

LMACS Health and Wellness Update

Ms. David, LICSW and Ms. Lamboy, LICSW

LMACS Students:

As this month's theme of Self-Care comes to an end, we want to remind everyone to pay attention to the phrase itself: *self-care*. Part of this practice means that what works for one person, may not be as successful for another. However, we all have self-care activities that we can engage in that are positive and healthy, even during this time. We've included a Self-Care Challenge guide with tips that span all four pieces of the pie - choose one per day over the next month, or just a few that inspire you!



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| 1. Goals | 11. Adventure | 21. Stretch |
| 2. Water | 12. Favorite | 22. Cozy |
| 3. Forgiveness | 13. Inspired | 23. Love |
| 4. Breathe | 14. Hobby | 24. Music |
| 5. Rest | 15. Cook | 25. Journal |
| 6. Laughter | 16. Release | 26. Sweetness |
| 7. Food | 17. Yoga | 27. Solitude |
| 8. Meditation | 18. Sleep | 28. Expression |
| 9. Sweat | 19. Movie | 29. Pamper |
| 10. Socialize | 20. Movement | 30. Nature |
- BlessingManifesting

Important Numbers

1. Lahey Behavioral Health: 1-800-830-5177
They are available 24/7.

2. Samaritans of Merrimack Valley Crisis Help

Line: 978-327-6607 and/or 1-888-912-4673

Call 24/7, there are trained individuals available to talk and provide support

Mindfulness Tip

Be Present to others- by Gina Spiegel

In the next conversation you have, listen to the person without thinking of the next thing to say.

Let them know what you think you hear them say.

Being heard is a great gift you can give someone else.

Self-Care Pie

Emotional: As a reminder, four weeks ago Ms. Lamboy introduced the month-long topic of self-care, and why it is important to engage in activities that support our well-being. The fourth and final piece of the “pie” that she referenced is Emotional Self-Care. This involves being in touch with your feelings and caring for your emotional health. Just like with the previous pieces of the pie, there are many ways to accomplish this form of self-care and it can be different for each individual. This can mean taking time to meditate or strengthen your relationships with supportive friends or family members. It includes recognizing and maintaining healthy practices and patterns in our daily routines. Other forms include only sharing positive messages on social media, practicing self-compassion, self-acceptance, and gratitude. We hope that all of you set aside time for the overall “whole pie”, and to remember that it is just as important to take care of ourselves as it is to care for others.

Hi Everyone,

During this time of uncertainty, having a healthy diet is good for our physical and emotional wellbeing. Eating healthy makes us feel better, helps us sleep better and some foods actually are found to decrease stress. Below are some healthy food tips:

- Try to keep a scheduled time for meals
- Eat plenty of fruits and vegetables fresh is best but frozen or canned are good too
Citrus fruits, such as oranges, are higher in Vitamin C which in some studies show to contribute a healthy immune system
- Limit processed foods- Often these foods such as chips, candy and cookies, contain high amounts of sugars and/or salt. Therefore, avoiding such foods will keep us happier and give us more energy
- Avoid sugary drinks- try water flavored with lemon, lime or other fruits
- Add certain spices thought to boost the immune system, such as ginger, garlic, and turmeric, for flavor in soups, stir-frys, etc.
- Try foods high in magnesium, like nuts, seeds, leafy greens and whole grains,; these foods are thought to help people feel calmer
- Eat foods with healthy fats like avocados, nuts and lean meats such as chicken and fish. Limit red meats that contain unhealthy fats

On occasion there are times when we can indulge in that bowl of ice cream, some chips, etc. The important thing is to be thoughtful in your food choices and keep in mind moderation.

On a similar note, if anyone knows of someone who is finding it difficult to provide food for themselves and/or their family, there are several resources available including local food banks.

I am available for any related concerns/questions by email or by phone.

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978-656-3461 (leave a message and I will return your call)

Stay well,

-Ms. Hendl