

P596X *Wellness News*
 What's Happening@ P596X
Holiday Edition



JANUARY'S EXERCISE CHALLENGE: FEELINGS & EMOTIONS



Emotions are physical changes in our bodies. Emotions are a person's responses to our outward experiences. Feelings formulate in our minds. We feel feelings only after our bodies respond to stimuli and subsequently making our minds aware of how we are feeling. Feelings are how you experience your emotions. Feelings never remain the same for too long, they keep changing.

WHY ARE FEELINGS(EMOTIONS) IMPORTANT?



Feelings and Emotions, influence our thoughts, memories, perceptions, beliefs, relationships, behavior, and motivate the decisions we make. They can help us survive, grow, and connect with others. And when we don't accept our emotions, it can make it hard to accept ourselves.

Happy Holidays!

A Peek At Last Month's Thankfulness Activities



Students and Parents engaged in Gratefulness and Thankfulness activities throughout the months of November and December.



*Wellness Food for Thought
 Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow
 Melody Beattie*

Upcoming Wellness Activities

January 596x will be focusing on our FEELINGS and EMOTIONS
 Book: My Cold Plum Lemon Pie Bluesy Mood by Tameka Fryer Brown
 Happy Healthy Victorious New Year to All