

Epic Strides

Always A Step Ahead



EPIC NEWS

The Official Newsletter
of Epic Strides

EPIC REMINDERS

- Our Epic Strides Office will be closing at 4:00PM on Thursday, May 19th for our monthly staff training.
- We are closed Monday, May 30th for Memorial Day

A Note from
Epic Strides...
Work Hard
Dream Big &
NEVER
Give Up

SENSORY FRIENDLY CRAFT

I-Spy Bottle

You will need a dried out water bottle. Next, you can google "i-spy bottles" and find a lot of great ideas. The i-spy items came from the Dollar Tree, Hobby Lobby and additional items

Pour the rice in through a funnel. It's important not to pour the rice (or birdseed) all the way to the top. You will want to leave enough space so everything can move around.

Next comes the most important tip... superglue the lid shut.

Lastly, printed off simple labels showing the items to spy inside the bottle.

Below are some examples of items that can be placed in the bottle:

- Glitter Pom Pom ball, Safety pin, Crayon, Clothes pins, Penny, Button, Dice, Bead, Paperclip, Rubber band, Shapes, Noodle, Cereal piece, Lego, Cotton ball

MAY PARENT TIP



PARENTS ARE SUPERHEROES

As parents/guardians we are expected to be **SUPERHEROES**. We are so busy taking care of everyone else – children and household that we neglect ourselves.

There's no replacement for the help you can get from a mental health professional. But there are some things you can do to improve self-care right now:

- Get good rest: Aim for at least seven hours of sleep each night. Lack of sleep destabilizes your mood, making everything you do less effective.
- Move more: Exercise 30 minutes every day for better health and a boost of feel-good endorphins that can help some people manage or prevent depression symptoms.
- Mindfulness and Meditation: Often, we focus on the negative, while not showing gratitude for the beauty that surrounds us. Appreciate the great memories. Take time to relax and meditate more. Accepting a gratitude mindset is one of the highest levels of self-care.
- Eat well: A healthy mix of fruits, vegetables and protein keeps energy levels steady, helping you better manage the ups and downs of your day.
- Connect: Schedule time with a friend every week, even for a quick cup of tea or a walk. Studies have shown that social support improves mental well-being, helping to reduce stress and the effects of depression.
- Know your limits: As much as possible, decline requests that create unnecessary stress, such as hosting parties or planning events. Setting boundaries at work, such as not checking email after a certain time, can also help reduce stress.

-Keisha Bell-Celestand, LPC-S



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