

“To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear.” --Buddha

Brought to you by:
Jessica Jones, NEC Representative

NOVEMBER IS...

Alzheimer's Disease Awareness Month

Alzheimer's Disease is not something that we necessarily think to worry about as young to middle-aged adults. We definitely don't consider it as a risk as teenagers.

However, it is what you are doing now that can increase or decrease your risks for Alzheimer's accordingly.

Alzheimer's Disease is a neurological disease that is the most common form of dementia. It is estimated that 5.5 million people in the United States struggle with the disease and over 10 million care for those who are believed to have it. Its main features are abnormal clumps (amyloid plaques), tangled fiber bundles (neurofibrillary tangles), and loss of connections between neurons. The cause is not yet fully known, though believed to have a genetic factor as well as environmental and lifestyle.

The Alzheimer's Association has discovered that an `active brain can increase its vitality and

may build reserves of brain cells and connections'.

Remedygorve.com provides a list

6th Current Leading Cause of

of nine steps to better neuroplasticity:

1. Engage in New Challenges and Develop "Whole Brain Thinking"
2. Practice Focused Attention
 - a. Understand Early Brain Development and Synaptic Pruning
3. Explore with Childlike Wonder
4. Exercise 3-4 days/week for 30-45 minutes per session
5. Protect Your Brain - Learn to Meditate
6. Develop Stimulating Friendships
7. Laugh Often!
8. Water and Feed Your Brain to Make it Grow
9. Practice Positive Forward Thinking

Dr. Wendy Szuki (neuroscientist) says **"Exercise is the most transformative thing that you can do for your brain today."**

In November:

National Stress Awareness Week: November 4-8

Consider the importance of resilience in both personal and professional lives and the overwhelming need to cultivate the power of bouncing back from ongoing challenges.

National

#BlockItOut Day: November 14

Stompoutbully.org is hosting a national event to block out negativity from our digital lives and initiate a stop to cyber bullies, haters and trolls.

International Survivors of Suicide Loss Day: November 23

A of remembrance and unity to those touched by suicide. Events held around the world; find your local event at www.afsp.org/survivor_day

NOVEMBER IS...

Stress Awareness week, National Block It Out Day, and International Survivors of Suicide Loss Day

We have all struggled with the feeling of being overwhelmed. Each of us is guilty of allowing, at some point, one part of our life to take over the other. This may be due to a feeling of responsibility or duty or maybe even obligation. No matter the cause, when we struggle to find a balance among the different parts of our life, we find that we bear the burden of stress. We all know that this neither productive nor a healthy way to manage our days, and yet we continue the cycle.

We know what stress feels like, but do we actually know what it is? The Health & Safety Executive (HSE) defines stress as “the adverse reaction people have to excessive pressures or other types of demand placed them at work (or other such environments)”. Stress is an unhealthy state of body, mind or both. Continuation of the heightened Flight or Fight response as imposed by stress means the chemicals

stimulated create symptoms associated with one or more maladies. Stress is more prevalent in public service industries: i.e. education, health, social care, public administration, public defense.

#BLOCKITOUT

-November 14

National Movement through stompoutbullying.org. Just add the tag to any social media site and block those that add negativity to your digital lives. By working together we can stomp out the cyberbullies, haters and trolls from social media as well as the rest of the world wide web.

SURVIVORS OF SUICIDE LOSS

-November 23

Always held on the Saturday before Thanksgiving in recognition of the difficult times that the holidays may represent for those who have lost someone to suicide. Events are held worldwide on this day as a way to provide unity to those needing support. Go to afsp.org/survivor_day to find your local event day and time.

TOP 10 STRESS BUSTING TIPS:

1. Effective Time Management
2. Healthy Lifestyle
3. Know Your Limits and Respect Them
4. Find What Causes You Stress
5. Avoid Unnecessary Conflict
6. Accept What Cannot Change
7. Take Time to Relax and Recharge
8. Find Time to Meet Friends
9. Try a New Perspective, Look for the Bright Side
10. Avoid Alcohol, Nicotine, and Caffeine as Coping Mechanisms.

Important Dates in

November:

-- November 4-8

International Stress
Awareness Week

-- November 14 National

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movement by adding
#BlockItOut to your social media
page and block those that bring
negativity to your digital life)

-- November 23

International Survivors of
Suicide Loss Day (Visit
afsp.org/survivor_day to find an
event near you)

Resources:

activebeat.com, nia.nih.gov,
afsp.org, nationaltoday.com,
stompoutbullying.org, isma.org.uk,
nationalstressawarenessday.co.uk
remedygrove.com
Dr. Wendy Suzuki; TEDTalk 2017