

# Wellness

## TIPS FOR EMBRACING BALANCE & WELL-BEING

### 7 Action steps for a Healthy Holiday Season

**1. DO WHAT YOU CAN.** Creating predictability and order when and where you can give you a sense of control. Even simple tasks such as organizing folders in your computer, making your bed in the morning, or delegating tasks to a team create internal order. WHY? When people feel that they have no control over a situation, they may begin to behave in a helpless manner and people then fail to seek out opportunities for hope or action.

**2. SET A DAILY SCHEDULE.** Daily routines are your secret weapon against anxiety. . WHY? Setting a daily schedule automatically provide structure amidst chaos and anchors your mind to the present moment.

**3. FALL BACK ON SYSTEMS AND PROCESSES.** In a crisis, pilots are taught not 'rise to the challenge', but 'fall back on systems and processes'. A daily schedule provides you with a system to follow. WHY? When we're stressed or uncertain, emotions degrade the quality of our decisions. We become distracted, indecisive and make poor judgements.

**4. MOVE THE GOALPOSTS CLOSE.** The work or life goals you set earlier this year may now be meaningless. To regain a sense of purpose, move the goalposts close and set yourself small, doable tasks, shifting big picture to details. WHY? You're taking action. Feeling like you have accomplished even a small task will keep your motivation up and you moving forwards. Feeling 'on purpose' in your work is a key contributor to positive emotional wellbeing.

**5. REWARD YOURSELF REGULARLY** Now more than ever it's important to find joy in the small things, and to wallow in moments of pleasure. Schedule something to look forward to. Pat yourself on the back for a good job. WHY? Research shows people who are highly intolerant to uncertainty are less responsive to rewards. They experience less enjoyment and quickly lose motivation and purpose. The feel-good neurotransmitter dopamine is released not only when we receive the reward, but in anticipation of a reward or completion of a goal.

**6. MOVE YOUR BODY.** Schedule time for daily exercise. WHY? Not for the reason you might expect! When you exercise you're taking action. You're getting out of your mind into your body. And by moving your body you're reminding your brain that you retain agency. Your brain evolved to move your body through the world, so moving your body reminds your brain you're not helpless — you can still act independently and to make choices.

**7. SUPPORT OTHERS.** If you're feeling lonely then resist the urge to look inwards for answers. Take action by supporting someone else. The upside to this crisis is it happened in 2020 when our ability to connect has never been so straightforward via phone, Zoom, FaceTime etc. 'Social distancing' is about being physically apart, not emotionally distant and socially isolated. WHY? Feeling alone stems from the brain spending too much time and energy on self-contemplation- similar to worry.

***Luckily, we can use the busy season to find gratitude that we are able to safely connect with others while taking precautions. We can have self compassion while doing what we can, how we can, when we can for ourselves and our families.***



**Our growth model comprises eight attributes of wellness.**

TWC looks at these areas to gather information from the community on resources and opportunities for wellness.

## Helpful Links

### **POSITIVE PARENT-TEACHER RELATIONSHIPS IN 2020**

### **RESTART FORSYTH COUNTY SCHOOLS UPDATES**

### **FREE GUIDED MINDFUL MOMENTS (AUDIO).**

**ΑΩ**

**ALPHA & OMEGA TUTORING**

**First Baptist Cumming**  
1597 Sawnee Dr.  
Cumming, GA 30040

**"FREE"** Tutoring Services offered in Math and Reading  
Grades 5th - 12th  
**Begins September 30, 2020**  
Wednesday Nights 5:30-6:30pm  
Rooms - 321B & 324A  
fbctutoring@gmail.com  
678-294-3728  
770-887-6610

**ΑΩ**

# Forsyth Community Wellness News

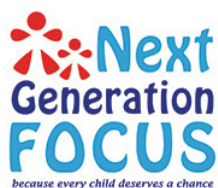
## Helping our Children Understand Information Dr. Datta Munshi, MD Forsyth Pediatrician



Technology has become an integral part of all of our lives and it is vital that we understand how to analyze all of the information that is coming our way. In school, we learn how to use letters and words to create sentences and stories. We learn that words can help express feelings, opinions and can even hurt someone if we are not careful with them.

Technology has revolutionized the way our families get information. Many of us get our news, do our homework, work and socialize through technology. The way information is presented on our technology platforms makes it very difficult to assess its worth. In addition, it is important to know how to safely and ethically use the information as we explore, share and interact with our technology.

Common sense media has done a great job describing the concepts of media and digital literacy and how we can teach ourselves and our families to have a more informed relationship with our technology. [CLICK HERE](#) for more info!



Online Tutoring,  
homework and  
mentoring support



Click here for a list of  
food items needed at  
The Place!



Click [here](#) to GIVE or [here](#) to APPLY for Holiday House. This event helps over 2,000 Forsyth County Children each year!



Be a Home Delivery Hero.  
Volunteer with less contact,  
check out [Mealsbygrace.org](https://www.mealsbygrace.org) to  
assemble or drive meals to  
Forsyth families in need.



Live tutoring in 40+ subject  
areas, college admission test  
preparation, ESL/ELL, GED,  
citizenship, and career advice  
and preparation. Just need a  
library card!