

## Choosing an Intentional Path this Fall



Families all across our state have been anxiously waiting as local school boards make decisions regarding student education for this fall. Miracles is aware of the difficult decisions parents and caregivers are having to make during this time. These decisions may cause you to experience distress. One of the most important things we can do to combat this distress as a community is to band together and support each family's individual decisions, even if that decision varies from our own.

Another healthy direction we can engage in to combat our own personal stress, is to **Create Intention**. The definition of Intention is: a thing intended; an aim or plan. Under these new circumstances, we all need to actively create intention to minimize the impact of anxiety, stress, and depression in our lives in the coming months. Examples of creating intention for the school year may mean you choose an attitude of perseverance and focus on personal flexibility for the school year. Another family's intention may mean making intentional choices with the amount of activities they choose to take on this fall, aiming to decrease excessive responsibilities. These types of intentional statements can help guide you through this fall better prepared and with attitudes of resilience and strength. Take the time this week to sit down as a family and discuss what intention you will create for the school year. Best Wishes!



[Schedule with Adam](#)

We are excited to share Adam Kurtz, LCAS, LCMHC will be expanding his hours and availability to work with clients in our Denver office. Adam has a background in substance abuse treatment, experience in working with adolescents on the Autism Spectrum, and has a passion for sports psychology. His clinical focus incorporates engaging clients to see their strength and resiliency thus helping clients to grow, learn to utilize their strengths, and feel comfortable in taking risks.

### **Has your family chosen virtual learning for the fall?** **Here are a few ideas to help things go smoothly!**

1. Maintain a positive attitude about virtual learning. Your energy will rub off on your child!
2. Create a consistent daily schedule and routine that breaks up quiet/stationary learning with physical activity during the day. Remember your child's developmental stage and limits!
3. Help your child to maintain positivity or gratitude in your their lives by beginning the day with a thankful list.
4. Learn a new skill or take on a new hobby with your child. This is a great substitute for their elective or specials.
5. "Bad" days will happen! Allow yourself and your child the opportunity to take a break and restart later when needed.



### **Two Locations to Serve You**

#### **Mooresville**

134 Professional Park Dr. Suite 400  
Mooresville, NC 28117

[704-664-1009](tel:7046641009)

#### **Denver**

7480 Waterside Loop Rd. Unit 204  
Denver, NC 28037

[704-483-3783](tel:7044833783)

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