

## Mind Day – October 2021

October is Breast Cancer Awareness Month.

- It's an annual campaign to raise awareness about the impact of breast cancer. We can honor lives lost to breast cancer by promoting increased awareness to achieve early detection and better prevention.
- It's important to acknowledge that personal experience will often influence how someone responds to communication about any health campaign.
- "For some, Breast Cancer Awareness Month is a moment to celebrate empowerment, but for others it can be a re-traumatizing experience. Many may recall the traumatic moment of learning their diagnosis or the treatment they endured, how scary or uncertain that time was."
  - [NYT Article - Breast Cancer Awareness Month Anxiety](#)
- If you know a breast cancer survivor, be sensitive to how they might be feeling.
  
- Positive health steps we can all take include;
  - educating ourselves
  - completing all recommended screenings,
  - eating healthy
  - exercising regularly
  - paying attention to changes in our bodies.

AEAP encourages you to do what you can to reduce your risk factors for cancer and other illnesses. Healthy lifestyle choices truly make a difference in physical and mental health.

"Brain body research tell us that when we focus on gratitude, enjoy fun times, realize our limits, meditate, chill, imagine wonderful things happening, laugh, listen to inspiring music, read positive stories, and move into loving self-talk, we set off a positive shifting in the brain, which greatly impacts our body." (Center for Mindfulness)

While these are definitely challenging times, it is so important to our health and well-being that we take the time to appreciate all that is good in life.

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.**