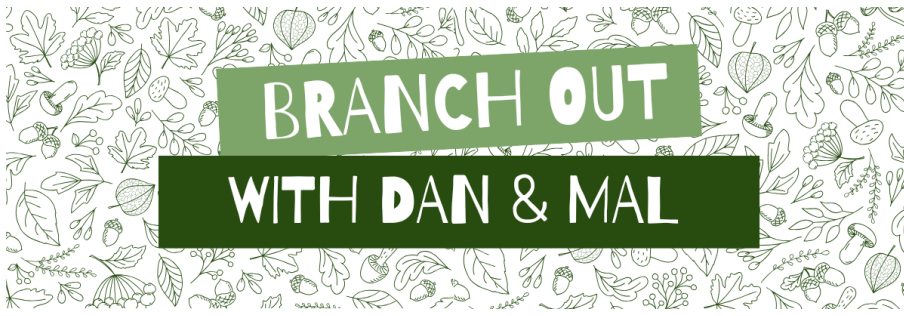




Welcome to Branch Out with Dan & Mal, a weekly newsletter on all things health, wellbeing, and wellness at Midland!

OAKay, Let's Talk...

Mallory's Report:

As the end of the year inches closer, I decided to analyze the Health Office treatment records and found some useful data! This year I've treated students...

- 282 times for colds
- 215 times for musculoskeletal pain
- 160 times for headaches
- 83 times for general sickness
- 58 times for sore throats
- 41 times for nausea
- 39 times for stomach aches
- 33 times for coughs
- 26 times for congestion
- 25 times for allergies

For a total of 1,120 individual treatment records! If you divide that by 66 students, that's an average of 17 per student. Obviously there are outliers, and some students have rarely needed anything from me, but, overall, interesting data that will inform the types of prevention and education work I do next year!

Dan's Report:

These past 2 weeks have been dominated by uncertainty and sudden change. Through the lens of the counseling office the larger administrative change has been received across a spectrum of varied emotion and intensity. Alongside this community change are the other ongoing expected changes in daily focus and schedule, and the looming life-change of graduation for seniors. Overall, the changes have shaken all of us one way or another, and that matters. At Midland, we grow together in a personally intimate way. We feel each other's joys and sorrows and we lift each other up. At a time like this, my hope is that our community will come together and overcome the emotion of the time. Let's consider one another in how we grieve, celebrate, or navigate confusion.

In a *Nutshell* -- Deep Dive of the Week

One of life's most undeniable facts is that change is inevitable and unavoidable. Our lives will change whether we like it or not, with some changes being expected and predictable, while others might be unexpected, alarming/devastating. So without any further need to expand on these facts, my first thought is to think about how we can respond effectively and productively, while minimizing any added unnecessary stress & uncertainty in the process:

- **Create a safe space to absorb the change:** Step away from the collective energy that can cause chaotic feelings, while pausing to decompress and gain clarity of your own thoughts about it.
- **Acknowledge your feelings:** It helps to literally name the emotion and to validate that it is real and legitimate
- **Validate the impact of the change:** Acknowledge that It matters to you, so any intensity you might feel makes perfect sense. It matters to everyone that's impacted in their own personal way
- **Gain perspective:** Consider the influence of control. Ask yourself, what can I control? What can't I control? Think about how you can step forward "into" the change. Maybe I don't try to get rid of it, but rather learn how to best live "with it"
- **Beware of isolation and communicate:** Reach out for support from a friend, a mentor, a counselor, or family, etc.
- **Steer clear of GOSSIP:** Gossip can become the great toxin in any community. It creates mistrust and damages relationships. It breaks down connections and increases insecurity. It can also spread misinformation and lead to further destabilization. And last, it usually undermines healthy communication

Acorny Ending

In consideration of our own little community's highly significant changes over the last 2 weeks or so, it's important to remember that we are all better and stronger as one unified community! While there may be differing reactions and approaches to processing, we are all trying to maintain a sense of continuity and control. Strong communities will always be evolving and the more we stay connected, empathic, and open to change, the healthier we will be!

We're on your team—and we're *rooting* for you.



Mallory McPherson-Wehan
Health Director



Dan Petrocelli
School Counselor

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