



## Hello Mighty Spartans!!

With only a few weeks left before testing begins, we have some tips for you to follow to ensure that you stay stress free. CIS hopes that each of you is doing well and we trust that you are being good to yourself and others. If you or someone you know could benefit from talking to a caring adult and having a safe space to talk, stop by the CIS office in the Clinic to learn more on how you can get support and resources.

-Mrs. Thompson, LMSW and Beatriz O. Fria, BA

## Stress Awareness Month

### STAY STRESS FREE

- Practice deep breathing
- Exercise, play sports, or dance
- Talk to someone you trust
- Accept the things you cannot change
- Meditate or pray
- Take one step at a time
- Don't be afraid to say no
- Maintain a healthy, balanced diet
- Set realistic expectations

### Resource of the Month:

## mindful

healthy mind, healthy life

"Mindful is a mission-driven non-profit. We're dedicated to inspiring, guiding, and connecting anyone who wants to explore mindfulness—to enjoy better health, more caring relationships, and a compassionate society."

<https://www.mindful.org/>



## Events

### FREE "Say Yes to the Dress"

Prom Boutique on Saturday  
April 6<sup>th</sup> from 9am to 12pm.  
Please visit the CIS office to get your  
permission slip and for more  
information about the event.

## CIS Wellness Week April 15-18, 2019

- Monday: come get popcorn and bubble wrap to help **"Pop Away the Stress"**.
- Tuesday: **"Donut Worry, Be Happy"** with donuts, and possibly join a free yoga session.
- Wednesday: join us in **"DIYing your own stress ball"** to help during the tense moments.
- Thursday: **"Keep Your Cool"** with popsicles and get information about stress and anxiety management, and wellness.

\*\*To get additional information about the free yoga session, visit the CIS office in the Clinic\*\*