

# Head Start Family Newsletter

## Mental Wellness

Within each of our individual structural limitations, there is room to improve our mental fitness. It is not unlike the limitations we each have for how fast we can run, walk, or move in some other fashion. We all start with a different body, but we all can learn the skills for quicker movement.

Resiliency researchers and experts might say that resilience is the overriding characteristic which predicts how well we handle challenges to our physical or mental health. But no single strength or weakness, on its own, predicts what may happen. For instance, a person with limited resilience, (*the ability to recover from or adjust to misfortune or change*) may have great affiliation skills (*the ability to get close to other people*) and their network of mutual support may get them through some hard times just as well as someone with greater resilience, but who has less of a network of mutual support. So, the equation for mental wellness is:

Mental Wellness = self-appreciation + resilience  
Negotiation + mental and physical exercise.

Self-Appreciation - the ability to assess both our strengths and weaknesses and to appreciate our unique and individual contributions.  
Resilience - the ability to deal with, recover from, overcome or "bounce forward" from hardship, change or shock.

### ■ DR. ZORBA'S LONGEVITY CORNER

**DIABETES PREVENTION: WHAT TO EAT** According to a recent study from the *Journal of the American Medical Association*, you will raise your chances of developing type 2 diabetes if you eat a lot of foods rated high on the glycemic index — that is, foods that raise your blood sugar quickly. Examples include white bread, candy, canned fruit in syrup and refined cereals. You can reduce your risk by eating foods rated lower on the glycemic index, such as whole-grain breads and cereals, beans, low-fat dairy products, and fresh fruit. A simple change, such as switching from white bread to whole wheat or replacing canned fruit with fresh fruit, can help keep diabetes at bay.



Happy Birthday!

#### Chautauqua

6-Nicholas V.  
7-Robert G.  
15-Laney B.  
31-Marcell R.

#### Chibley

May 1-Star E.  
5-Jasmine S.  
11-An-Nura H.  
12-Elaisha S.  
19-Alsethony M.  
20-Maria G.

July 3-Farron P.  
12-Odessa R.  
16-Jahiem P.

#### Walton

1-Tyler G.  
7-Syann E.  
23-Alissa B.

#### Westville

19-Stephen G.

Affiliation - the ability to allow ourselves to get close to other people and negotiate give-and-take alliances and friendships and build mutually supportive social networks.

Negotiation - the ability to see that we may not have all the answers and to allow ourselves to learn from others, from experience, and alter our beliefs based on new data.

Mental and Physical Exercise - exercising our brain and our body.

These five factors will assist in the wellness of our mental state, and strengthen our social and coping skills.

### Literacy Express

Theme:

Under the Sea

Letter Sounds:

D, P, S, G

Concepts:

Material

(solid/liquid, wet/dry, hard/soft, etc.)