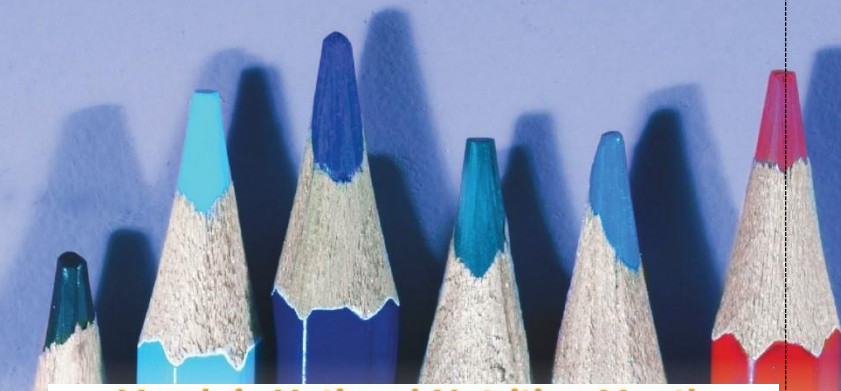


LCBOE Head Start March 2021 Nurse's Notes



Can you believe it is March already? This school year has really flown by. I would like to thank you all for your continued support this school year. LCBOE Head Start will be having a Spring Round Up Expo in April. For more information and to schedule your child's appointment, call 334-548-2145.



National Nutrition Month is a time to promote the benefits of eating a healthy diet and actions people can take to make healthy living easier. Helping to gain access to healthy foods and encourage small changes to daily routines can make a big difference for overall health.

SPRING FORWARD




Daylight Savings Time begins March 14th

PURPLE DAY

MARCH 26

~ Epilepsy Facts ~



Up to 50,000 deaths occur annually in the U.S. from seizure-related causes. **This is more than deaths from breast cancer.**

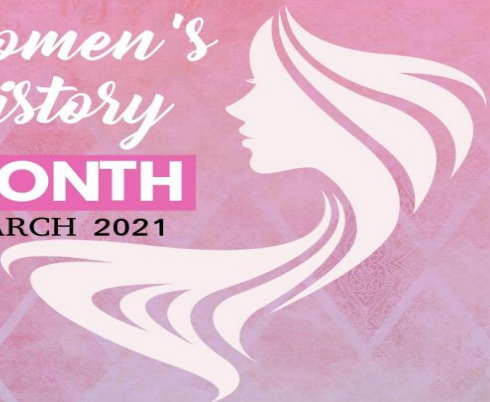
Yet how many people know what a **purple ribbon** means?

The mortality rate among people with epilepsy is **two-three times higher** than the general population and the risk of sudden death is twenty-four times greater.

Historically, epilepsy research has been **under-funded**. Federal dollars spent on research **pale in comparison** to those spent on other diseases, many of which affect fewer people than epilepsy.

Women's History MONTH

MARCH 2021



Honoring the accomplishments of Women

Nurse's Notes

TAKING CARE OF YOURSELF

During these difficult times, you may be experiencing different emotions. There are ways you can find balance, be aware of your needs, and make connections.

Think of self-care as having three basic aspects:

~**Awareness:** The first step is to seek awareness. This requires you to slow down and focus inwardly to determine how you are feeling, what your stress level is, what types of thoughts are going through your head, and whether your behaviors and actions are consistent with the who you want to be.

~**Balance:** The second step is to seek balance in all areas of your life including work, personal and family life, rest, and leisure. You will be more productive when you've had opportunities to rest and relax. Becoming aware of when you are losing balance in your life gives you an opportunity to change.

~**Connection:** The final step is connection. It involves building connections and supportive relationships with your co-workers, students, friends, family, and community. One of the most powerful stress reducers is social connection.

Mental Health



