

ST. RAYMOND OF PENAFORT

HEALTHY OUTLOOK

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Find ways to calm down

Everyone feels stressed at times

When Ms. Yemichsou Chery-Paul, St. Raymond development director, is stressed out, praying makes her feel better, she said.

When he is stressed, Father Chris Walsh, pastor of St. Raymond Parish, said talking to his friends calms him down.

They're both doing exactly what they should do. Science says that you can use both of those methods—and more—to help relieve stress. Stress is what you feel when you are uncomfortable or worried, says KidsHealth.org, a health website for kids.

Reducing feelings of anxiety and stress help calm your mind but it can also help keep your heart healthy. Stress over a long period of time can contribute to many health problems such as heart disease, according to experts at the Mayo Clinic.

When he was interviewed recently, Father Chris said that what stresses him the most are people who don't do what they say they'll do. He also gets stressed when he doesn't "plan things well and I have to rush at the last minute."

(See Exercise on Page 2)

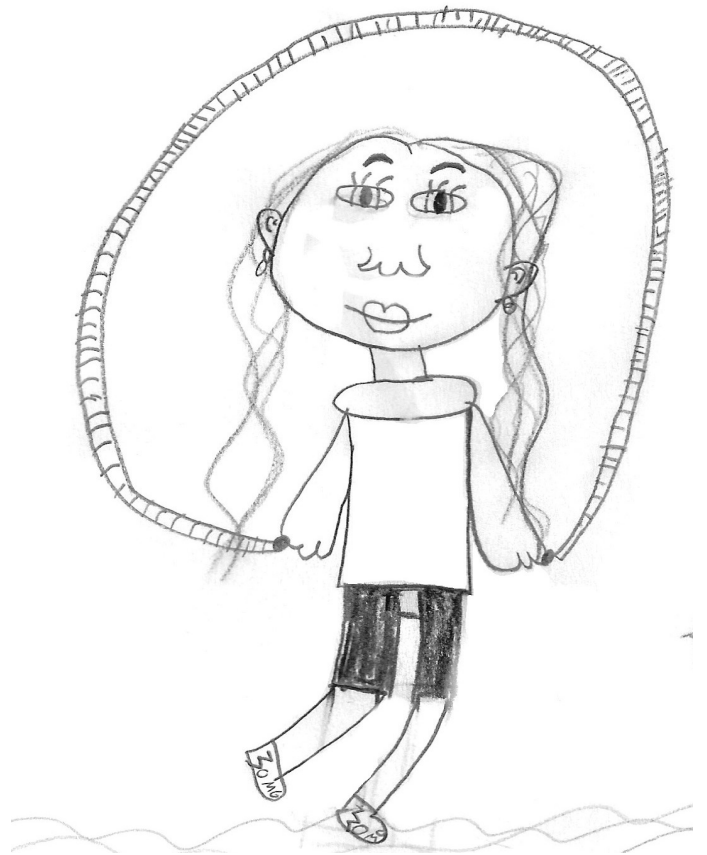


Illustration by Nia Searles

Exercise can help you calm down and feel more relaxed. It's also good for your heart. Kids should be active at least 60 minutes a day, according to health experts.

Try a dose of laughter to reduce stress

Laughing is a good way to reduce stress, according to experts at the Mayo Clinic.

Father Chris Walsh and Ms. Yemichsou Chery-Paul, the school's development director, use humor and laughter to lower their stress levels.

Father Chris, who is the pastor of St. Raymond of Penafort parish, is often joking and laughing. Ms. Chery-Paul, St. Raymond school's development director, said she loves to watch funny shows on TV.

There are studies that show they're doing the

right thing. Laughing can help your body make endorphins, a chemical that makes you feel good and helps relax your muscles, Mayo Clinic experts say. Laughter makes it easier to get through bad times and helps you connect with other people so you're not so alone, the experts say.

The *Healthy Outlook* found these jokes on several websites. Read them and write us a letter to say whether they made you feel better!

(See Do these jokes on Page 2)

Exercise can help reduce stress

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When he's anxious, he said, sometimes he'll call his friends and or has dinner with them. He said when he tells them what's going on, "it can make my stress level go down."

Being with friends even helps lower stress in kids. One medical study at the University of Utah found that when fifth and sixth graders had their best friends around during a bad day at school, they weren't as stressed as when they were alone.

Father Chris also likes to talk to God when he's worried and stressed. He said that when he does, his breathing slows down and he feels like God wants to help him. He says he sometimes goes into church and sits down in a pew "until I feel less stress."

Ms. Chery-Paul also prays when she's worried. What really helps her, she said, is to say the rosary. "It reminds me to rely on Mary to take my worries away," she said.

There are many medical studies that say that having faith, going to church, and praying can help you reduce stress. When you talk to God, it helps you

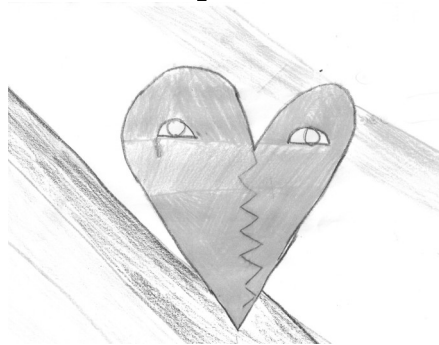


Illustration by Symir Perrin

feel like God is in control and you're not alone, according to some researchers. It's comforting and gives you a feeling of hope and strength. Both Father Chris and Ms. Chery-Paul said exercise helps them. Father Chris likes to walk and Ms. Chery-Paul stays active by doing yoga and playing soccer with her 3-year-old son, Gavin.

There are many scientific studies that say exercise is a great stress reliever. One doctor, writing for the American Psychological Association, said one way exercise works is by producing calming chemicals that help weaken the effect of stress chemicals on your body.

The *Healthy Outlook* staff asked both Ms. Chery-Paul and Father Chris for their advice for kids on dealing with stress.

Ms. Chery-Paul recommends that children "learn to put their faith in God, pray, and sing songs of worship."

Father Chris says kids should try to "do things right the first time, always do what you're supposed to do, and find something that helps you reduce stress."

—By Healthy Outlook staff

Do these jokes give you a belly laugh?

(Continued from Page 1)

Why did the cookie go to the doctor?

Because he was feeling crumbly.

Why did the tomato blush?

Because it saw the salad dressing.

Why is it a bad idea to tell secrets on a farm?

Because the potatoes have eyes and the corn has ears.

What did the father tomato say to the baby tomato?

Ketchup!

Why can't you tell a joke to an egg?

They might crack up!

What is an egg's favorite state?

Yolklohoma

—By Healthy Outlook staff; jokes identified by Gavin Brewer, Nia Searles and Laila Wicker

Joke sources: *thespruce.com*; *Yukonfromthegroundup.ca*; *Highlights Magazine*

Beat stress with these tips

These are some of the things that some *Healthy Outlook* reporters say help them chill when they're worried or stressed.

- ♥ Go the gym with my sister and do kickboxing.
- ♥ Read a book.
- ♥ Punch my pillow.
- ♥ Listen to music.
- ♥ Play with my American Girl dolls.
- ♥ Walk and play with my dog.

St. Raymond Healthy Outlook

The *Healthy Outlook* is a publication of St. Raymond of Penafort Independence Mission School in Philadelphia. Fourth grade student staff members include Jaela Bell, London Bennett, Daniel Blackstock, Gavin Brewer, Clarence Burleigh, John Coleman, Zachary Downing, Jameris Evans, Lailah Flemming, Jakar Fraiser, Tamara Furman, Malaysia Green, Antonio Hunt, K'ara Lumpkin-Bolton, Zatasja Lyle Lowery, Geeia Mahoney, Askia Manley, Dior Morgan, Nicole Nickens, Symir Perrin, Laila Savage, Nia Searles, Mekale Smith, Zekhi Stanford, Shyla Stout, Gael Wallace, Laila Wicker, Sienna Wilson, and Corey Worthly.

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