

Life & Perspective

When life gives us lemons, we sometimes don't want to make lemonade. It's important to let go of the idea that events or things should have happened differently, when bad situations happen.

When you are having a bad day, try to find different ways to bring positivity to your world and to celebrate life, even when it is tough.

*If stress or a negative situation is affecting your daily life, or you feel suicidal or like you want to hurt yourself, reach out to a parent, counselor, school nurse, or someone you trust to help you.

One way to do this is to think about what you are grateful for and the opportunities you have in front of you. Here are a few ideas:

Being grateful for someone who supports you

There are people who will be in your life no matter what and support you with whatever you are going through.

Being grateful for your body

Your body does amazing things each day, and it's important to think about what it CAN do—versus what you don't like about it.

Being thankful for your food

Food provides energy for you to live, and it can also provide emotional energy.

Being thankful for yourself

We can be very hard on ourselves—take time to celebrate you and everything you are capable of!

Source: ADA.org; WebMD.com; GreaterGoodBerkeley.edu

School Nurse Shout Out!

National Nurses Week 2022 is Friday May 6-Thursday May 12. What's better than to celebrate your FANTASTIC school nurses!?

The Fort HealthCare School Nurse program began in December 1995 and has grown considerably since that date.

Currently, the Fort HealthCare School Nurse program has 21 nurses that contract with 11 districts in 5 counties and serve between 16,500 and 17,000 students. Amazing!

Give your school nurse some love today!

Spring Exercise

Spring is here, which means it is a great time to spend time outside and enjoy movement and exercise.

Teens should aim for 60 minutes of exercise every day, and here are a few ideas for how to get that amount:

Spring Exercise Ideas

- Bicycling
- Playing catch/frisbee
- Going to the park
- Running/Jogging
 - Hiking
 - Yard work
- Walking the dog
 - Basketball
 - Jump rope
- Playing sports

Finding a new hobby

Did you know that developing a new hobby can improve mood and mental health? Giving yourself something fun to do can provide structure when everything else seems a little out of control. Scheduling time for a hobby can give you a sense of purpose and boost your mood.

Hobbies can increase your confidence and self-esteem. It's nice to have something to look forward to when you are having a rough time.

Having a hobby gives you a way to switch off your school/friend/sibling/work-brain and focus on something else. Try to choose something that brings you joy - something you can completely lose yourself in. Many people choose writing, painting, or learning a new skill.

A hobby doesn't need to be too difficult. Try to find something that keeps your interest.

Making a little time for yourself is important for your own happiness.. It can make you better at solving problems by improving your emotional state and your coping ability.

If you make time to do things you enjoy, you are creating positive emotions that can spread to others. Your happiness can have a ripple effect to those around you. Even when you may not feel like having fun, try anyway.

Source: Heart.org; ClevelandClinic.org; ActionForHappiness.org