

Brain Booster: Yoga and Meditation



TREE POSE 2 minutes total



- 1 Stand with feet together and arms at your sides.
- 2 Raise right foot and place it on inner left thigh, toes pointing down.
- 3 Raise arms to the sky and place palms together.
- 4 Balance in this position for 1 minute, then switch sides.

TRIANGLE 2 minutes total



- 1 Separate feet so they are a little wider than hips.
- 2 Turn right foot out 90 degrees and left foot in slightly.
- 3 Inhale and raise both arms to shoulder level.
- 4 Place right hand on right leg and raise left hand up towards the sky, looking at left hand.
- 5 Inhale and come up, then repeat on other side.

DOWNWARD DOG 2 minutes total



- 1 Separate feet wide apart and turn them in slightly.
- 2 Exhale, bend forward, and place hands on the floor between feet shoulder width apart.
- 3 Place hands on hips, inhale, and come up.
- 4 Repeat.

MEDITATION RELAXATION 5-10 minutes



- 1 Sit up straight in a cross-legged position.
- 2 Place hands on stomach.
- 3 Inhale expanding stomach like a balloon.
- 4 Exhale. Completely empty lungs.
- 5 Clear your mind. It may help to repeat a single word, such as "om," softly in your mind.

MENTAL WELL BEING

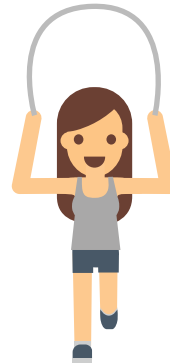
Wellness means more than simply not being sick.

Wellness means having a healthy body, mind, and relationships. Having a healthy mind is called mental health. Having a healthy mind is important for people of all ages and includes having healthy thoughts, feelings, and relationships with friends and family. Many things can impact mental health, such as being physically sick, feeling sad or mad often, or having a stressful situation.

WAYS TO HELP MAINTAIN POSITIVE MENTAL HEALTH



CONNECT WITH OTHERS.
Develop positive relationships.



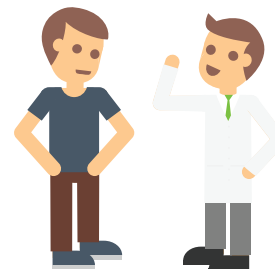
GET PHYSICALLY ACTIVE.
Exercise can reduce stress, alleviate anxiety and improve self-confidence.



GET ENOUGH SLEEP.
Studies have suggested that a good night's sleep helps foster both mental and emotional resilience.



DEVELOP COPING SKILLS.
These skills can help reduce anxiety during stressful situations. Some methods include: meditation, reading, humor, hobbies, exercise, and friendships.



GET PROFESSIONAL HELP IF YOU NEED IT.
If problems are interfering with everyday life, professional help can make a huge difference.



BREATHE.
Five slow, deep breaths in and out the nose is the quickest method to ease the body's reaction to stress.

Seymour says:



"Daily exercise can make you feel happy, more confident, and less stressed out."

October 2018

National Stop Bullying Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Stop Bullying Month Mental Illness Awareness Week	1 Child Health Day/ Homemade Cookie Day	2	3	4 Taco Day/ World Animal Day	5	6
7	8 School Lunch Week	9	10 Walk To School Day Coming Out Day / Stop Bullying Day	11	12 Farmers' Day	13
14	15	16	17 Pasta Day	18	19	20
21	22	23	24 Food Day	25	26 Pumpkin Day	27
28 Chocolate Day	29 Oatmeal Day	30	31 Halloween	 Hispanic Heritage Month: Sept 15 - Oct 15	 National Book Month	 Spinach Lovers' Month Eat Better, Eat Together Month