SPRING 2021 : PARENT ISSUE ELEMENTARY

BE WELL

The official e-newsletter of IUSD Speak Up, We Care

WHAT DOES 'BE-WELL' MEAN?

The Speak Up We Care program was developed to increase awareness of, access to and use of resources that build positive mental health and wellness, an essential component to lifelong success. The last theme of the year, "Be-Well" refers to the importance of taking care of ourselves and others.

5 MAJOR TYPES OF WELL-BEING

1. **Emotional Well-Being.** The ability to practice stress-management techniques, be resilient, and generate the emotions that lead to good feelings.
2. **Physical Well-Being.** The ability to improve the functioning of your body through healthy eating and good exercise habits.
3. **Social Well-Being.** The ability to communicate, develop meaningful relationships with others, and maintain a support network that helps you overcome loneliness.
4. **Workplace Well-Being.** The ability to pursue your interests, values, and purpose in order to gain meaning, happiness, and enrichment professionally.
5. **Societal Well-Being.** The ability to actively participate in a thriving community, culture, and environment

PARENT CHALLENGE

Engage is one outdoor activity this week!

Share your stories and use the hashtag #speakupwecare

WELLNESS APPS

@themindfulnessapp

@childmindinstitute

IRVINE UNIFIED SCHOOL DISTRICT
SPEAK UP We Care!

SELF CARE FOR PARENTS - THE IMPORTANCE OF TAKING CARE OF YOURSELF & HOW IT MAKES YOU A BETTER PARENT

BENEFITS OF PHYSICAL ACTIVITY

Regular physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as:

- Heart Disease
- Cancer
- Type 2 Diabetes
- High Blood pressure
- Osteoporosis
- Obesity

"WHOLEHEARTED LIVING IS ABOUT ENGAGING IN OUR LIVES FROM A PLACE OF WORTHINESS. IT MEANS CULTIVATING THE COURAGE,COMPASSION, AND CONNECTION TO WAKE UP IN THE MORNING AND THINK, 'NO MATTER WHAT GETS DONE AND HOW MUCH IS LEFT UNDONE, I AM ENOUGH.' IT'S GOING TO BED AT NIGHT THINKING,'YES I AM IMPERFECT AND VULNERABLE AND SOMETIMES AFRAID, BUT THAT DOESN'T CHANGE THE TRUTH THAT I AM ALSO BRAVE AND WORTH OF LOVE AND BELONGING."

-BRENE BROWN

STUDENT CORNER

Are you looking for some extra support, or need someone to talk to? Explore these options below!

- Care Solace
- Optimistic Household (password: iusdhappy!)
- Irvine Family Resource Center
- Trusted Adult Activity