"Stay Home, Stay Safe"

With cold and flu season upon us, it is important that we remain as safe as possible when it comes to the spread of Covid. We need to make sure that we continue to take precautions to stop the spread. As of Nov 8, Arizona reported 1880 new cases of Covid-19 and the virus is spiking across the nation. Prevention is key to stopping the spread, so wash your hands, avoid touching and large groups, stay home, clean and disinfect your house, and wear your mask.

What you’ll find:

Covid 19 - Reminders P.1
Monday & Tuesday P.2
Wednesday & Thursday P.3
Friday P.4
Motivation Monday

Who inspires you? Is there someone in your life within your circle of family and friends who know just what to say to motivate you to do great things? Or maybe it is the story of someone whom you never met, but their experience inspires you to pursue something greater in your life.

TRY IT TUESDAY

This Try it Tuesday is a little different because being a role model is not just a one day event. Being role model is a daily challenge to set the example for those who may need it. So for this Try it Tuesday, just try a few of these actions and start your path on being a great role model for someone.

Watch “Who Inspires You?”

Dyan deNapoli shares her experiences, her heroes and role models, and describes why finding the right motivation matters.

https://www.youtube.com/watch?v=kZfEFzf4Jec

13 WAYS TO BE A GOOD ROLE MODEL

Hey, Big Shot.
You don’t have to be a celebrity or a superstar to be a role model. Chances are if you’re a parent, teacher, coach, religious leader, or manager, you’re influencing people every day. Make it positive.

Set the Bar High.
Have high expectations for others and yourself. Avoid the tendency to adjust the target downward just to accommodate mediocrity.

Inspire Others.
When you’re a role model, every message you send is critical. Don’t wait for the stars to align to demonstrate good behavior.

Look in the Mirror.
Look to see if you’re sending the wrong message.

Stand for Something.
Good role models have the strength of their convictions. They believe what they say and say what they believe.

Walk the Talk.
Ensure that your words and actions are consistent.

Integrity Matters.
Good role models are open, honest, and trustworthy. Make sure to finish what you start and follow through on commitments.

Be Respectful.
Treat others as you want to be treated.

Believe in Yourself.
Be confident in who you are and what you represent. But balance that confidence with a dose of humility.

Hold People Accountable.
Don’t accept bad behavior. Speak up against abuses. Life isn’t a spectator sport.

Nobody’s Perfect.
Accept responsibility for your actions. When you make a mistake, admit fault and show you mean it by taking corrective action.

You’re Judged by the Company You Keep.
Surround yourself with people of high character and integrity.

Your Soul Is Not for Sale.
Listen to your conscience. That’s why you have one.
WELLNESS WEDNESDAY

Read this short article on ideas to grow teens into healthy adults.

https://apexbg.com/wellness-wednesday-growing-teens-into-healthy-adults/

THERAPEUTIC THURSDAY

BE A FITNESS MODEL!

Going for a pre- or post-dinner walk, staging an impromptu dance party or making a game out of household chores are a few ways to include your kids in a workout. Be a fitness role model for your kids so they too will enjoy exercising regularly.

MOVE IT MONDAY!