

Roots of Resilience

Nurturing Wellness in Students & Families

December 2023



You may be asking, "What is International Volunteer Day?"

According to nationaltoday.com,

it's a day that recognizes the efforts of volunteers in transforming their societies, economies, and environment.

This day is for focusing on issues of concern within our community and to (hopefully) encourage us to volunteer and be part of the effort to *change*. What are we changing? People's mindsets. Attitudes. Behaviors. We want to encourage others to become change agents, too.

When did it start?

The concept began centuries ago but was not recognized as an official day until 1985 when the United Nations General Assembly coordinated efforts for the first time. Since then, December 5th has continually been recognized as **International Volunteer Day!**

Two ways to observe International Volunteer Day are to donate to a volunteer organization and/or get involved in volunteer

What can I do locally to get involved?

Luckily, for those interested in volunteer opportunities, Gainesville offers a wealth of options. As of November 2023, there are 136 different organizations listed on gainesvillevolunteer.com that welcome volunteers. With such a vast list, there is an opportunity to support many, many interests.

7 TIPS TO MANAGE STRESS & MENTAL HEALTH DURING THE HOLIDAY

PLAN AHEAD-Have a plan in place for all your holiday tasks and activities.

BE REALISTIC- Don't stress yourself out by trying to create the perfect holiday.

DON'T WORRY- Don't feel obligated to complete every small thing on your list.

JUST SAY NO- If you have too much on your plate, let your friends and family know.

STAY ACTIVE- Exercise is a great way to deal with holiday stress, and anxiety.

SET ASIDE DIFFERENCES- Enjoy other's company and talk about topics that bring happiness.

ACKNOWLEDGE YOUR FEELINGS-

Have a plan in place for all your holiday tasks and activities.

WINTER HOLIDAYS

FRIDAY, DECEMBER 22ND, 2023 - SUNDAY, JANUARY 7TH, 2024

Are you in Need of Christmas presents or food for the holiday?

Here is a list of Holiday Toy and Food Drive Resources:

Salvation Army is sponsoring the Angel Giving Tree, Adopt-A-Family, Toys for Tots and Christmas Food Baskets. Two locations:
639 E University Ave, Gainesville (352) 376-1743 or
55 NW 23rd Ave, Gainesville (352) 373-7597

Miracle on Main Street-Junior League of Gainesville located at 3919 W. Newberry Road Suite # 3 Gainesville or call (352)376-3805

Alachua County Toys for Tots Program, call (352) 507-8087 or email AlachuaCountyToysForTots@gmail.com
United Way located at 6031 NW 1st Place, Gainesville or call (352) 331-2800

Catholic Charities Regional Office Holiday Assistance Program located at 1701 NE 9th Street Gainesville or call (352) 372-0294

THIS MONTH

International Volunteer Day
Tips for Managing Holiday Stress

Welcome Hazel Health 2

Habitudes

Toolkit Spotlight



ACPS is pleased to announce Hazel Health will be starting on December 11, 2023.

Hazel Health will be offering teletherapy services for students at school and at home by licensed therapists.

This service is being offered at **NO COST** to families

- Scheduling is done at the convenience of the student and their family
- Virtual one-on-one therapy will be available for any K-12 student of the Alachua County Public Schools system.

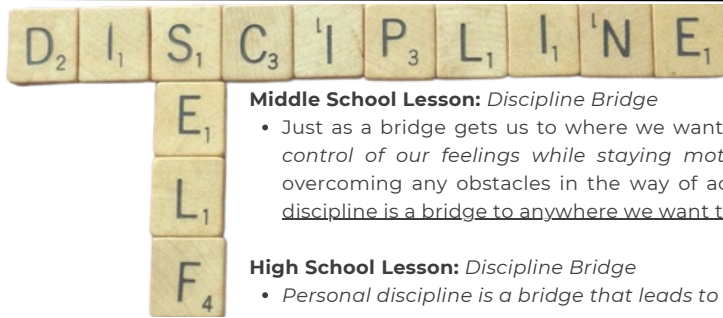


Attitudes and Habitudes

Habitude of the Month: Self-Discipline

Promotes: Discipline, Hard Work, Vision

Each month, ACPS Middle and High school students participate in Resiliency Education: Civic and Character Education and Life Skills Education as part of Florida's Required Instruction. While the individual lessons vary between secondary institutions, they share thematic topics.



Middle School Lesson: Discipline Bridge

- Just as a bridge gets us to where we want to go, **self-discipline**, or *being in control of our feelings while staying motivated*, helps us to work toward overcoming any obstacles in the way of achieving our goals. Thus, personal discipline is a bridge to anywhere we want to go.

High School Lesson: Discipline Bridge

- Personal discipline is a bridge that leads to our personal goals.

***This month, the resiliency education lessons are very similar, altered only to reflect appropriate developmentally appropriate content between middle and high school levels.*

NEW YEARS AND REFLECTIONS

Every Day Presses a Reset Button

Everyday begins anew. Each day you actually have the opportunity to press the reset button. You leave your emotions and moods behind every evening and the next morning you have a choice. Whether to pick up where you left off or to choose something new.

New Year's reflections are similar. Rather than the day before, it's the year before. You get an opportunity to choose something new or carry on right where you left off.

A New Year's Reflection is a NEW beginning. You don't have to repeat the last year. This is your opportunity to begin afresh.

Each New Year's Day symbolizes letting go of the past and moving toward a brand new future that you get to create.

Don't underestimate the power of your choices. You are the creator of your own destiny and you are only limited by your own thoughts about the past. So it's time to let them go and create something new and wonderful.

The Power is in the Reflection

A New Year's Reflection helps you to understand where you are. And you need to know where you are so that you can head toward what you want.

A life you love never happens by chance. Joy, fun, love and abundance are never about chance but individual choices; a New Year's Reflection helps you to push the reset button to re-design your future toward a life you really love, something that you'll be proud of - a life filled with purpose and meaning.

TOOLKIT SPOTLIGHT: ROSE-COLORED GLASSES

There is a need for individuals to deal with things sensibly and in a realistic manner. However, sometimes we need to don our rose-colored glasses and look on the bright side of things - even if it's not easy.



When we fail to meet our goals or our expectations for ourselves, disappointment ensues. To continually dwell on our shortcomings brings us down. Yet to put on our rose-colored glasses allows us to focus on what makes us feel good and encourages positive thinking.

Positive Psychology is a branch of Psychology that focuses on one's personal qualities, choices, and circumstances. These attributes allow us to build a life of meaning and purpose comprised of happiness, health - both mental and physical, and the ability to find meaning in things.

When our rose-colored glasses become smudged or blurry, meaning it's difficult to put that positive twist on events, situations, etc., reframing the way we view things by tweaking the language we use can help to cleanse the lenses of our glasses.

Here is an example list of a reframed statement:

I didn't accomplish [goal] this year, **BUT**
2024 is a new year filled with new opportunities.

Essentially, we're taking the negative and giving it a positive outlook. Here are some ways to do that:

- Remember optimism is a choice.
- Interrupt the negative - use *thought stopping* to halt that negative talk!
- Exaggerate the good and replay those positive memories *without* criticism

Question to consider:

What do rose-colored glasses mean to you?

Forgiveness? Generosity? Hopefulness?

How do the *Habitudes* lessons relate to Self-Discipline?

Hard Work

From a young age, we are assigned group projects. The idea is that each individual in the group will assume a certain role; these roles are dependent upon one another to create the end product - a collaborative, successful group project.

To work together, there is one individual who typically assumes the role of leader. However, regardless of one's role, all of the team players can be of diverse backgrounds and abilities to come together and combine their many thoughts in a collaborative manner. By doing so, we learn to appreciate differences and how to connect with one another; these skills aren't just necessary for success in school, but for success in life as well.

Mental Health:

- Florida Suicide Prevention Hotline 800-273-8255 **OR** dial 988
- Alachua County Crisis Center
 - 352-264-6789
- Meridian Behavioral Health_
 - 352-374-5600
- Hazel Health - A teletherapy option. Look for more information to come.

Substance Use:

- Alcohol & Drug Addiction Hotline 24/7 -Call or text 988 **OR** 850-487-2920
- Meridian-In-Patient Detox
 - 352-374-5600
- UF Vista- In-Patient Detox
 - 352-265-5481

Parent Coaching & Support:

- Parentguidance.org