

The American Counseling Association (ACA) has named April **Counseling Awareness Month**. It is a time to honor mental health counselors, school and college counselors, substance abuse counselors and career counselors. As we honor counselors everywhere, we would like to dedicate this month's newsletter to all of the work that counselors do for students, individuals, and the community as a whole. It's important that as we celebrate Counseling Awareness Month, we bring awareness to the purpose and benefits of counseling.

According to the ACA, professional counseling is described as:

*"A professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals."*

Counselors provide guidance to help people navigate life's challenges, and introduce strategies to overcome obstacles individuals may be facing. The counseling process is a collaborative effort between the counselor and client as individuals identify goals and solutions to problems that may cause emotional turmoil; seek to improve communication skills; strengthen self-esteem, and promote behavior change and optimal mental health. Additionally, counseling aims to help people develop self-understanding, and make positive change.

Seeking counseling is a way to proactively manage life stressors. If there is a stressor that has impaired your ability to function day to day, a counselor can help to support you and teach you skills that can help you cope with those stressors. It's important to note that you don't have to be struggling with mental health issues or experiencing challenges in your personal life to seek counseling. Counselors help a variety of people from individuals in crisis to people who want to verbalize their feelings to someone. Research suggests that verbalizing feelings can have a significant therapeutic effect on the brain, which in turn is good for your well-being.

# TALK TO US

EASE has counselors if you want to talk.  
**(800) 882-1341**