SCHOOL SOCIAL WORK

MONTHLY NEWSLETTER

WORLD KINDNESS DAY

November 13 is recognized as <u>World Kindness Day</u>! It can be easy to focus our energy on the negatives that affect us. This day is a pleasant reminder that when we focus on kindness, it helps lift the heavy fog off of us. How will you celebrate World Kindness Day?

COMMUNITY EVENTS

- *RAISING CHILDREN WITH DISABILITIES VIRTUAL SUPPORT GROUP- NOV.8, 9-10AM, <u>MORE INFO</u>*
- *NEW MILFORD'S YOUTH AGENCY SAFE PLACE. A PLACE WHERE NEURODIVERSE CHILDREN AND THEIR FAMILIES FIND COMMUNITY. NOV 6, 5:30-7:30 <u>MORE INFO</u>*
- *GOSHEN TURKEY TROT- NOV. 23. <u>REGISTER HERE</u>*

SELF CARE TIP OF MONTH

In the spirit of World Kindness Day, why not show yourself some self-kindness! Self-kindness is associated with lower levels of anxiety and stress, as well as high levels of life satisfaction and positive emotions. When we are kind to ourselves, we are more likely to care for ourselves physically, mentally and emotionally!

"KINDNESS IS LOVING YOURSELF ENOUGH TO LOVE THOSE AROUND YOU."

- RAKTIVIST

RANDOM ACTS OF KINDNESS
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