

# A COMMUNITY OF WELLNESS

**NEWSLETTER 3 - APRIL 2020**

**Colby Dudal**

# STAYING POSITIVE IN NEGATIVE SITUATIONS

- (1) Having a positive support group is important for one's mental wellbeing. Being around or in contact with positive people will help you finish work and tasks more efficiently and it helps ease much of the anxiety and stress people are currently feeling.**
- (2) Express what we are grateful for. Even in these times, there are so many people and things in life we are grateful for. This could be family, friends, a good movie, a walk on the beach or anything else you enjoy! Actively acknowledging gratefulness will help you stay positive.**

# STAYING POSITIVE IN NEGATIVE SITUATIONS

- (3) Retrain your mind!** If you are the type of person who constantly has negative thoughts about yourself, try to take note of this and for each negative thought that comes to mind, replace it with a positive thought. By constantly talking yourself down, you do not do yourself any favors.
- (4) Exercise your body and mind.** Yoga, running and other physical activities don't just help exercise the body, it helps the mind too. Exercising is proven to release endorphins that help our brains feel better.
- (5) Accept and find solutions.** With change comes new issues and problems that need to be solved. By accepting that things will be different for a while and finding solutions together, our mindset will be less about feeling lost or confused and more about feeling accomplished that we are able to do our job just as well as we did before.

# EDUCATIONAL WEBSITES FOR KIDS

Across the internet, there are many free, fun and safe educational games for children of all ages. Here are a few of them:

**Scholastic** - Containing activities for Pre-K all the way up to seniors in High School, this website involves educational lessons in both unique and fun ways. The website's structure which has a specific lesson for each day makes this a really accessible site.

**Coolmath** - This website offers math games and interactive lessons for those ages 13 and up. Coolmath4Kids offers lessons for those 3-12 years of age. With specific websites geared towards teachers and parents, this website is a great resource.

**National Geographics for Kids** - This website involves quizzes, videos and numerous photos of cute animals. This website will not only educate, but kids will have fun exploring this interactive website.

# EASTER BASKET GENEROSITY

A HUGE thank you to our friend Heather Gray and her colleagues at Heather Gray Consulting and Therapy for their donation of 24 Easter baskets for kids served by Community Crossroads. Once again they proved that they are not only outstanding speech and language professionals but great people always giving back to their community. Check out their website at <http://www.grayconsultingnh.com>.

Also a big shout out to Kelly Judson and her amazing staff for organizing the pickup and delivery of the baskets. You all just made Easter a little brighter for some families during these uncertain times.

# EASTER BASKET GENEROSITY



# COOKING WITH CROSSROADS

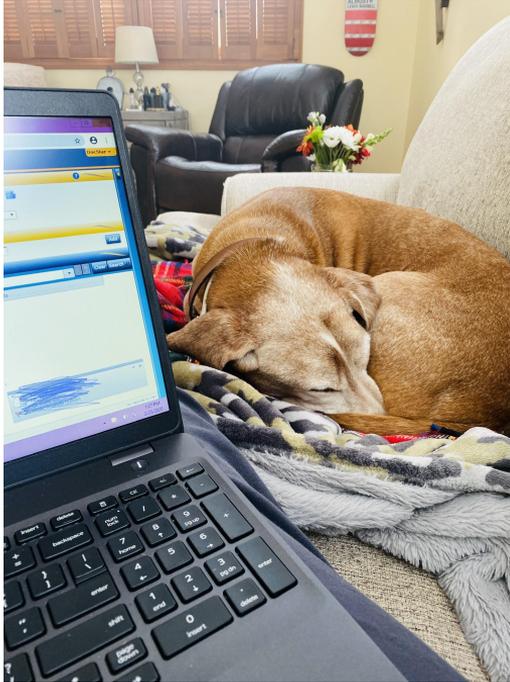
## Crystal's Quarantine Banana Bread:

4 Ripe bananas, mashed, 1/2 cup white sugar, 1/2 cup dark brown sugar, 1.5 cups all purpose flour, 1/4 cup melted salted butter, 1 egg, 1 teaspoon baking soda, A dash of freshly crushed sea salt

1. Preheat oven to 325 degrees , grease a loaf pan
2. Combine all wet ingredients plus the sugar in one bowl, and remaining dry ingredients (flour, baking soda, salt) in another. Once both bowls are thoroughly mixed, add the dry mix to the wet mix bowl slowly until the batter is just mixed. Pour into the loaf pan.
3. Bake in the oven for about 1 hour or until an inserted toothpick comes out clean.



# PETS OF COMMUNITY CROSSROADS



**Meet Harley, a Basset  
Hound! (Rochelle)**



**Meet Darrel the Gecko! (Jen  
Bertrand)**



**Meet Duke aka Dukey!  
A 10 year old  
Doberman. (Lisa  
Houde)**

# CHECK OUT OUR WEBSITE

[Meet the Board...John DeBaun](#)

[Meet the Board...Dawn George](#)



Ships don't sink because  
of the water around them;  
ships sink because of the  
water that gets in them.  
Don't let what's happening  
around you get inside you  
and weigh you down.