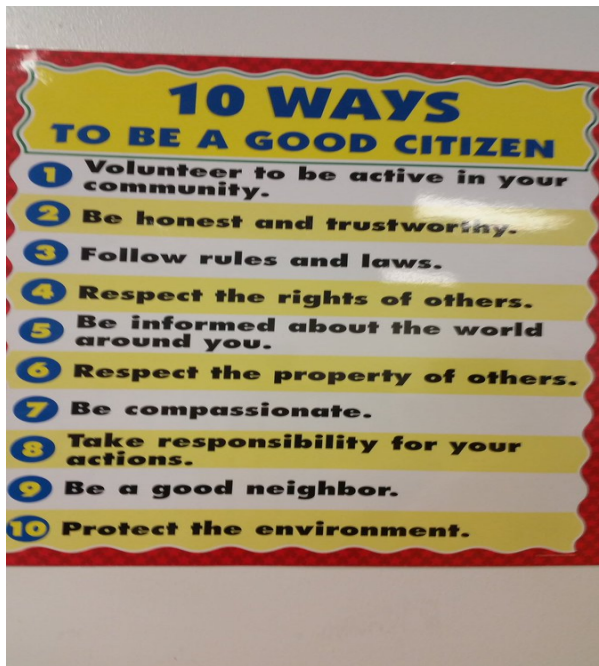


## 11~ 1 ~ Today is Mind-Day; Dedicated to Mindful Self-Care

We're all on a mission to achieve the goals that support our ideas about quality of life. Often our vision is narrowly focused on one aspect of our health, or a single personal, or financial goal. While we can't pay attention to all things at all times, it is important to think broadly about health and well-being.

- Create, follow, periodically review and update comprehensive goals to support overall health (emotional/psychological, physical, spiritual, and financial). Ensure self-care plans include nutrition for mind and body. We've all heard the expression, "garbage in, garbage out". That saying applies not just to the food we eat, but also the information we consume. Find reliable sources of information and seek qualified second opinions. Rely on critical thinking skills rather than the powerful influence of emotions to make the best decisions.
- It's election season! Support candidates whose words and actions together demonstrate a commitment to community health and well-being. Vote for mental and physical health advocates. Consider the role of government in ensuring that everyone has access to the necessities; quality physical and mental health healthcare, food, education, and transportation. These essential services can make the difference between thriving and failing communities. It's important that we think about our needs in conjunction with the needs of others, because when our community does well, we all do well. Individual health thrives in healthy communities.
- Choose candidates who are willing to work for constructive goals rather than just oppose the ideas and work of others. Consider the value of optimism and positivity over negativity and criticism, of being for something, rather than against everything. It's easy to criticize; much harder, but more beneficial, to work to make the changes we believe are important.



Whether citizen or resident, commit to doing your part to improve the health and well-being of our counties, states, nation, and world.



Good citizenship supports good health and community well-being.

You might wonder why the AEAP frequently focuses on National Health Observances. One of the biggest tools we have to fight health conditions is the power of human connection. That's why health awareness dates (months, weeks, and days) are so important: They rally us together to spread awareness and show support.

- Educational and fundraising events are often held at these times to create a ripple effect of positivity and empowerment for not only those living with health conditions, but their loved ones as well.
- We'll kick off November by recognizing National Family Caregivers Month. It shines a much needed light on the millions who work to provide care for family members in need because of illness or disability. Whether the need is temporary or chronic, caregivers experience tremendous stress as they work to ensure their loved ones receive quality care.
- National Family Caregivers Month provides resources for self-care, advocacy, and de-stressing for our caregivers. The month is dedicated to supporting these essential "workers" and honoring the critical role they play. This year's theme is "Caregiving Around the Clock."

- [National-Family-Caregivers-Month](#)
- [Az.org-Help-Support/Caregiving](#)

Be well,

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Manage stress effectively, practice mindfulness. Access resources here: [\*\*EAP Meditations\*\*](#)

[\*\*National Suicide Prevention Lifeline 1-800-273-TALK \(8255\)\*\*](#)

**Free and confidential support for people in distress, 24/7.**

