



Stall Stories not Tall Stories

April 2009

Missed an edition of Stall Stories? You can view current and past Stall Stories on the SFHS Guidance webpage. Have an anonymous question? You can now submit anonymous questions on the SFHS Guidance webpage, listed under Personal/Social Resources.



HEY MS. GARCIA!

Dear Ms. Garcia

I wish people here weren't so stupid! Kids were making fun of me because I'm "different" from them. I wish someone would sit down with them and explain why it is OK to be different and that different doesn't have to mean "bad." Don't they realize that?

Don't let your anger and those students get the best of you. With that being said, there are two things I'd like to mention. First, being open-minded and receptive to other's differences takes a mature and understanding individual. That's not the case for everyone. Sometimes it takes interacting with different types of people. Other times it hits a person like a ton of bricks; the movie Crash (an awesome movie) is a good example of that. Secondly, if you'd like for others to be more educated about personal/cultural differences then do something about it. At one high school, students formed an organization to bring different people from the community to educate students about a specific topic, such as: religion, culture, and sexual orientation. Gandhi said it best when he said, ". . . be the change you wish to see in the world."

Ms. Garcia

Have a question you want anonymously answered? Go to the SFHS website, select Guidance and submit your question. Or, stop by guidance to drop off your question.

Choose Your Comparisons Wisely

Many of our feelings of satisfaction or dissatisfaction have their roots in how we compare ourselves to others. When we compare ourselves to those who have more, we feel bad. When we compare ourselves to those who have less, we feel grateful. Even though the truth is we have exactly the same life either way, our feelings about our life can vary tremendously based on who we compare ourselves with. Compare yourself with those examples that are meaningful but that make you feel comfortable with who you are and what you have.

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A large group of students was given a word puzzle to solve. Researchers compared the satisfaction of students who finished the puzzle quickly or more slowly. Students who finished the puzzle quickly and compared themselves with the very fastest students came away feeling dissatisfied with themselves. Students who finished the puzzle more slowly but compared themselves with the slowest students came away feeling quite satisfied with themselves and tended to ignore the presence of the quick-finishing students.

Lyubomirsky and Ross 1997

Taken directly from: The 100 Simple Secrets of Happy People: What scientists have learned and how you can use it by David Niven, Ph.D.

Are you in so much pain you're thinking about suicide?

You can survive from suicidal feelings. You are not bad, or crazy, or weak, or flawed, because you feel suicidal. It doesn't even mean that you really *want* to die - it only means that you have more pain than you can cope with. Don't give yourself the additional burden of trying to deal with this alone. Just talking about how you got to where you are, releases an awful lot of the pressure, and it might be just the additional coping resource you need to regain your balance. It is okay to ask for help.

Know This: People often turn to ideas of suicide because they are seeking relief from pain. Relief is a feeling and you have to be alive to feel it. You will not feel the relief you desperately seek, if you are dead.

Have you tried talking to a family member, friend, or someone close about your suicidal thoughts and their reaction was far from helpful? Some people will react badly to your suicidal feelings, either because they are frightened, or angry. Sometimes their reaction may actually increase your pain instead of helping you, despite their intentions, by saying or doing thoughtless things. **Know This:** Their bad reactions are about their fears, not about you. Many people are unaware of how to help those who are suicidal, hence why your parents or friends' reactions may be totally hurtful and not helpful. **Where can you turn?** There are people who can be with you, and will not judge you or try to talk you out of how badly you feel.

1. Immediately talk with your Guidance Counselor (that's what we're here for).
2. 24/7 Hotlines: Alachua County Crisis Line (352) 264-6789 or National Suicide Hotline 1-800-Suicide (1-800-784-2433)

What if you know someone at school who is (or you think is) suicidal?

Talk with your Guidance Counselor immediately. Although meeting with your Guidance Counselor is run by appointment basis, in this case there is an exception to the rule. Be sure to state that the discussion needs immediate attention (by the end of the day).

Why did Grandma say "you wouldn't do anything crazy, right?" Doesn't she realize?



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