The holidays are upon us and soon we'll be kicking off a new year! It's hard to believe that 2021 is already coming to a close. Not only are we finishing a calendar year, we're also about half way through the school year. We need to acknowledge these milestones!

Many had hoped 2021 and this school year would be better after a long pandemic year in 2020. However, things have been harder than expected. As the pandemic lingers, some people find themselves increasingly exhausted as they hope for a sense of "normalcy". Scheduling time to rest in the midst of your celebrations will help you recharge.

In this edition, you'll find ways to cope with holiday stress as well as feelings of grief and loss. You'll also find ideas for fun activities you can do during winter break.

On page 2, we share strategies for practicing gratitude, a way you can stay focused in the new year, and an important community resource.

Broken Arrow Public Schools wishes your family a safe holiday season and a very happy new year!
Word of the Year Ideas for a Better 2022

According to an article published on the website TheGoalChaser.com, "a focus word for the year is a single word that encapsulates what you need more of, what you want to focus on, or what you need to improve on."

For tips on selecting a word for the year, including reflection questions, as well as for strategies for making it stick, check out the full article HERE.

January 21 is National Hug Day!

Did you know that hugs are good for your health? It's true!

CLICK HERE to learn more about the scientifically proven benefits of hugging.

As a new year rounds the corner, many people take time to pause, reflect, and consider goals for personal growth. Practicing gratitude is a simple strategy you can use throughout the year to intentionally notice the good and improve your overall well-being.

How to Practice Gratitude
Mindful: Healthy Mind, Healthy Life

This guide explores how to practice gratitude as well as the science of gratitude and it's impact on the brain.

Change Your Happiness Set Point with Gratitude While Parenting
Aha! Parenting

Ideas for appreciating your children and shifting your perspective of frustrating parenting situations.

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