



The Harbour

COMMUNITY • CONNECTION • CULTURE

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GIRL SCOUT

Submitted by Melinda Riso

Junior Girl Scouts earn a Stress Less badge by completing requirements that teach them about ways to relax. Some of the activities include: 1) Creating a personal stress kit that includes books, photographs, cartoons, music, a card or letter from a friend or relative, photo or picture from a magazine of a peaceful place. 2) Find a peaceful place in your home to relax and de-stress. 3) Learn how to identify your feelings and moods by writing your feelings down. 4) Do for others - is the best way to lesson your stress and focus on someone else, 5) Listen to music. 6) Read and Relax - Following a character's adventures can help you forget about your stress. 7) Move that stress away - Physical motion can release the tension in your body. 8) Practice elevator breathing - Deep, focused breathing can refresh your mind - inhale and exhale slowly.

TEN TIPS FOR HELPING CHILDREN DEAL WITH STRESS

With news and conversations full of disaster, war and terrorism, children and teens may be feeling stressed and need you to help them cope. Children and teens may not have the combination of life experiences and critical thinking skills that can help adults deal with tragedy. But young people are generally resilient. These ten tips can help you recognize the signs of stress and prevent an overload of stress in young people.

1. Recognize that children handle stress in different ways. Some show a regression in behavior - acting younger, more fearful, clingier. Outbursts of anger and



aggression are also signals at all ages. A child or teen who withdraws or who seems constantly sad or has trouble sleeping or shows significant changes in appetite may also be showing signs of stress.

2. Encourage conversation. Look for opportunities to ask about feelings and opinions. Some of the best conversations happen in a car with the radio, CD player and cell phone off.
3. Think about your own reactions - are you feeling very stressed and is that being communicated to children? Find ways to relax yourself so that you can stay calm for them.
4. Look for creative ways to deal with stress. For younger children, puppets may help them act out their feelings. Teens could be encouraged to write their thoughts in a journal or diary. Reading books together not only provides valuable family time, but also gives

everyone a deeper understanding of world events. Realizing how a character (real or fictional) coped with a disaster, war or difficulty can give lessons that can be emulated.

5. Plan for some exercise or sports activities that can be done together to release tension. From walking to swimming, biking or skating, getting everyone to move more makes a big difference in mental outlook as well.
6. Volunteer together or take a stand together. Look for opportunities in the community in which you can make a difference. Being able to contribute also helps your family or group to bond and understand what your family's and/or group's values are.
7. Try to acknowledge how a child may feel. Taking a child's or teen's concerns seriously, rather than minimizing them, builds a foundation for more open communication.
8. Answer questions honestly, and share what is age appropriate.
9. Don't make a promise that you can't keep. You can't tell your child that a natural disaster or terrorist attack will never affect your family or group. You can say that the chances are very small and that you will do whatever you can

(Continued on Page 3)

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SEND US YOUR

Event Pictures!!

Do you have a picture of an event that you would like to run in The Harbour? Send it to us and we will publish it in the next issue. Email the picture to secretary@chelseaharbourhoa.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



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Girl Scout- (Continued from Cover Page)

to keep everyone safe.

10. Keep tabs on what children are viewing and hearing – at home and at school. Know when to pull the plug on TV, and radio. When the news is on, try to view it together so you can discuss what you have seen and heard.

—Program Group. © Girl Scouts of the USA, 2004, 2005

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Conner is a 10 year old energetic child who enjoys skateboarding, karate and playing basketball. He also likes to play with puzzles, action figures and lego's. Conner is very creative and loves to draw and paint. Conner needs a patient, committed adoptive family that will provide him with unconditional love and support. He will benefit most by being the youngest child in the home or the only child.

For more information, please contact Stephanie Berka, Wendy's Wonderful Kids Recruiter at Adoption Coalition of Texas 512-450-8750 or stephanieberka@adopttexas.org



adoptioncoalitiontx.org

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View answers online at www.peelinc.com

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WASH YOUR HANDS

REDUCING SPREAD OF DISEASE WHILE AT HOME & WORK

By: Concentra Urgent Care

The Centers for Disease Control and Prevention (CDC) say that nearly 90,000 patients die in U.S. hospitals each year due to a preventable disease—many could be avoided if everyone properly washed their hands. From germs on office equipment to sick colleagues who decided to come into work anyway, people face the same dangers in the workplace. The same simple fact holds true: Washing your hands regularly is an effective way to prevent yourself from catching or spreading a preventable disease or illness.

WHEN TO WASH YOUR HANDS

The CDC recommends washing your hands every time you:

- Prepare or eat food
- Use the restroom

- Tend to someone who is sick; both before and after
- Blow your nose, cough, or sneeze
- Handle garbage
- Treat a cut or wound
- Change diaper or clean up after children
- Handle an animal or animal waste

HAND WASHING BASICS

The CDC has issued specific guidelines about effective hand washing:

- Wet hands with water
- Use plain bar or liquid soap
- Create a lather by vigorously rubbing hands together for 15-20 seconds—about the amount of time it takes to sing “Happy Birthday” twice
- Be sure to wash palms, back of hands,

fingers, and nails (clean nails by gently scratching nails down your opposing soapy palm)

- Rinse off soap under a stream of water

WHAT ELSE CAN YOU DO?

- Focus on hand washing in the lunch and/or break room
- Be careful when using sponges and dish towels. These are ideal sites for bacterial growth. Always wash your hands after using these items.
- Maintain a clean work area; regularly clean any office equipment, especially shared items such as phones and keyboards.
- Remind your colleagues of the importance of hand washing, particularly when you witness someone neglecting to wash his or her hands. ®



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