



WHAT IS STRESS?

Stress is your body's reaction to a challenge or demand. It is a feeling of physical and emotional tension. Stress can be positive, such as when it helps you avoid danger. It can be negative, often leading to other symptoms such as anxiety and/or depression. Stress can be acute or short term and it goes away quickly. Stress can also be chronic, or long term, in which it can lead to health problems. One thing is common with stress though, it can be managed with daily activities such as:

- Exercising
- Eating regular healthy meals
- Meditating
- Breathing exercises/mindfulness
- Writing in a journal
- Creating a sleep routine
- Reaching out to family or friends

Is your student interested in learning dance or want to take a dance class? Kingman Parks and Recreation are offering Fall Dance Classes beginning in August. For more information, please visit their website at www.cityofkingman.gov.

AUGUST IS FAMILY FUN MONTH

Spending time with your family is an excellent way to relieve stress, reconnect, and regroup from a long week of school and work. It is still summer and hot. The days are long so there is time to be outside. Here are some family friendly suggestions:

Have a picnic in the park

Play a game or sport in the park

Visit a museum. They are inside and educational. There is a couple of them in Kingman

Go for a bike ride

Family game night.

Visit the animals

Play show and tell

Play in the sprinkler

Go bowling.

Go on a family hike.

Have a movie night.



WHAT IS GOING ON IN THE COMMUNITY THIS MONTH?

Kingman Parks and Recreation are hosting a drive in movie theatre night. It is on Friday, August 26 at Southside Park in the lower parking lot near baseball field #2 and the Mohave County Animal Shelter. Concessions will be available. Times and movie to be determined.

WHAT IS DEEP BREATHING EXERCISES?

Deep breathing is a form of relaxation technique typically used in mindfulness/meditation. It helps calm the body down by slowing heart rate, lowering blood pressure, and sharpening focus. The amygdala are structures in the brain that regulate our emotional state causing the “flight, fight, freeze” response to danger or fear. Deep controlled breathing lessens the anxiety by overriding this response and gives back control to the reasoning part of the brain, the prefrontal cortex.

Here are the steps you can follow:

1. Get comfortable. Lie down or sit in a chair. Close your eyes.
2. Breathe in through your nose for five seconds.
3. Hold your breath for five seconds.
4. Breathe out through your nose for five seconds.
5. Focus on your breathing, focus on your stomach rising and falling.
6. Focus on your breathing, not on outside distractions.
7. Open your eyes, take a deep breath, and smile. End of exercise.

School Events

Don't forget, parent teacher conferences are August 24 and 25. Please contact your student(s) school to schedule an appointment. Remember, those days are minimal attendance. Please reference your school calendar regarding school times.

Does your student need a sports physical at no cost? Now is the opportunity, August 27 from 8am-12pm at Kingman Middle School.



MIND UP AND MUFFINS

KUSD is hosting a parent expo on the social emotional learning curriculum, Mind Up, currently in use in your student(s) elementary and middle schools. If you are interested in attending this informative workshop as well as enjoying muffins provided by the school district, please join us.

**When: Tuesday, August 16, 2022
6:30am to 8:30 am.**

**Where: District Office 3033
McDonald Ave.**

**Who: Everyone is welcome to
join us.**



WORLD HUMANITARIAN DAY IS AUGUST 27

What does it mean to be humanitarian? It is an act of helping those who are suffering. It means assisting those who do not have basic needs due to various circumstances such as poverty, natural disaster, or hardship. Anyone can be a humanitarian such as volunteering, donating items such as hygiene products and clothing, or making financial contributions to local charities.