



Weirton School Based Health Program Newsletter  
January 2022

**SBH Team**

**Jill Mullens**  
School Nurse

**Erin McFarland**  
Counselor

**Monica Murray**  
Clerical Assistant



We are so excited to bring back this program to St. Paul School for the spring 2022 season!!!

The program begins on March 2 and ends with a celebratory 5K on May 28!!

## OUR MISSION

We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.

**Girls on the Run** is an after-school program designed to inspire girls of all abilities to recognize and embrace their inner strength. Lessons emphasize the important connection between physical and emotional health. GOTR is a non-profit program that inspires girls to be joyful, healthy, and confident using an experience based curriculum, which creatively integrates running. GOTR practices combine training for a 5k with lessons that inspire girls to also make healthy choices and develop life skills. Teams meet twice weekly for 10 weeks, led by Girls on the Run trained volunteer coaches. At the end of the program, girls complete a 5K, which provides a tangible sense of accomplishment, setting a confident and goal-oriented mindset into motion.

# HOW TO OBSERVE AMERICAN HEART MONTH IN FEBRUARY



## 1. Take up a heart-healthy habit

Staying active, eating healthy, and watching our weight are all important parts of maintaining a healthy cardiovascular system. Pick a new heart-healthy habit like jogging, walking, or substituting sodas with water and try to stick to it for a whole month.

## 2. Educate yourself

Learn about the risk factors for heart disease, the ways you can prevent them, and the lifestyle choices that can help you stay healthy.

## 3. Get your cholesterol tested

If you're worried you might be at risk for heart disease, ask your doctor to perform a simple cholesterol test to let you know if you're at risk and should make adjustments to your diet.



# WHY AMERICAN HEART MONTH IS IMPORTANT

## 1. It reminds us to take care of our heart

American Heart Month motivates us to examine our own health habits and risks and take steps to improve our heart health.

## 2. It promotes education about heart health

Knowing the risk factors for heart disease and how to reduce them can help people lead healthier lives and diminish their risk for heart attacks or other cardiovascular diseases.

## 3. It raises awareness of heart disease

As the number one killer of Americans, heart disease is a slow-moving epidemic that affects almost everyone.



# Stress Management

Stress management is something we all need to implement in our lives. Learning how to manage your stress takes practice, but you can do it. Here are 10 ways to make it easier.

**1.Exercise**-Working out regularly is one of the best ways to relax your body and mind. Plus, exercise will improve your mood. But you have to do it often for it to pay off. Focus on setting fitness goals you can meet so you don't give up. Most of all remember that doing any exercise is better than none at all.

**2.Relax Your Muscles**-When you're stressed, your muscles get tense. You can help loosen them up on your own and refresh your body by stretching, getting a massage, taking a hot bath or shower, and getting a good night's sleep.

**3.Deep Breathing**-Stopping and taking a few deep breaths can take the pressure off you right away. You'll be surprised how much better you feel once you get good at it.

**4.Eat Well**-Eating a regular, well-balanced diet will help you feel better in general. It may also help control your moods.

**5.Slow Down**-Modern life is so busy, and sometimes we just need to slow down and chill out. Look at your life and find small ways you can do that.

**6.Take a Break**-You need to plan on some real downtime to give your mind time off from stress. If you're a person who likes to set goals, this may be hard for you at first. But stick with it and you'll look forward to these moments.

**7.Make Time for Hobbies**-You need to set aside time for things you enjoy. Try to do something every day (15-20 min) that makes you feel good, and it will help relieve your stress. Doing an art project

**8.Talk About Your Problems**-If things are bothering you, talking about them can help lower your stress. You can talk to family members, friends, a trusted clergyman, your doctor, or a therapist.

**9.Go Easy On Yourself**-Accept that you can't do things perfectly no matter how hard you try. You also can't control everything in your life. So do yourself a favor and stop thinking you can do so much. And don't forget to keep up your sense of humor. Laughter goes a long way towards making you feel relaxed.

**10.Eliminate Your Triggers**-Figure out what are the biggest causes of stress in your life. Is it your job, your commute, your schoolwork? If you're able to identify what they are, see if you're able to eliminate them from your life, or at least reduce them.

