

February: Self-love Edition

Newsletter

Neil Reid High School



Ancillary Corner

P.E Department

Meditation

Meditation is the ancient practice of focusing your thoughts to achieve a sense of calm. Studies show regular meditation to reduce stress, improve sleep, decrease symptoms of depression, improve focus and attention, and much more. Meditation is a great way to consistently show yourself some love and model the importance of selfcare for your child(ren). Don't let the thought of daily meditation overwhelm you. It can be as simple or involved as you want it to be. Start by devoting 3-5 minutes at the same time each day. During that time, find a comfortable place to sit, close your eyes, focus on breathing in slowly through your nose and out through your mouth, and if your mind wanders, bring it back to your breathing. Guided meditation can also be helpful, as a video or voiceover gives you specific instructions to follow, taking the guess work out of meditation. Below are just two of the hundreds of free websites and smartphone applications devoted to meditation.

www.health.cornell.edu/resources/health-topics/meditation

www.uclahealth.org/uclamindful/free-guided-meditations **has a free app



Yoga is a practice of self-love, where we honor our body and mind with kindness and patience. It's not about perfection, but about showing up for ourselves, listening to our needs, and finding peace in the present moment. Through each breath and stretch, we cultivate acceptance and gratitude for who we are.

Nurse's Station

Are you up to Date on your Preventive Care?

Making healthy choices for yourself is a way for you to take steps at providing self-care.

Getting routine preventive care can help you stay well and catch problems early.

Get regular medical and dental checkups. These visits focus on preventive care such as: screening tests, vaccines, dental cleaning, education and counseling to help you make informed decisions.

Also, know your family history. You can't change your genes, but you can change your unhealthy habits that can cause chronic diseases- like smoking, poor nutrition and physical inactivity.

Your doctor can help you take steps to prevent certain chronic diseases or catch them early.

Website: cdc.gov/chronic-disease May 15, 2024