



# Newton South Wellness Newsletter



WORK PLAY REST



From the desk of...  
Alan Rotatori  
Wellness Director

**Wellness** is an active process of becoming aware of and making choices toward a healthy and fulfilling life. “A state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.” – The World Health Organization

**Welcome** to issue #2 of the Newton South Wellness Newsletter! The goal of this periodic publication is to educate, motivate and communicate the values of living a wellness lifestyle. Our department is dedicated to helping students, faculty/staff, and community members understand the effects of daily decisions and their impact on overall health and well-being. The newsletter is divided into three sections: wellness dimension focus, wellness in the news, and tips for living. Let’s get started!

**Wellness Dimension Focus – Emotional Wellness** – Emotional Wellness refers to the ability to be aware of and accept our feelings, rather than deny them, have an optimistic approach to life, and enjoy life despite its occasional disappointments and frustrations.

([https://wellness.ucr.edu/emotional\\_wellness.html](https://wellness.ucr.edu/emotional_wellness.html)) Emotional Wellness is a two-way street. We have to develop better skills and strategies to become more aware of our own feelings but we also have to get more “tuned in” to the feelings of others. Taking time daily to reflect can contribute to a better understanding of our emotional state of mind. What are your priorities in life? Are they in line with your values and morals? Are you finding ways to alleviate stress? Do you face adversity knowing that this is just part of life’s challenges? Do you see mistakes as an opportunity for growth? Is there balance (work, play, rest) in your typical day? Do you have meaningful relationships?

There are four factors of emotional intelligence according to experts Peter Salovey and John K. Mayer:

1. Ability to accurately perceive emotions
2. Ability to understand these emotions
3. Ability to use emotions in reasoning
4. Ability to regulate and effectively manage emotions

(<http://kisbyto.blogspot.com/2012/10/emotional-intelligence-and-wellness.html>)

Improving emotional wellness starts with a conscious effort to recognize, understand, accept and regulate emotions on a daily basis. It is not a place or a vacation trip that brings us to this understanding. The following statement helps clarify this concept.

“There is an Indian proverb or axiom that says that everyone is a house with four rooms, a physical, a mental, an emotional, and a spiritual. Most of us tend to live in one room most of the time but, unless we go into every room every day, even if only to keep it aired, we are not a complete person.” – Rumer Godden, “**A House with Four Rooms**”. Looks like we have some house cleaning to do! Start improving your emotional well-being today by leaving time for reflection. Just 10 minutes a day could make a huge difference.

## **Wellness in the news – Depression in Teens, Mental Health American Recognizing Adolescent Depression**

Adolescent depression is increasing at an alarming rate. Recent surveys indicate that as many as one in five teens suffers from clinical depression. This is a serious problem that calls for prompt, appropriate treatment. Depression can take several forms, including bipolar disorder, which is a condition that alternates between periods of euphoria and depression. Depression can be difficult to diagnose in teens because adults may expect teens to act moody. Also, adolescents do not always understand or express their feelings effectively. They may not be aware of the symptoms of depression and may not seek help. These symptoms may indicate depression, particularly when they last for more than two weeks: Poor performance in school; withdrawal from friends and activities; sadness and hopelessness; lack of enthusiasm, energy or motivation; anger and rage; overreaction to criticism; feelings of being unable to satisfy ideals; poor self-esteem or guilt; indecision, lack of concentration or forgetfulness; restlessness and agitation; changes in eating or sleeping patterns; substance abuse; problems with authority; suicidal thoughts or actions. Teens may experiment with drugs or alcohol or become sexually promiscuous to avoid feelings of depression. Teens also may express their depression through hostile, aggressive, risk-taking behavior. But such behaviors only lead to new problems, deeper levels of depression and destroyed relationships with friends, family, law enforcement or school officials. (<http://www.mentalhealthamerica.net/conditions/depression-teens>)

**Tips for living – “Don’t outsmart your common sense”, Lee Brice Lyrics, “Love Like Crazy”**



**”GOOD PEOPLE”**



From the desk of...  
Alan Rotatori  
Wellness Director



**Newton South High School  
Wellness Department**



**”GOOD PEOPLE” Program**  
*Fostering community one act of kindness at a time!*

**What’s it about?**

The “GOOD PEOPLE” program was created to recognize members of our community for their random acts of kindness. These acts are not behaviors or actions that are considered typical or expected but a sincere effort to help others. Holding a door for someone, picking up a piece of trash in the hallway, or saying “good morning” to someone are all very polite and nice gestures but are considered expected behaviors in our community. Volunteering to help at a soup kitchen, tutoring another student who is struggling academically, and supporting someone who is in crisis are acts of kindness that deserve recognition and help strengthen our community.

**What do I do?**

It’s easy! Complete the form below, save it, and send me a copy. [alan\\_rotatori@newton.k12.ma](mailto:alan_rotatori@newton.k12.ma). Make sure you put “GOOD PEOPLE” in the subject box.

**What happens after I nominate someone?**

I will be displaying all nominations on the “GOOD PEOPLE” wellness board. The board is located in the field house lobby, just look for the large smiley face! Each month I will choose recipients of the “GOOD PEOPLE” of the month award. This award will give recognition to one faculty/staff and one student.

**Your Name:**

**Name of nominee:**

**Reason for nomination:**

**\*See attachment for “GOOD PEOPLE” nomination form**



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## Newton South High School Wellness Department



**Well U** is a list of opportunities and/or resources for students, staff, and community members to enhance their health and well being. The list will be updated each time the Newton South Wellness Newsletter is published. If you have information on a wellness program or resources that would be beneficial to add to the list, feel free to contact me [alan\\_rotatori@newton.k12.ma.us](mailto:alan_rotatori@newton.k12.ma.us). Please put **Well U** in the subject box.

### **For the students**

- Badminton Club, Thursday J block, throughout the school year.
- Fitness Center, open for students, Monday-Thursday after school.

### **For the faculty/staff**

- AM Faculty Basketball, Tuesday and Friday, 6:15am to 7:15am, throughout school year.
- Fitness Center, open for faculty before and after school.

### **For the community**

Newton Wellness Coalition, <http://www.gettoknownewton.com/introducing-the-newton-wellness-coalition/>

(Well U Program is a work in progress!)