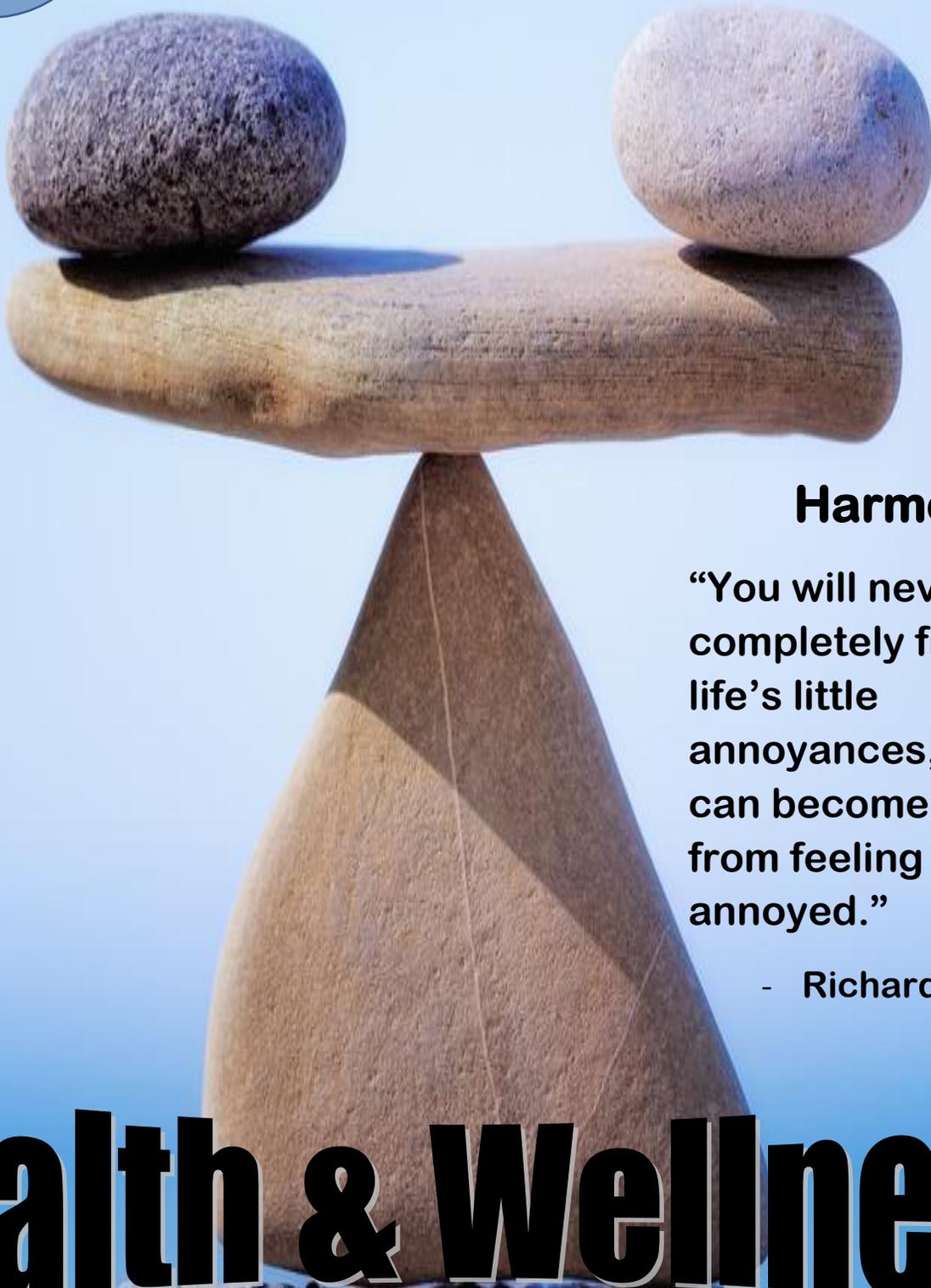


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Harmony

“You will never be completely free from life’s little annoyances, but you can become free from feeling annoyed.”

- Richard Carlson

Health & Wellness

Editors: Kim Cappello & Marissa Rausedo

Wellness Updates

The warmer weather is finally here. Despite the winter-like start to April, we hope you all were able to get up and move a little more than usual.

With this month's theme of "harmony" we are hoping that you will focus on finding a balance in your life. This balance can be between anything you find important; stress and relaxation, eating healthy and indulging, laughing and crying, work and family, etc. All aspects are vital, but keeping them in balance helps create a life of health and wellness.

Choose Less Stress

By Marissa Rauseo



Stress is a feeling we get when we are overwhelmed by external challenges; it disturbs our physical and mental harmony. It is part of life, and in small, short instances (acute stress) it is often useful - keeps us active, alert, motivated and productive. However, when the reaction of stress occurs too often or for too long (chronic stress) it has many negative effects that cause a person to have an overall decrease in their quality of life. It is unrealistic to think that a person can live without ever feeling stress, but the key is living in harmony with it. Living in harmony is having a balance of positive and negative aspects of life. Allow stress to be a part of your life, but only when it will be useful; keep it in balance with other reactions.

There are many components that cause the feeling of stress, but you as the individual feeling stressed is one of those components. **Acknowledge and accept the role you play in creating and maintaining stress is the first step, until you do this you will not gain full control of your stress.**

A friend of mine got laid off last summer, yes it was stressful and after the initial reaction of being truly upset and stressed out she started to choose different responses to the same situation. She had been wanting to find a new job for some time as she did not enjoy what she was doing and began to view being laid off as the push she needed to find a new one (which she did and is enjoying it a whole lot more)! Was it a stressful event in her life, yes, and there were moments where stress was the primary emotion; job hunting is no fun, but this stress helped motivate her to continue the hunt and find a new job. Stressors in life are unavoidable and often out of your control, but you **can** control you reactions to them!

Richard Carlson's book "Don't sweat the small stuff...and it's all small stuff" gives 100 examples, tips and tricks to **not** let the daily annoyances/stressors run your life. Here are just a few of my favorite ones:

- ✦ Next time you're in an argument , try and see if you can see the other point of view **BEFORE** defending your position,
- ✦ You don't have to get involved in other people's stressors – a friend tells you a problem they are having, instead of jumping in and trying to solve it, simply say "I'm sorry you're having a hard time with (xxx), I'm really not sure what to suggest."
- ✦ Realize the power of your own thoughts – there is nothing holding your negative feelings (stress, unhappiness, anger) in place except for your own thinking! Next time you feel stressed focus on what you are thinking about, then decide if that thought is really necessary and work to change it to one that allows you to let go of some of that stressful feeling.
- ✦ Keep asking yourself, "What's really important?" – it's easy to get overwhelmed with all the things that may be on your 'to do' list, by asking yourself this simple question helps to keep your priorities straight and recognize that something you are stressing about won't actually matter 2 years from now.
- ✦ Repeat that life is **NOT** an emergency! You don't have to rush around to get every little thing accomplished.

Life will always have stressors in it, but very few are really worthy of spending time "stressed out."

FINDING AND KEEPING HARMONY THROUGH NATURE

By Jeannine Audet, MD

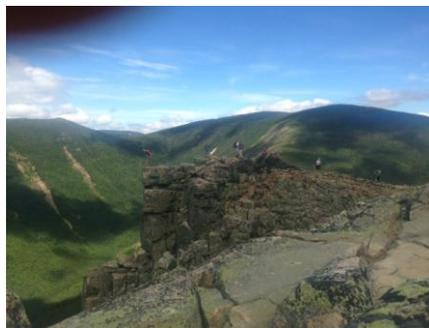
“How important is a constant intercourse with nature and the contemplation of natural phenomena to the preservation of moral and intellectual health! The discipline of schools or of business can never impart such serenity to the mind.” --Thoreau

My experiences with nature have helped me establish and maintain balance and harmony in my life. As a child, I spent most of my free time outdoors, exploring and playing in the woods and riding my bike, as many of us did in the days before electronics. Eleven years ago, I was sitting in a doctor’s waiting room during a time that I was feeling unwell, which turned out to be related to stress. While there, I found the “AMC Outdoors” magazine; I thought, this would be a great way to meet people who enjoy outdoor activities and to learn about hiking the Appalachian Trail, something I have always wanted to do. Since then, through backpacking and hiking 4,000+ foot mountains in New Hampshire I have experienced all kinds of weather, have learned a

great deal of skills and have met some wonderful people.

My experiences in nature have been great for my physical health and psyche, which have helped me to be a better doctor.

I have also enjoyed some of these activities with my husband and 3 kids, who have varying levels of interest. Being outdoors has allowed us to reconnect, put aside the daily tasks and stresses, and pay attention to what really matters; one another, our personal spirit, well-being and our natural surroundings. We have enjoyed the sunshine, the fresh air, the stars, the flowers, the mountain views and the animals. In our day-to-day hustle, it is easy to forget about the healing power of nature.



Bondcliff, NH, on a spectacular day, August, 2015. I am the blue speck, second from left.

Get outdoors, bring yourself back into balance and harmony, and most of all, have fun!

Recipe to Try: Apple Berry Salsa

Ingredients:

2 medium granny smith apples
1 pint of strawberries, diced
2 kiwi, peeled and diced
1 small orange (for zest and juice)
2 tbsp packed brown sugar
2 tbsp apple jelly or apricot jam



Peel, core, slice, and chop apples. Dice strawberries. Zest orange to measure 1 tsp, squeeze 2 tbsp of juice. Add orange zest, juice, brown sugar and jelly to the fruit mixture. Mix gently and refrigerate until ready to serve. (only 30 calories per serving)

Try serving with baked cinnamon chips!

Ingredient:

8 (7 inch) flour tortillas
1 Tbs sugar
¼ tsp cinnamon

Preheat oven to 400. Cut each tortilla into 8 wedges, arrange in a single layer on a cooking stone or cookie sheet. Lightly spray with water. Combine sugar and cinnamon; sprinkle on each chip.

Bake 8-10 minutes or until edges are slightly brown and crisp. Remove from stone or cookie sheet and allow to cool completely



Larry Lighthouse Fun

Fact:

Laughter is known to decrease stress hormones.

Studies have shown that, on average, preschoolers laugh about 300 times a day while adults laugh only 15 times a day.



Let your inner kid out every so often!

Please note that all content is for informational or educational purposes only.

Consult your healthcare provider in regards to recommendations and opinions that may relate to your personal condition or symptoms



CHECK IT OUT!



Local family friendly hiking areas

Dr. Audet has enjoyed these with her family:

- Audubon Society- Rte. 114, Bristol, RI
- Destruction Brook- Forge Rd, & Russells Mills Rd., Dartmouth, MA
- Headwaters- Blossom Rd., Westport, MA
- Copicut Woods- Blossom Rd., Fall River, MA
- F. Gilbert Hills State Forest- 45 Mill St., Foxboro, MA
- Borderland State Park- 259 Massapoag Ave., Easton, MA
- Blue Hills Reservation- 695 Hillside St., Milton, MA
- Purgatory Chasm- Purgatory Rd., Sutton, MA

Info. is available on all of these online.

Just Breathe...



Join us for a 5 minute breathing exercise before our professional day on May 6, 2016. It will take place at the Venus De Milo at 7:30am

Somerset North Elementary

For the month of April, our daily wellness gathering focused on the theme of "activity". The students spent one week doing various stretches, one week of structured games, and the final week in a walking challenge. Our staff has kept track of their times while walking outside. It has been exciting to see our staff and students exercising together and improving their times!



As our students participated in the daily challenges, their picture was moved around the track on our hallway bulletin board. We would like to recognize Kathy Ventura and Liz Dunn for their continued artistic support in designing our bulletin boards. They have gone above and beyond once again to make these activities extra special!!

Stress less challenge

This month we challenge you to try and limit the amount of time you spend "stressed out."

Once you identify the situations that are truly worthy of making you stressed, attempt to only stress for only a day or two, not the entire week. Then move to just focusing on the stress for moments of the day, not the entire day.



Traffic jam – think "bummer", let people know you'll be late, then turn up the music; nothing more you can do therefore it's not worth the stress.

Loved one seriously ill – allow some moments of stress, anger and sadness, it is good and part of the grieving process; then focus on good memories, or enjoying their company when you are able to visit!

Prom success:

The third annual SCEC prom was another hit!

With 100 people in attendance, everyone had a blast dancing the night away!



A big THANK YOU to all those that helped make the magical night possible. You all rock!!

Gallishaw High School

The Art of Positive Thinking:

A bulletin board put together by students in Mr. Bill's class.

A simple way to encourage positivity and kindness!

