

April is National Stress Awareness Month!

Stress, if left unmanaged, can negatively affect nearly every system in the human body, and can impact mood and functionality. By participating in stress awareness month, we help to build a culture where mental health is valued, supported, and prioritized through the practice of coping strategies and self-care, reducing stigma, encouraging early intervention, and promoting resilience within your community!

Mental Health Crisis Lines:

- National Suicide & Crisis Lifeline: **Call or Text 988**, or call 1-800-273-TALK (8255)
- SAMHSA National Helpline: 1-800-662-4357
- National Mental Health Hotline: 1-866-903-3787
- The Trevor Project: Call 1-866-488-7386, Text 'START' to 678678
- NAMI Helpline for Peer Support for Teens & Adults: 1-800-950-6264
- National Sexual Assault Hotline: 1-800-656-4673

Free Social/ Support Groups:

- NAMI Virtual Recovery Mental Health Support Group – Meets via Zoom each Tuesday from 6-7:30pm (For details, email namibrevard@gmail.com)
- DBSA Online Support Groups – Meets daily via Zoom (visit dbsalliance.org/support)
- Good Company Gatherings – A free gathering to meet new friends and support each other – Meets on the 3rd Wednesday of each month from 6:30-8pm at the Moon River Café in Melbourne, FL.

APRIL STRESS MANAGEMENT CHALLENGE

			Review your schedule and obligations for this month to know what is coming up	Smile! Give yourself reasons to laugh or be silly today	Practice meditating for 5-10 minutes today	What are some of your personal goals? Write them down for yourself
Go for a walk today to clear your head and move your body	Give yourself a compliment today	Spend 15 minutes organizing a closet or cabinet	Recognize all of the ways that you are taking care of yourself today	Set aside 10-15 minutes to check in with your brain and your body today	Create or review a budget to reduce financial stress	Make plans with a family member or friend
Go to bed 30 minutes early tonight	Journal for 15 minutes today	Slow down today. Breathe. You're doing great!	Spend 15 minutes researching or reading about a topic of interest	Write out your morning and evening routine, and see if you want to adjust it	Declutter and organize a frequently used space in your home	Dabble in a hobby. Do something fun for yourself!
Spend time outside today. Take some breaths and soak in the sun	Use positive affirmations today. You are doing your best, and your best is enough!	Listen to your favorite music today. Dance or sing along if you're feeling up to it!	Do a brain dump and write out all of the thoughts floating in your head	List all of the positive things that happened today	Have a movie night and watch something new, or an old favorite!	Cook yourself your favorite meal, or take yourself out on a date
Disconnect from technology for the afternoon	Draw, color, or create something artsy today!	Call a friend or family member and catch up. Support is important!	Write down 3 things you like about yourself	Reflect on the month, and pick 3 habits that you want to keep doing next month!		

WHAT'S HAPPENING IN APRIL?

- **Apr 1st & 2nd** – Free concert at the Melbourne Auditorium at 6pm. MMB Concert Band Presents: Why So Serious – A Musical Romp.
- **Apr 1st** – Villon Comedy Open Mic Night; Free open mic comedy night, watch or perform at Villon Coffee Co in Downtown Melbourne from 8-10p. Occurs every Wednesday!
- **Apr 2nd** – Sunset Yoga; Free event at 6pm at Ryckman Park. Occurs every Thursday!
- **Apr 3rd** – Free Qi Gong Breathing Exercise Class & Drum Circle at the Cocoa Beach Public Library from 11a-12p to lower stress, increase focus, and find your rhythm!
- **Apr 3rd** – Easter egg hunt and movie night at Riverview Park in Sebastian. Pictures with the Easter Bunny starting at 530p, egg hunt at 645p (bring your own bag or basket to collect eggs), and showing 'Over the Hedge' at 715p.
- **Apr 3rd** – Kids Comic Club at Famous Faces and Funnies in Melbourne from 6-7p. Free craft, comic, and snack for all kids 12 and under.
- **Apr 3rd** – First Friday Flix at the Field of Dreams Baseball Field; showing The SpongeBob Movie at 6:45p. Free popcorn, bring your favorite snacks and drinks! Every 1st Friday!
- **Apr 4th** – Rummage Sale at Tony Rosa Community Center on Port Malabar from 8a-1p.
- **Apr 4th** – Cars & Coffee; Free event at Tint World Melbourne from 9a-12p. Take a stroll while looking at high-end, exotic, custom cars, and more! Every 1st Saturday!
- **Apr 4th** – Free Tai Chi class at Suntime/Viera Public Library from 9:30-10:30a. Every Thursday!
- **Apr 4th** – Free adult writer's group at the Melbourne Beach Public Library from 10:15a-12:15p.
- **Apr 4th** – Master Gardener Clinic at the West Melbourne Public Library from 1-5p. Ask the experts about your plant or landscaping projects and challenges. Every 1st Saturday!
- **Apr 9th** – Free mini golf at the Melbourne Beach Public Library from 2:30-5:30p. All ages!
- **Apr 10th** – Treats, Beats & Eats at Palm Bay City Hall from 5-8p. Enjoy live music, food trucks, vendor tables, and family-friendly activities.
- **Apr 11th** – Team up with the City of Rockledge and Keep Brevard Beautiful for a community-wide cleanup event. Meet at Rockledge City Hall at 8am for registration and pre-cleanup snacks, and give back to your community. Students can also earn volunteer hours!
- **Apr 11th** – Downtown Melbourne Botanical Fest from 8a-4p with local food and art vendors
- **Apr 11th** – 13th Annual Vero Beach Spring Art & Craft Festival at the Indian River County Fairgrounds from 10a-4p. Free entry & free parking!
- **Apr 11th** – Community Yarn Swap at Moonstruck Market from 12:30-3:30p. Bring your unused skeins to trade in and update your stash and get "new to you" yarn!
- **Apr 11th** – Read to a dog – For children in K-4th grade, come practice your reading skills by reading to therapy dogs in training at the Eau Gallie Public Library from 2-3p.
- **Apr 11th & 12th** – Cocoa Beach Air Show featuring the US Navy Blue Angels! Tickets available for purchase to attend on the beach.
- **Apr 12th** – Melbourne Toy and Comic Con at the Melbourne Auditorium from 10a-5p. Over 60 vendors with toys, comics, art, and more! **Tickets are \$10**, kids 10 and under are free.
- **Apr 15th** – Free Balance & Fall Prevention Course through Health First at Palm Bay Hospital in the 1st floor auditorium from 4-5:30p. Register online!
- **Apr 16th** – Cine-mania Free Movie: Onward. At Satellite Beach Public Library at 3:30p.
- **Apr 17th, 18th & 19th** – Grant BBQ Festival at 4580 1st Street in Grant
- **Apr 18th** – Earth & Arbor Day Celebration at Riverview Park in Sebastian from 10a-3p with live music, raffles, kid's activities, local business and food vendors, art show, and more!
- **Apr 19th** – Free Ranger-Led Tour of Turkey Creek from 10-11a. Every 1st & 3rd Sunday!
- **Apr 22nd** – Drop in and use the Creative Lab's sewing machines for your personal project at the Catherine Schweinsberg Rood Central Library in Cocoa from 10a-12p.
- **Apr 22nd** – Free VITAS Grief support sessions at the Cocoa Beach Public Library from 11a-12:30p in the Captain's Room. 2nd & 4th Wednesdays!
- **Apr 25th** – Crochet Club at Foundation 451 Banned Book Library in Rockledge from 12:30-2:30p. Come learn how to start or work on a personal project while socializing!
- **Apr 25th** – American Cancer Society "Relay for Life" walk at Coca Riverfront Park from 3-8p to raise funds and awareness for cancer research.
- **Apr 29th & 30th** - Melbourne Community Orchestra presents free concert: Conductor's Choice, at the Melbourne Auditorium from 6:15-9p.
- **Don't forget to check online for other local events through city event calendars, local library event calendars, or social media!!!**

April Journal Prompt:

Create a stress inventory. Reflect on what specific situations, experiences, people, or circumstances make you feel stressed and why. Identify which stressors you can control, and which you cannot. Review your daily routine. Are there any habits that raise your stress levels (i.e., procrastination, poor time management, lack of boundaries, overthinking, etc.)? How might you change or adjust these habits. How does your body physically react to stress, and what physical symptoms or sensations do you notice? Consider your support system. Who can you reach out to when you are feeling stressed, and what can those people do to help you feel less stressed? Take time to write your future self a letter or message that you can read when you are feeling stressed. Offer yourself positive words of encouragement and advice on how you would like to manage your stressors when they arise.

April Mental Health Book Recommendation:

"The Stress Book: 40+ Ways to Manage Stress & Enjoy Your Life"

~ By D. Terrence Foster, MD

April Monthly Self-Help Tool:

The 'Mindfulness Coach' app is a free mobile app created by the Department of Veterans Affairs that provides a self-guided mindfulness training program, including education, breathing exercises, coping and relaxation skills, and more!

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