

# MSW Self Care Newsletter: April 2017

## Self Care Corner

Make your own emergency stress box

### Ideas!

|                        |                        |
|------------------------|------------------------|
| Stress Balls           | Candy or Chocolate     |
| Inspiring Quotes       | A Mug & Herbal Tea     |
| Pictures of Good Times | Essential Oil Balm     |
| Notebook & Pen         | Calming Glitter Bottle |

Also, include a list of relaxing activities!

|                     |                      |
|---------------------|----------------------|
| 4, 7, 8 Breathing   | Play a Game          |
| Color, Draw, Create | Take a Nap           |
| Watch a Funny Movie | Ditch Your Cellphone |
| Take a Break        | Write in a Journal   |
| Be in Nature        | Treat Yourself       |

### Your Favorites: Netflix Binge

Mary Bills:  
How to Get Away with Murder

Chris Strickland: The Office

Stephanie Word: Friends

Emani Mills:  
Malcom in the Middle

Dr. Banks: The Iron Fist

Jordan Knight:  
House of Cards

\*Indicates a Free Event

## Events in Athens

- 4/1- Opening Day, Athens Farmer's Market: Bishop Park, 8am-Noon\*
- 4/8- Terrapin Anniversary Carnival: Terrapin Brewery, 4:30pm-8:30pm, \$12
- 4/15- Live Music: GA Theater Rooftop, 7pm\*
- 4/20- 3<sup>rd</sup> Thursday Art: GMOA, 6-9pm\*
- 4/22- G-Day Game: Sanford Stadium, 2pm\*
- 4/22- Super Spring Saturday: Washington Farms, 10am-4pm, \$8
- 4/27- Reading Day!
- 4/28-4/30 Twilight Criterion: Downtown\*
- 4/29- Opening Day, West Broad Farmer's Market, West Broad School, 9am-1pm\*
- 4/29- MSW SFC @ Terrapin: 2pm, \$12