



Welcome 2019!

New Year Resolutions

Do you make New Year Resolutions? This time of year always stirs the desire to set goals for the new year with the hope that this will be the year to make it happen.

Well at the risk of sounding pessimistic, most people do not reach those goals. In fact they usually quit a few days or weeks into the new year. But this does not have to happen to you!

Do you quit and give up and decide it is no use? Do you talk down on yourself for your sense of being weak? Well no more!

To avoid the negative feelings that go along with not making your goals, perhaps reconsider or reframe your thinking to thoughts of success. This reframing captures everyday as a new day to begin to reach

that goal. Consider that a goal is a journey or process that one may enjoy the journey as you work towards that goal.

Is your goal to lose weight, exercise, read more, or spend more time with your family? Making these goals happen takes diligence, commitment, perseverance as well as knowing that at times you may not be available, you may cheat or not exercise that day.

So, if that happens just give yourself grace for the day and know that tomorrow is a new day with a new opportunity to work on that New Year resolution!

What are your goals you want to achieve this year?



Interesting Dates in January



New Year's Day	1
J.R.R.Tolkien's Birthday	3
International Flower Day	19
Martin Luther King Day	21
International Hug Day	21
Mozart's Birthday	27
National Blueberry Pancake Day	28



Cheap Outdoor Activities To Get You Motivated for Winter

- Go ice skating.
- Build a winter bonfire and make s'mores.
- Rent some snowshoes and go snowshoeing.
- Go cross-country skiing.
- Go sledding.
- Build a fort and have a snowball fight or buy a snow block maker and build an igloo.
- Take a blanket and a cup of hot cocoa and sit outside on your front porch swing.
- Shovel paths in the snow.
- Feed the birds or go bird-watching. Make your own birdfeeders out of pine cones, peanut butter, and birdseed.
- Go ice fishing.
- Go on a winter picnic. Take blankets, sandwiches, and hot soup in a thermos.
- Take pictures of the winter landscape.
- Have kids or dogs? Set up an obstacle course in the yard with jumps, tunnels, and other challenges.
- Make snow paint with food coloring in spray bottle with water and go out and paint your yard.
- Investigate local activities to attend.

These are just a few of the many ideas. What are yours? Do you have special activities that your family does?

Of course it goes without saying but always protect yourself well in the cold weather.

<https://www.moneycrashers.com/fun-outdoor-winter-activities-kids-adults/>



Exercise for Mental Health

Have you considered lifestyle modifications as a way of improving your health and quality of life? All people as well as those with additional mental health issues or a serious mental illness have elevated risk of chronic diseases associated with a sedentary behavior and medication side effects.

Anxiety and depression are also reduced through activities such as aerobic exercises which include jogging, swimming, cycling, walking, gardening, and dancing.

With exercise there is an increase in blood circulation to the brain which affects the hypothalamic-pituitary-adrenal axis and thus causes a physiologic reactivity to stress. This then influences the limbic system, which controls motivation and mood; the amygdala

which generates fear in response to stress; and the hippocampus which is important part in memory formation as well as mood and motivation.

All of that said, physical activity helps with mental health by using distraction, self-efficacy, and also social interaction. Exercise also reduces anxiety, depression, and negative mood and will improve self-esteem and cognitive function.

Exercise has also the physical effects of reduced blood pressure, weight control, increased perceived energy levels and increased upper body and hand grip strength.

So how much is needed. This varies but a good rule to go by is thirty minutes of moderate intensity, such as a brisk walk for 3 days a week can be sufficient

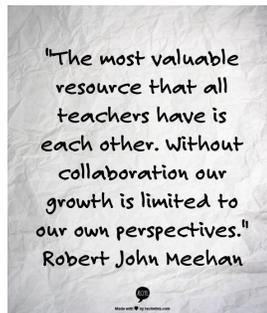
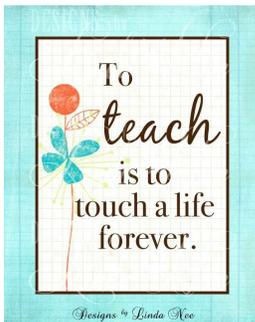
enough to show health benefits. This thirty minutes can be broken in to three 10 minutes walk as well.

So what other benefits are there?

1. Improved sleep
2. Better endurance
3. Stress relief
4. Improvement in mood
5. Increased energy and stamina
6. Reduced tiredness that can increase mental alertness
7. Weight reduction
8. Reduced cholesterol and improved cardiovascular fitness

Certainly something to consider when there are so many positive outcomes to exercise.

www.psychologytoday.com



5 Strategies for a Great Sleep

Struggling with a good night sleep is a challenge with today's busy way of life. Yet a good night sleep has far reaching results in overall health and quality of life.

So here are several ways to improve the quantity and quality of your sleep.

1. **Make your bedroom a sleep-only zone.** This means avoid work, phone calls, TV, and computer in your bedroom. Turn off your cell phone at bedtime to not be distracted by the sounds and the light.
2. **Make your bedroom a sleep-friendly zone.** This means to make it dark, turn off things that make noise and if necessary use ear plugs. Make your room temperature cool to help induce sleep. Perhaps con-

sider not having your pets sleep with you.

3. **Use simple relaxation techniques.** Breathe slowly and deeply until you fall asleep. Concentrate on relaxing one muscle at a time. Don't obsess about falling asleep. If not asleep in 15 to 20 minutes, then get out of bed and do a non stimulating activity like reading or muscle relaxation.
4. **Stick to a routine.** Go to bed and wake up every morning at the same time. This creates a natural sleep rhythm.
5. **Steer clear of foods, drinks, and activities that are known to interfere with sleep.** Avoid things such as caffeine, spicy and highly acidic foods, or exercising right before bed.



Great sleep is all about developing good sleep habits and keeping a consistent routine right bedtime is a great place to start.

<https://www.psychologytoday.com/us/blog/high-octane-women/201203/5-strategies-ensure-great-nights-sleep>



What are S.M.A.R.T. Goals?

S.M.A.R.T. goals are designed to provide structure and guidance through a project. This method is used to help identify what you individually or as a team want to accomplish.

I have attached a worksheet to guide you through the planning of your smart goals. Perhaps consider using it in the classroom.

There are many examples of various

S.M.A.R.T. goals worksheets on the internet to choose from and for various grades.

- **S**pecific (simple, sensible, significant)
- **M**easurable (meaningful, motivating)
- **A**chievable (agreed, attainable)
- **R**elevant (reasonable, realistic and re sourced, results-based)
- **T**ime bound (time-based, time limited, time/cost limited, timely, time-sensitive)

Healthy Boundaries Create Healthy Families and Relationships

Learning to establish boundaries is a critical part of human development. There are personal, emotional, mental, material, and physical boundaries. Setting boundaries teaches other people on how you want to be treated.

So what is a boundary? Essentially a boundary is rules and principals you live by and what you say you will or will not do or allow in your life. Yet setting these boundaries can be difficult if you have an overriding need to please others.

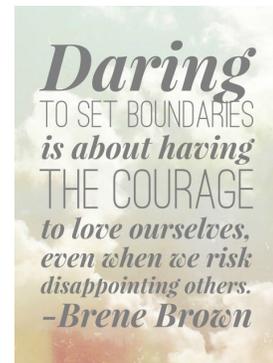
Teaching boundaries within the home begins with the parents having their own healthy boundaries. If you have not been taught healthy boundaries, there is a plethora of literature on line, at the library, or perhaps speaking with a coun-

selor can help you to understand and learn about what are your personal boundaries and how to live by them.

Boundaries work within the family by providing children the opportunity to feel heard, participate in family activities, and share in the decision-making which helps them to build the necessary skills to navigate the demands of life. In giving your child small areas of control within their lives, helps them to develop and exercise their "control" muscle that they will need as they grow. Teaching boundaries also helps to protect your child both physically and emotionally.

Caprock uses Jim Fay's Love and Logic to help establish those boundaries within

the classroom. The www.loveandlogic.com website gives plenty of information on how to parent in a loving and logical way.



Local Non-Profit Highlight STRIVE - People Supporting People

STRIVE is a local non-profit agency that offers a variety of services to help families, and support individuals with developmental disabilities. STRIVE is a partnership of people supporting people.

STRIVE provides services for families that need additional support in areas of child and family services. This includes infant/toddler early intervention services, family support services, the parenting place, and children's extensive support waiver. Additional services are residential services or supported living services and Audyssey autism services. These services can be minimal as well as extensive based upon your needs.

For more information about the STRIVE in Grand Junction, please check out strivecolorado.org.



One of the best ways to teach honesty is to live by the example of someone who chooses to be honest in their own life.

Caprock teaches honesty in much of the literature that students read.

There are many additional resources on the web such as teacherplanet.com and teacherspayteachers.com that have lessons to teach at home and in the classroom.



Core Virtues For January

Honesty and Justice

Honesty is truthfulness: loving the truth, telling the truth, and living truthfully in word and deed.



Caprock's Classical Education emphasizes different virtues each month to grow character and to cultivate a life-long love of learning for students.

How to Teach Justice.....

Treat people the way you want to be treated.

- Take turns.
- Tell the truth.
- Play by the rules.
- Think about how your actions will affect others.
- Listen to people with an open mind.
- Don't blame others for your mistakes.
- Don't take advantage of other people.
- Don't play favorites.

How do you teach or show examples of justice?



"All the great things are simple, and many can be expressed in a single word: freedom, justice, honor, duty, mercy, hope." – Winston Churchill



Name _____ Date _____ Class Period _____

SMART Goal Map

Directions: List the required information in the appropriate areas as indicated.

S	Make it S pecific	What do you want to accomplish?
M	Make it M easurable	How will you know when you have accomplished your goal?
A	Make it A ttainable	How can the goal be accomplished?
R	Make it R elevant	Is this goal worth working hard to accomplish? Explain.
T	Make it T imely	By when will the goal be accomplished?



