

Hope Academy of NWA

Strive for progress, not perfection

QUOTES TO REMIND CHILD

"Learning is never done without errors and defeat." "You become what you believe"

REMINDERS

Drop off: 7:30-8:00AM

Pick Up: 2:50-3:15PM

*Please keep your child in the car until we come out at 7:30AM for safety- we want to make sure our staff is able to enter the building so they can prepare for the day before we welcome them inside

*Martin Luther King Jr Day (no school)- January 16, 2022

*Monthly, we have a fire drill. Make sure your child knows what the plan is at your house if there is a fire and the importance of sticking together

You do not have to attend every argument you are invited to

Nervous System Destroyers: A healthy nervous system is CRITICAL! If it's not healthy and happy, you won't be

Poor Blood Sugar: When blood sugar is chronically dysregulated, it places a huge load on the nervous system to create 'equilibrium' in the body. Avoiding sugar and eating balanced meals is the ticket. Consume protein and fat with each meal!

Poor Sleep: During deep sleep is when the nervous system reboots and repairs itself from the busy, and most likely, stressful day. Protect your sleep like your life depends on it. It does!

Overthinking: Most thoughts that we have signal the body to release stress hormones. Each time this happens the nervous system becomes stimulated. This is why breathing and meditation are so good for the nervous system. They allow it to rest and recoup.

Over Committing: Our society says that we need to do it all. This mentality is the cause of so many run down and compromised individuals. Learn when to say NO! No amount of doing makes you any more or less of a person.

Poor Breathing Patterns: Most humans breathe too much and they breathe too shallow. As a result of improper breathing patterns. The bodies survival mechanisms are triggered. Overtime, this leads to burnout and a taxed nervous system. Breath controls the nervous system. Breathing well is very calming to the nervous system

Social Media: Social Media is not supportive of our nervous system, no matter how you spin it. Neuroscientists are finding that this changes the brain and significantly compromises our mental health.

Over Exercising: Exercise is a stress and when done too often it can overly tax the nervous system. Muscle soreness more than a few times each week can overly stress the body.

Repressed Emotions: Avoiding emotions can cause them to become repressed. This triggers 'fight or flight' and places huge amounts of stress on the nervous system.

Unhealthy Boundaries: Set healthy boundaries and stop putting yourself in unhealthy and toxic situations

(From: somaticexperienceint on Instagram)