Student of The Month

**Student:** Danielle Rains, School Counseling

**How do you incorporate wellness into your life?**

I have a few ways I participate in self care. I like to watch Netflix, listen to podcasts, and audiobooks. It’s interesting and stimulating to my brain while also being passive and just listening. I love taking naps and cuddling with my cats. Additionally, I like taking walks with my husband and going hiking. I think hiking and immersing myself in nature is a really deeply healing and rejuvenating experience. It’s like pushing a reset button. I also like to make art and be creative as a form of self care but I don’t do that as much as I’d like to anymore.

**What self care tips do you have for others?**

Prioritize it and schedule it. Look at it as a necessity, because it is. My favorite quote about self care is by Audre Lorde: “caring for myself is not self-indulgence, it’s self-preservation, and that is an act of political warfare”.

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### May Community Events

- Make a Mess With Ms. Kelli: May 3 10:00 A.M. Blue Manatee Literacy Project Bookstore
- Cincinnati Flying Pig Marathon Weekend: May 3 12:00 P.M. Duke Energy Convention Center
- Bayley Fitness Boxing: May 6 12:00 P.M. Bayley Wellness Center
- Shape Up with Belly Dance: May 6 6:45 P.M. University of Cincinnati College of Applied Science
- Watercolor for Beginners and Beyond: May 7 6:30 P.M. Oxford Community Arts Center
- Sharing Ramadan: May 10 Miami University of Ohio
- Asian Food Fest: May 11 The Banks Cincinnati
- NAMI Walk Southwest Ohio 2019: May 11 9:00 A.M. Sawyer Point
- One World Cincy: May 17 7:00 P.M. Fountain Square
- OTR 5K: A Summer Celebration May 18 9:00 A.M. Washington Park
- Taste of Cincinnati: May 25 Downtown Cincinnati
- Bird Walk at Rowe Woods: May 25 8:00 A.M. Cincinnati Nature Center
- Eat & Runk 5K: May 26 10:00 A.M. Downtown Cincinnati

For more information and a full listing of events visit [http://events.cincinnati.com/](http://events.cincinnati.com/)
Self-Care While Traveling

- It’s easy to want to keep busy when you are on vacation, but stress can creep up. Schedule time to relax in your itinerary prior to leaving.
- While consuming alcohol may be something that you want to do, remember that added stress, sun, and different schedules than what you are used to can affect tolerance.
- Recognize when you have had too much sun. Heat stroke is very real!

Avoid Sickness

- Avoid the temptation to take a nap if you have jet lag. Eating during local meal times even if you don’t feel hungry will help with this.
- Increasing body temperature can help you get energy. Take a warm shower.
- Melatonin can be used as a natural sleep aid with doctor recommendation.
- Pack earplugs and eye masks for travel and hotel use.

Check the CDC website for any active health notifications before you travel.
- Bring a travel health kit with first aid and common medicines. Keep it in your carry on luggage.
- Fill any prescriptions prior to leaving and have enough for a few days beyond your trip in case you get stranded.
- Consider getting international travel insurance.

Hydrate

- Being on a plane accelerates thirst nearly twofold due to the compressed air. Take advantage of beverage services and buy waterbottles for travel.
- Traveling usually means being busy, or not following your normal schedule. This can mean forgetting to drink water. Set a timer on your phone or use one of the many apps available.
- Sun causes dehydration!

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