



Stay connected and stay healthy

Cotati Rohnert Park Unified School District

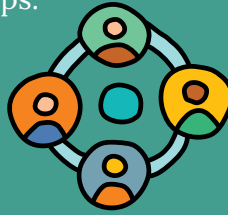


Social Connection and Health

Social connection is the feeling that you belong to a group or feel close to other people. It involves feeling loved, cared for, and valued, and is a foundation for healthy relationships.

Healthy connections can:

- Lower anxiety and depression
- Help balance emotions
- Encourage higher self-esteem and empathy
- Improve our immune system
- Help us recover from disease faster and may lengthen our life



Lack of social connection can be more harmful to our health than obesity, smoking and high blood pressure. Technology is one way to connect, but does not replace our need for contact with other people, nature and even ourselves. If you're feeling lonely, know you're not the only one. We all need connection.

Here are some ideas to connect with others:

- Join a club, or volunteer in the community.
- Reach out to an old friend you've lost touch with.
- Call or text a friend or family member.
It can brighten their day.
- Ask someone for help when you need it.
- Do a random act of kindness.
- Write a letter and send it to a friend or loved one.

Click here for more about [Connectedness and Health](#) and [Adolescent Connectedness](#)

Healthy Relationships

Some signs of a healthy relationship are that you feel respected, trusted, and encouraged. We feel good about ourselves when others show they care about us. The way we talk can help our relationships.

Positive communication tips are:

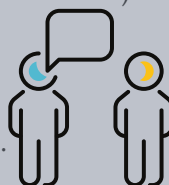
- Stay calm
- Find out feelings
- Exchange ideas for a possible solution
- Ask questions
- Express your own feelings using "I statements"
- Don't jump to conclusions

Some "red alert" tips that a relationship isn't a good one:

- You feel pressured into doing things you may not want to do
- You feel guilty or feel like you "owe" something back to the person
- The person reacts negatively (with sadness, anger or resentment) if you say "no" to something or don't immediately agree
- The person ignores your wishes
- The person threatens blackmail

If you think you need help, there are community resources.

[Verity](#) or [Sonoma County Resources for Teens](#)



HEALTHY EATING

Do you Wanna Build a Snowman?

Ingredients:

- bananas
- strawberries
- blueberries
- pretzels
- decorating gel & skewers



Directions:

1. Cut the banana into thick slices. Trim the stem from the strawberries and the cut in half to make hats. Cut the blueberries in half to make buttons.
2. To assemble, thread three slices of banana to each skewer followed by a strawberry hat and blueberry.
3. Stick pretzels to middle of banana to make arms.
4. Draw face using decorating gel

*Safety note: Please be careful when using sharp skewers.

GET MOVING

Better Together

The saying "Better Together" has been used countless times and applies for when we are working out too.



Tressa Bronner and Mary Niedererger walking together

The CDC shares three reasons to work out with a friend because you are likely to:

1. Feel more motivated.
2. Be more adventurous.
3. Be more consistent.

So, get out there and get moving with someone.

KEEP CALM AND...

Build Character

Character traits show others who we are as people and influence the choices we make in life. Developing good character takes practice, and patience. When we have good character, we can make the world a better place by treating each other well. Some positive character traits include:

- Being responsible.
- Being a hard worker
- Being honest.
- Having courage
- Showing kindness and compassion

In honor of Martin Luther King Jr's birthday here is what Kid President has to say.