

Wayne Local Schools Wellness News!



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November Staff Member of the Month: Shelly Philpot



The Wellness Committee is sponsoring a monthly recognition of a staff member chosen by their peers. The staff member will have demonstrated characteristics that we are highlighting each month. We are surrounded by amazing people, and it's important to recognize one another.

The theme of November was "How to Manage Stress". November we focused on 'helpfulness that leads to stress reduction'.

Shelly is known for helping her colleagues and being a stress reliever.

“ONE KIND WORD CAN
CHANGE SOMEONE'S
DAY. A FEW KIND
WORDS CAN CHANGE
THEIR WHOLE LIFE.”

Parenting in a Pandemic: Keep Healthy Routines

During the pandemic, it is more important than ever to maintain bedtime and other routines. They create a sense of order to the day that offers reassurance in a very uncertain time. All children, including teens, benefit from routines that are predictable yet flexible enough to meet individual needs.

- **Structure the day:** Establish new daily schedules. Older teens and children can help with schedules, but they should follow a general order, such as:
 - wake-up routines, getting dressed, breakfast and some active play in the morning.
 - chores, exercise, some online/ screen time, then homework.
 - family time and reading before bed.
- **A word about bedtimes:** Too little sleep makes it more challenging to learn and to deal with emotions. Remember to turn off cell phones and other mobile devices an hour before bedtime.

Featured Article



How to Practice Gratitude & Improve Your Family's Mental Health

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/how-to-practice-gratitude.aspx>

12 Days of Wellness Challenge

DAY 1: MOVE for 15 minutes OUTSIDE— fresh air.

DAY 2: HYDRATE
Fill your water bottle at least twice today.

DAY 3: Be Friendly to the environment. Walk instead of driving, use reusable bags or containers.

DAY 4: NO SCREENS for 1 hour before bed tonight

DAY 5: Be Mindful— Take 5-10 minutes to sit quietly.

DAY 6: Give Back— eg. Food bank, toy drive, help someone in need or in the community.

DAY 8: Read: invest at least 15 minutes into a book.

DAY 7: Eat Well— Pack a healthy snack and lunch.

DAY 9: Connect— Make time for a colleague, friend, or someone you'd like to know better.

DAY 10: Practice Gratitude— Tell a friend or colleague why you appreciate them.

DAY 11: Don't be so perfect— share a personal flaw with some.

DAY 12: Be Joyful, Be Well, and Enjoy!

Effective Stress Management

There is no doubt that 2020 has likely brought more levels of varying stress into our lives than we've ever experienced before. With uncertainty, change, and loss that has been long-lasting, we need to acknowledge the possibility that some of our normal ways of dealing with stress may no longer be as effective and we have to find new ways to release the build-up of stress in our nervous systems.

One key concept regarding stress management is to understand the difference between our **Stress** and our **Stressors**. Stressors are the things we experience whether internally or externally that activate the stress response in our body. Some examples of external stressors include: responsibilities at work, a pandemic, expectation and pressures from others. Internal stressors come from within us and could include: self-criticism, painful memories, comparison, and insecurities.

Stress is the neurological and physiological shift that happens when you encounter a stressor "aka threat". Stress is therefore the reaction that takes place in our bodies when faced with a stressor. Some stressors are chronic others come and go. One thing we don't often recognize is that stress management is a daily task. We have to regularly release the pressure to bring our bodies back into balance. The old adage "pull up your bootstraps and move on" isn't an effective stress management strategy because stressors keep coming.

We don't have control of all the stressors we experience in any given day, but we can be intentional about what we do with the stress we feel within. Even after a stressor passes, you still have to find healthy ways to release the stress it caused in your body! Obviously we can't avoid all stressors, but we can be intentional about doing things that release the pressure!

The following are the main ways to complete the stress cycle that stressors create within us so that we can live more balanced healthy lives:

1. Physical Activity. Any movement of body can help move stress out of your body. The key is to discover the type of movement that helps you best.
2. Anytime you notice stress building up within, slow down and take a few deep breaths. Deep breathing down regulates your nervous system, especially long, slow exhales.
3. Engaging in positive social interaction. Healthy connection with others is a proven stress reliever.
4. Allow yourself to laugh. Not fake laughter but true belly laughter helps release the pressure within. Even thinking about a time you laughed this way can begin to release some stress.
5. Accept affection. A warm hug in a safe and trusting context releases oxytocin and is an antidote to stress.
6. Let yourself have a big old cry because, again, effective stress management is about releasing the emotion and not letting it get trapped in your body.
7. Participate in creative expression. This is about taking what is inside you and put it in a safe place outside of you through painting, dancing, writing etc.

A side note, these stress releasers are not stress eliminators. Stress management is ultimately most effective when we find ways to release the pressure so that our stress doesn't continue to build up within us to a level that is unmanageable.

Resource: [Burnout: The Secret to Unlocking the Stress Cycle](#)

by [Nagoski PhD, Emily](#), [Nagoski DMA, Amelia](#)

Terrific Resource

Called: YOUR LIFE Your VOICE

Yourlifeyourvoice.org.

YOUR Life YOUR Voice
from BOYSTOWN

Ways To Get Help

Your Life Q&A

Tips & Tools

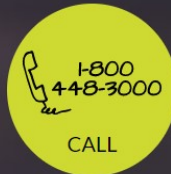
Quotes

Thank You

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It's OK to Ask for Help



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Holiday Treats for the Family

Christmas Tree Brownies



Popcorn Snowmen



Crock Pot Candy

