



EPLA

Communities in Schools

NEWSLETTER

APRIL 2021

Action for Healthy Kids Resource Library

Emotion-Focused Coping Skills



Exercise



Take a bath



Give yourself a pep talk



Meditate

Problem-Focused Coping Skills



Work on managing time



Ask for support



Establish healthy boundaries



Create a to-do list

Spiritual Wellbeing

Spiritual wellness refers to finding meaning and purpose in life and living in accordance to your values, morals and beliefs. Spirituality does not necessarily mean religion. For some, it will and believing in a higher being through prayer is part of their beliefs. For others, spirituality is finding inner peace and understanding what is important to them in other ways. Source: Spiritual Wellness for Kids - Momentum Health and Wellness



Meditate 5-10 Minutes



Surround Yourself With Nature



Family Time








Music/Art



Religion/Prayer



Volunteering/Giving Back

 Be active	 Find your calm	 Get creative	 Connect with others	 Shift your mindset
Put on music and dance	Take some deep breaths	Color, draw or paint	Cuddle or play with your pet	Think of something positive
Build with Legos or blocks	Listen to music or sing a song	Play with Play-Doh or sand	Read a book with someone	Focus on one thing you're grateful for
Do 10 jumping jacks	Close your eyes and count to 10 or backward from 100	Play an instrument	Play a game with a friend or family member	Identify your top three strengths
Run in place for 20 seconds	Take a quiet break or rest	Make up a song	Work with someone on a puzzle	Think about something you're looking forward to
Bounce a ball or play catch	Have a drink of cold water	Write about your thoughts or feelings	Write someone a letter	Focus on the present moment
Go for a walk, run or hike	Blow bubbles	Create a dance	Share your feelings with someone you trust	Think about something that makes you laugh
Squeeze a stress ball	Think of a calm, happy place	Write a poem	Ask for help	Practice reframes ("I didn't fail; I learned")
Do yoga or stretch	Look at pictures of a favorite memory	Make up a new game	Call a friend to catch up	Focus on what is in your control

Mental Healthy People Often:

- Enjoy life and have the ability to laugh.**
- Are able to deal with stress and bounce back from adversity.**
- Feel a sense of meaning and purpose.**
- Are flexible and adaptable to change.**
- Are able to build and maintain fulfilling relationships.**

Source: Everyday Mental Health Tips | Brain & Behavior Research Foundation (bbrfoundation.org)





MENTAL HEALTH & WELLNESS

FAMILIES CREATING ART FOR WELLNESS

Familias creando arte para el bienestar

APRIL/ABRIL 16TH

APRIL/ABRIL 23RD

APRIL/ABRIL 30TH

AGES/EDAD 7-9 / 3:15 TO 4:00PM

AGES/EDAD 10-14 / 4:15 TO 5:00PM

AGES/EDAD 15-18 / 5:15 TO 6:00PM

*Parents are invited and welcomed to
participate along with their child.*

*Los padres están invitados y bienvenidos a
participar junto con su hijo.*

*Register here / Regístrate Aquí:
<https://bit.ly/2RelQUP>*

***The first 15 participants who register to attend these workshops
will receive a bag with art supplies and goodies.***

*Los primeros 15 participantes que se registren para asistir a estos
talleres recibirán una bolsa con material de arte y obsequios.*



Communities In Schools of El Paso



DEA 101 for Parents

The Drug Enforcement Administration will be sharing with parents:

- What does the Agency do
- Recent Drug Threats
- How Youth and their Parents have been affected
- What free resources available



Space is limited Register today!
<https://bit.ly/3d3Noor>

For more information:
Lupe Anchondo
lupe@ciselpaso.net
915.257.5284



Communities In Schools of El Paso



DEA 101 Para Padres

La Administración de Control de Drogas compartirá con los padres:

- Que hace la Agencia
- Amenazas recientes de drogas
- Cómo se han visto afectados los jóvenes y sus padres
- Qué recursos gratuitos disponibles



El espacio es limitado ¡Regístrese hoy!
<https://bit.ly/3mzUW5d>

Para más información:
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915.257.5284



Stress Fact Sheet

I'M SO STRESSED OUT!

Is it stress or anxiety?

Stress	Both Stress and Anxiety	Anxiety
<ul style="list-style-type: none">Generally is a response to an external cause, such as taking a big test or arguing with a friend.Goes away once the situation is resolved.Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.	<p>Both stress and anxiety can affect your mind and body. You may experience symptoms such as:</p> <ul style="list-style-type: none">Excessive worryUneasinessTensionHeadaches or body painHigh blood pressureLoss of sleep	<ul style="list-style-type: none">Generally is internal, meaning it's your reaction to stress. Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.Is constant, even if there is no immediate threat.

Ways to Cope

- Keep a journal.
- Download an app with relaxation exercises.
- Exercise and eat healthy.
- Get regular sleep.
- Avoid excess caffeine.
- Identify and challenge your negative thoughts.
- Reach out to your friends or family.

Find Help

If you are struggling to cope, or the symptoms of your stress or anxiety begin to interfere with your everyday life, it may be time to talk to a professional. Find more information about getting help on the National Institute of Mental Health website at www.nimh.nih.gov/bsdhelp.

National Institute of Mental Health

www.nimh.nih.gov/stressand anxiety



List of Activities



Nutrition

Physical Health

- Physical health and mental wellbeing are inextricably related.
- Physical activity can bring health benefits including elevated mood and reduced stress; and healthy eating also can improve mental health.
- As the American Heart Association puts it, “Physical activity boosts mental wellness.
- Regular physical activity can relieve tension, anxiety, depression and anger.

Source: Physical health impacts mental wellbeing | American Veterinary Medical Association (avma.org)

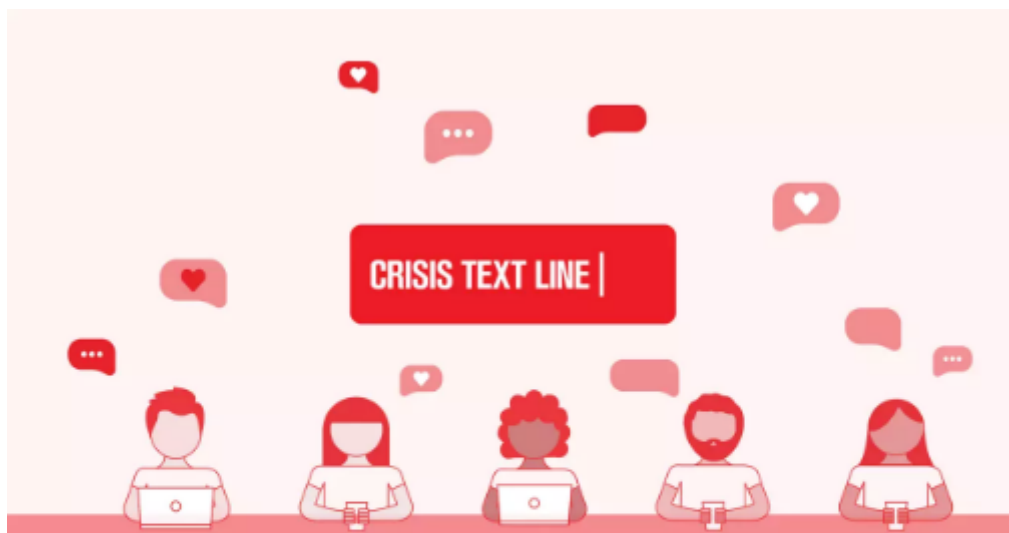
Community Resources/Recursos



Find Resources or a Provider | You're Not Alone | Mental Health Texas

Mental Health Texas provides learning and treatment opportunities for those coping with mental health conditions and those who support them.

 Mental Health TX



Text HOME To 741741 free, 24/7 Crisis Counseling

Crisis Text Line provides free, 24/7 support via text message. We're here for everything: anxiety, depression, suicide, school. Text HOME to 741741.

 Crisis Text Line