

SOUTH CENTRAL CHILD ADVOCACY CENTER MONTHLY

November 2019

NATIONAL STRESS AWARENESS DAY

National Stress Awareness Day is 11/6/19 and is an opportunity to take a moment to think about our wellbeing. Self care is very important and each and everyone of us should be aware and know how to take care of ourselves. Below are some signs and symptoms of stress and tips on how to destress to keep your stress levels low.



STRESS

Signs & Symptoms:

1. *Becoming easily agitated, frustrated, or moody*
2. *Pain or tension in your head, chest, stomach, or muscles*
3. *Procrastinating and avoiding responsibilities*
4. *Avoiding others*
5. *Feeling overwhelmed*
6. *Racing thoughts*
7. *Inability to focus*
8. *Insomnia*
9. *Low energy*
10. *Change in appetite*

Tips on how to destress:

1. *Figure out what is causing your stress and what works best for you to minimize it*
2. *Learn and practice relaxation techniques (meditation, yoga)*
3. *Keep a positive attitude*
4. *Accept that there are things you can't control*
5. *Set limits and learn when to say no*
6. *Manage your time*
7. *Make time for hobbies, interests, and relaxation*
8. *Get enough sleep*
9. *Eat healthy*
10. *Exercise*



WORLD KINDNESS DAY

What is Kindness? Well, Kindness is (But not limited to):

- *Being kind to yourself*
- *Willingness to full heartedly celebrate someone elses successes*
- *To be generous*
- *Consideration*
- *To be friendly*
- *Honesty*
- *An interpersonal skill*
- *Value that could add satisfaction and strengthen your relationships*

World Kindness Day is 11/13/19 and is a day to highlight good deeds in a community focusing on positive power and the common thread of kindness that unifies us. This day is a mission to create a kinder world, not just on this day, but everyday by inspiring individuals towards greater kindness. Kindness means something different to everyone, but it all results in the same positive feeling that we all experience.

HAPPY THANKSGIVING

Giving thanks this Holiday season is more than expression of gratitude. By this I mean that, gratitude is more than what's communicated, it is a mindset. This holiday season think about what is really means to give thanks. Assess, Acknowledge, and Appreciate all that is in your life, and think about the things you can do to give back to your communities and those in and even out of your life.



Here are also some quick safety tips to keep you and your family safe while traveling this holiday season.

1. *Prepare your vehicle for long distance travel*
2. *Have an emergency car kit*
3. *Be aware of weather changes*
4. *Know your limits*
5. *Get a good nights sleep before driving*
6. *Buckle up*