

LONE STAR



Healthy Ways to Cope with Stress

Feeling nervous, loss of appetite, or having trouble sleeping can be normal reactions to stress. Learning to cope with stress in a healthy way can help make you, the people you care about, and those around you become more resilient. **Here are some healthy ways to deal with stress:**

Take breaks from watching, reading, or listening to the news, including stories on social media. Consider limiting news and disconnecting from your phone, TV, and computer/tablet screens for a while each day.

- Take care of your body.
- Take deep breaths, stretch, or meditate
- Try to eat healthy, well-balanced meals.
- Exercise regularly.
- Get plenty of sleep.

Avoid excessive alcohol, tobacco, and substance use. These may seem to help, but they can create additional problems and increase the stress you are already feeling.

Continue with routine preventive measures as recommended by your healthcare provider.

Make time to unwind. Try to do some other activities you enjoy.

Connect with others. Talk with people you trust about your concerns and how you are feeling.

- Recognize when you need more help. If problems continue, talk to a psychologist, social worker, or professional counselor, physician, or pastor.
- Connect with your community- or faith-based organizations.
- Connect with family and friends who may live far away via phone, text, video chat, or by mail.



LONE STAR
REHABILITATION AND WELLNESS CENTER



HAPPY BIRTHDAY

Bobby C.	4/6
Darla M.	4/7
Alva A.	4/10
Eddy I.	4/21
Marjorie D.	4/24
Susan M.	4/26
Wilfred P.	4/28
Willa S.	4/29

10 Reasons to Volunteer Your Time

April 17-23, 2022 is National Volunteer Week! Have you thought about the benefits you will get from volunteering? Consider these 10 reasons to volunteer your time:

1. To make new friends
2. To learn something new
3. To build your self-confidence
4. To make a difference
5. To develop people skills
6. To feel needed and appreciated
7. To share your skills with others
8. To inspire others to volunteer
9. To do something different
10. To have fun!

National Siblings Day

Our siblings are our family, and they can be a huge part of our lives – which is why we celebrate them on National Siblings Day every April 10! It's important to acknowledge having a brother and/or sister because, after all, they can be your first best friend. Siblings can encourage us to be the best version of ourselves,. They may embarrass us at times, but they can also be our biggest motivators and competitors. As we get older, we begin to develop new relationships and careers, and often no longer share the same household. It is important to keep that special bond, so below are a few tips on how celebrate this fun holiday:



1. Send personalized cards and gifts to them.
2. Share childhood memories to cherish the relationship.
3. Make new memories by taking photos with goofy shirts and/or themes.
4. Spend the day playing sibling games.
5. Go out to eat.

Celebrate World Art Day on April 15

World Art Day is an international celebration of the fine arts, which was declared by the International Association of Art (IAA/AIAP) to promote awareness of creative activity worldwide. The first World Art Day was held on April 15, 2012, a date chosen in honor of Leonardo da Vinci's birthday. In the United States, World Art Day was officially held for the first time in the City of Los Angeles on April 15, 2015.

Celebrate World Art Day by creating something in your favorite medium, whether it is painting, drawing, music, crafts, photography, or however you want to be creative!

Source: iaa-usa.org





EARTH DAY: HELPING THE ENVIRONMENT AND OURSELVES

April 22 marks the 52nd anniversary of Earth Day, which began in 1970 and is celebrated around the world. Earth Day reminds us of our personal and collective responsibility to preserve and protect our environment.

For many the word “environment” means the natural world: the mountains, forests, rivers, oceans, animals, and the air around us. To others, the environment brings to mind the green movement, and “reduce—reuse—recycle.”

However, the environment is really everything in the world surrounding us; from conditions affecting our basic physical needs to conditions affecting our needs for safe communities

and for personal satisfaction. The conditions of all our environments often determine whether we can live safe, healthy, and satisfying lives.

Here are several tips to help preserve and protect our environment:

- Turn off appliances and lights that are not in use.
- Turn off the sink faucet while lathering your hands or brushing your teeth.
- Take shorter showers or try turning the water off when soaping.
- “Upcycle” unwanted items or objects before trashing or discarding
- Recycle paper, plastic, cardboard, and cans instead of trashing them.

Source: [cdc.gov](https://www.cdc.gov)

April is Occupational Therapy Month

Since 1980, the American Occupational Therapy Association (AOTA) has celebrated National Occupational Therapy Month and the more than 213,000 occupational therapists, occupational therapy assistants, and students who work nationwide to create fuller lives for clients and their families.

Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent or cope with injury, illness, or disability. These services can include:

- Offering seniors who are recovering from a stroke, surgery, or traumatic event to resume independence in bathing, dressing, and cooking a meal.
- Helping seniors recovering from injury to regain skills necessary to return home.
- Providing support for seniors experiencing physical and cognitive changes.
- Evaluating seniors’ homes to promote safety and prevent falls.

Source: [aota.org](https://www.aota.org)



REHABILITATION AND WELLNESS CENTER

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Hark! 'Tis Talk like Shakespeare Day!

National
Talk Like
Shakespeare
Day, April 23,



honors playwright, poet, actor, and writer William Shakespeare. Shakespeare is best known for his plays including Romeo & Juliet, Hamlet, Macbeth and many others.

Shakespeare is credited for contributing hundreds of words and phrases to the English language including: ode, manager, bandit, bedazzled, uncomfortable, in a pickle, rant, and swagger. Talketh like Shakespeare today! How doth thy learn? Here are some helpful hints to tryeth:

Thou, thee, or ye – Should be used instead of "you" or "your"

Hast – Should be used instead of "have" or "has"

'Tis, 'Twas or T'will – Should be used instead of including the word "it"

Doth - Should be used instead of "do" or "does"

Hark - Should be used instead of "listen" or "heed"

Source: buildyourlibrary.com



WORD SEARCH Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

R	E	R	H	G	Q	Z	G	M	W	O	R	D	S	T
X	A	E	V	M	M	R	E	C	Y	C	L	E	S	W
W	R	N	Y	U	F	X	C	Z	P	U	N	Z	K	B
S	T	R	E	S	S	H	N	O	E	O	T	D	R	E
V	H	L	E	N	V	I	R	O	N	M	E	N	T	Q
I	O	B	Y	F	J	K	U	W	K	N	R	Z	Q	C
H	E	L	G	S	W	Y	T	Y	E	C	E	M	M	M
U	Z	Z	U	Z	I	Z	H	H	U	L	E	C	K	T
T	A	L	E	N	T	B	Q	R	E	T	E	L	T	G
Q	T	P	V	B	T	Q	L	Z	G	R	S	Z	H	Q
A	O	Z	I	Q	A	E	W	I	I	E	A	R	G	S
C	R	I	J	M	L	J	E	P	N	U	A	P	K	H
P	W	T	O	D	F	E	S	R	V	G	H	W	Y	X
F	S	L	E	E	P	N	D	T	H	O	S	M	Z	N
Z	R	H	D	N	I	V	X	H	E	A	L	T	H	Y

WORD LIST

ART
CONNECT
COPE
EARTH
ENVIRONMENT
HEALTHY
INSPIRE
RECYCLE
SIBLINGS
SLEEP
STRESS
TALENT
THERAPY
VOLUNTEER
WORDS