

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 third program theme '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 exercise.
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 IN 1
OUTDOOR ACTIVITY
WITH YOUR CHILD
THIS WEEK!

POST YOUR CHALLENGE WITH

#SPEAKUPWECARE

WELLNESS APPS

@theminfulnessapp

@childmindinstiute



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

RESOURCES

OC Links: (855) 625-4657

National Suicide Prevention Lifeline:
1-800-273-TALK (8255)

[School Counselors](#)

[Mental Health Specialists](#)

[Say Something Reporting App](#)

[Care Solace](#)