

Counselor's Corner - Mrs. Miller

December 2021 - Smoketree Elementary



Taking Time Tool


I take time-in and time-away.

**What is the one thing, no matter how much money you have, you can't buy?
Answer: more time.**

No one can buy back time or buy more time. So what a great reminder to use your time wisely. Sometimes when people do or say things that upset us, we might react too quickly or impulsively and strike back with our own hurtful words or actions. We see our kids do this often. But, there is something we can do about that.

What we can do instead, is use our Taking Time Tool when we have those strong emotions. This means we “take time-away” by going somewhere away from the situation or person before we respond to the thing that hurt or angered us. Then we use our time wisely by “taking time-in” or go inward to self-reflect about what we need to do next.

The goal is to make a decision that will not make the situation worse. If possible, we may need to return to that person but with the gift of taking time to think first - we make sure our thoughts and words are respectful and honest so we can try to repair or keep relationships in place that are important to us.



For those of you so fortunate to spend time with others this holiday season, this time of year, too, is often used to self-reflect on the past year and some even make resolutions moving into the new year ahead.

The holidays can be such a busy time of year for many, but do try to use some of the time you have to enjoy each other's company and also to rest and recoup.

Take the time to share with those you love how important they are to you. Sometimes we need so speak those words out loud for others to hear.

“TIME
is what we
want
most and
what we use
worst.”

- William Penn

Some of us may need to take time to apologize or make the first step to repair a broken relationship. Are you using your time wisely??

