

Mental Health Moment



Presented by the Counseling Department



Happy New Year, CAVS!

"If your **WHY** is strong enough,
you will figure out the **HOW**."

When you know your **WHY**,
you can endure any **HOW**."

Find your **WHY**!

Watch the below video:

*"So you can take care of what
really matters in life."*

<https://youtu.be/o8LPu0byAIE>

We think it is safe to say that the majority of us were not sad to see 2020 come to a close! The fall semester was challenging for many: students, staff, parents, community members and more! Did you know that WHY was the most Googled word of 2020? We know that this word was used a lot within our Cavalier family. Why can't we go to school full time? Why do I need to attend my in person/live classes? Why do I need to complete all of my work? Why is this so hard?

We also know that as the semester progressed many learned from their mistakes and adapted to the "new normal" of education. Moving into the 2nd second semester we know what to expect. We want to challenge you to think about YOUR "why" and use it as motivation to give what it takes to achieve your goals.

What is YOUR why?

To obtain a certain GPA?

To be able to drive?

To get into a certain college?

To stay eligible for an extra-curricular activity?

To make your family happy?

To work toward a career path?

To graduate?

My why is

Quick Reset:

Let your shoulders
down
Unclench your jaw
Take the tongue off
the roof of your
mouth
Take a deep breath
Carry on!

Dear Future: We are ready!

YOU CAN'T GO BACK AND
CHANGE THE BEGINNING,
BUT YOU CAN START
WHERE YOU ARE AND
CHANGE THE ENDING.

c.s. lewis

**"INSTEAD OF LETTING
YOUR HARDSHIPS AND
FAILURES DISCOURAGE
OR EXHAUST YOU, LET
THEM INSPIRE YOU. LET
THEM MAKE YOU EVEN
HUNGRIER TO SUCCEED."**

MICHELLE OBAMA
EST. 2014 | VALOURINE

**"SUCCESS IS NOTHING
MORE THAN A FEW
SIMPLE DISCIPLINES
PRACTICED EVERY DAY."**

JIM ROHN
EST. 2014 | VALOURINE

where you are
a year from now
is a reflection of
the choices you
choose to make
right now.

@MOLLYHOSTUDIO

**focus on the
step in front
of you. not the
whole staircase.**