

RAISING RILEY NEWSLETTER

September, October, November

CONTACT US:

2101 Claflin Road
785-776-4779 Ext. 7663
Manhattan, KS 66502

Jan Scheideman
Program Coordinator
Ext. 7626

Elizabeth Mills
Family Engagement
Specialist Ext. 7641

Chelsea Manwarren
Community Outreach
Coordinator
Ext. 7636

Renee Berish
Early Childhood Facilitator
Ext. 7610

Theresa Keene
Early Childhood Facilitator
Ext. 7638

Denae Jones
Literacy Facilitator
Ext. 7638



Upcoming Trainings

- Bound Together with Love: Building Healthy Collaborations with Families
Monday, October 7th from 6 pm to 8pm
- Flip It
Saturday, November 2nd 9am to 12:30pm

Provider Socials

Raising Riley will now begin offering quarterly provider socials in place of our monthly provider support groups. Our provider socials will be a fantastic opportunity to network and interact with fellow providers. These gatherings are a great chance to share ideas, hopes, successes, challenges, and frustrations in a fun and engaging environment. We hope you will join us to connect, learn, grow, and most of all... have FUN!

Easy Mindfulness Strategies to Reduce Stress

Mindfulness activities can help adults manage stress, improve focus, and enhance overall well-being. Here are some activities you might find beneficial:

- **Mindful Breathing:** Spend a few minutes focusing on your breath. Notice the sensation of each inhale and exhale. If your mind wanders, gently bring your focus back to your breath.
- **Body Scan Meditation:** Lie down or sit comfortably and systematically focus on different parts of your body, from head to toe. Notice any tension or sensations without trying to change anything.
- **Mindful Walking:** Take a walk and pay close attention to the experience of walking. Notice the sensation of your feet touching the ground, the movement of your legs, and the sights and sounds around you.
- **Gratitude Journaling:** Take a few minutes each day to write down things you're grateful for. This can shift your focus from stress to positive aspects of your life.

- **Progressive Muscle Relaxation:** Tense and then relax different muscle groups in your body, starting from your toes and working up to your head. This can help release physical tension.
- **Visualization:** Spend a few minutes visualizing a peaceful scene or imagining yourself achieving a goal. This can help reduce stress and increase motivation.

Integrating these activities into your routine, even if only for a few minutes each day, can significantly impact your mental and emotional well-being.

