

HEALTH & WELLNESS

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November 2022

WORLD KINDNESS DAY

NOVEMBER 13TH

Acts of kindness have the potential to make the world a happier place. An act of kindness can boost feelings of confidence, being in control, happiness and optimism. They may also encourage others to repeat the good deeds they've experienced themselves – contributing to a more positive community.

Even the smallest act of kindness can go a long way, and you should never pass up an opportunity to help someone in need. On November 13th we recognize why it is so important to be kind to others, however, this is something we should practice daily. One act of kindness can change someone's day! Click the earth to see a short video about World Kindness Day!

#AlwaysBeKind



NATIONAL STRESS AWARENESS DAY

November 2nd

FAMILIES AND STUDENTS ARE BUSY WITH SCHOOL WORK, AFTER SCHOOL ACTIVITIES, RESPONSIBILITIES, ETC. IT IS IMPORTANT TO UNDERSTAND THE CAUSES, SIGNS AND HOW TO MANAGE STRESS. ONE OF THE BEST WAYS WE CAN REDUCE STRESS IS BY EXERCISING AND LAUGHING!

HERE ARE 8 WAYS TO RELIEVE STRESS!

1. **Get active. Virtually any form of physical activity can act as a stress reliever**
2. **Meditate**
3. **Laugh more**
4. **Connect with others**
5. **Assert yourself**
6. **Try yoga**
7. **Get enough sleep**
8. **Keep a journal**

Reminders

- **Click the Optimistic Calendar for your own personal copy to print.**
- **Be Kind to Others!**
- **Watch the short video as a Family about World Kindness Day by clicking the Earth.**
- **Try to exercise and Laugh at least Once a day!**
- **Join Our Health and Wellness Club!!!**