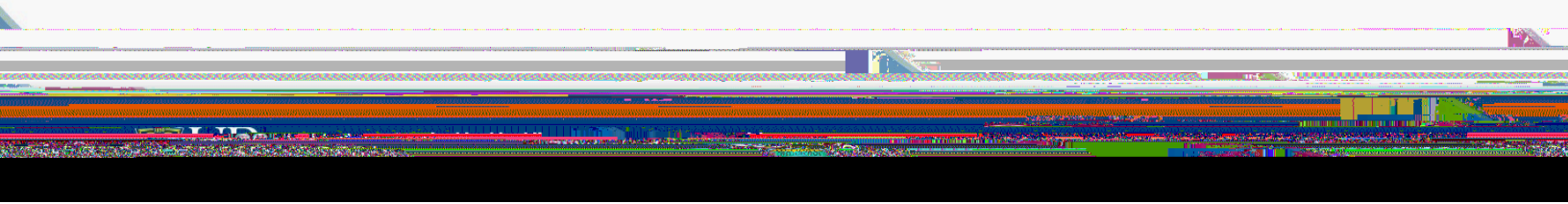
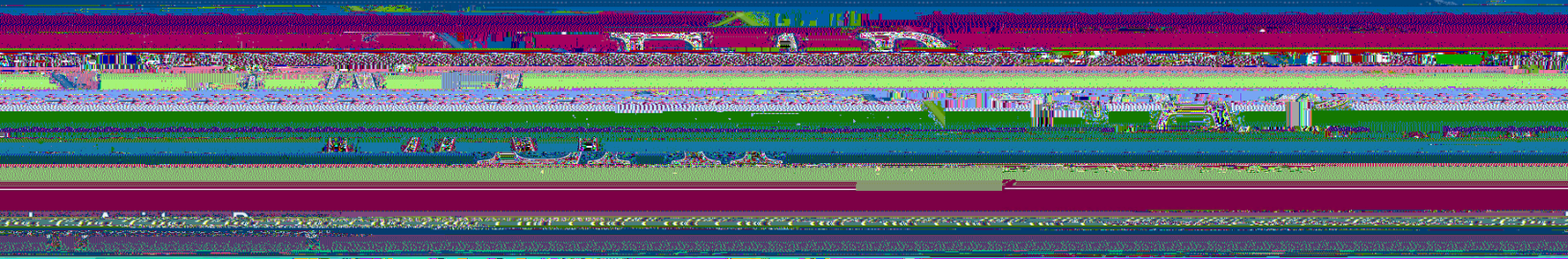


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School starts this month. Many parents worry about bullying in school. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose. Early intervention and prevention are possible with proactive communication. Children may resist sharing their victimization, so it is important to help the child not be afraid to speak up. Resistance stems

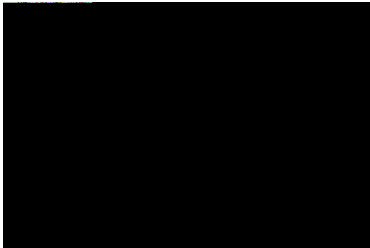
from fear that the bully will retaliate, embarrassment or shame about being bullied, or fear that the parent might recommend some action that would add to the torment. Some children's desire for independence may drive them to remain silent and deal with the



3. Appreciate and be grateful daily for the many things that are positive throughout the day. Be mindful that even little things are a win. (Got that great parking spot at the store!)
4. Seek out daily positive people or convey a positive attitude to influence another person.
5. End your workday on a positive note and leave the day behind as you enter your personal life.

There are many more routines you can create for self-care. See the resources below for ideas!

Resource: [Habits towards health](#), [Powerful Habits For a Life of Well-Being](#)



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You may want to consider seeking support when you experience persistent, overwhelming stress that you feel interferes with your daily functioning. Physical symptoms of stress such as headaches, gastrointestinal issues, or consistent sleep problems are also indicators that it is time to seek support. When stress is unmanageable, it will also negatively affect your relationships with your family, friends, and colleagues. %

Based on the signs mentioned above, it may be beneficial to reach out to the Employee Assistance Program (EAP) or seek additional support and resources. Doing so can provide you with the necessary help and tools, including lifelong skills, to better manage stress both now and in the future. %

Resource: [UR Medicine EAP](#)