

KĀKOU CONNECTION

February 2022

Kākou in Hawaiian means "we are all in this together." As we continue to overcome challenges, it is our hope that this newsletter will provide you with valuable resources and information to guide you along the way. This is a joint collaboration of the DOE Central District's School Social Workers and Human Services Professionals. Let's remain connected and support one another!

FEBRUARY IS AMERICAN HEART MONTH

<https://www.nih.gov/health-information/your-healthiest-self-wellness-toolkits>

The National Institutes of Health provides ways to stay healthy. Each person's "healthiest self" is different. Use our wellness toolkits to find ways to improve your well-being in any area you'd like.



ST. FRANCIS HAWAII – FREE CLASSES

<https://mailchi.mp/stfrancishawaii/february-2022-classes>

St. Francis Hawai'i offers FREE classes! Enjoy gathering with others at informative virtual and in-person sessions provided by local experts. Classes offered include yoga, tai chi, eating healthy for your kidneys, and so much more!



ASSISTANCE PROGRAMS

Council for Native Hawaiian Advancement (CNHA) - Rent and mortgage assistance
<https://www.hawaiiancouncil.org/kokua>

Department of Human Services (DHS) - Child care subsidies, medicaid, and food and financial assistance
<https://health.hawaii.gov/bhhsu/rg/dhs-assistance/>



NO SHAME GET HELP

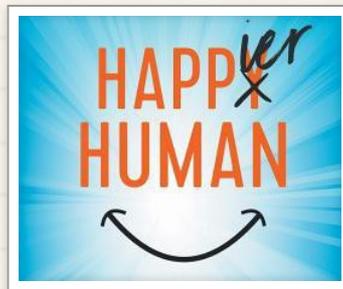
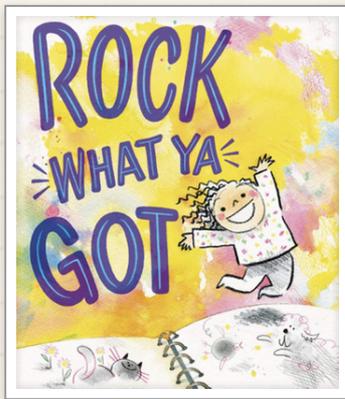
<https://www.noshamegethelp.org/>

No Shame Get Help is a product of Mental Health America of Hawai'i. If you or someone you know needs help with mental health issues, please reach out to the resources provided. Help is available 24 hours a day, 7 days a week.

LOVING YOURSELF IN THE MONTH OF LOVE!



Also known as "self-love," it means that you accept yourself fully, treat yourself with kindness and respect, and nurture your growth and well-being. This can mean something different for each person because we all have many different ways to take care of ourselves. Here are some resources that nurture self-love for you and your family!



15 BOOKS THAT TEACH KIDS TO LOVE THEMSELVES

<https://www.mommyshorts.com/2019/02/15-books-that-teach-kids-to-love-themselves.html>

The books on this website feature kids dealing with naysayers, bullies and their own self doubt. Each story teaches our children how to be comfortable in their own skin and love themselves unconditionally. And hopefully reminds them to keep their own name on the list of people they love.

7 SELF-ESTEEM APPS TO GIVE YOUR CONFIDENCE A DAILY BOOST

<https://www.happierhuman.com/self-esteem-apps/>

Improving your self-esteem is one way to take better care of yourself. Happier Human compiled a list of the best self-esteem apps that can help you gain confidence on a consistent basis:

- CBT Tools for Healthy Living
- Build Confidence
- Happier
- ThinkUp
- Shine
- Simply Being
- HelloMind

LOUISE HAY – POSITIVE AFFIRMATIONS

<https://www.louisehay.com/affirmations/>

Louise Hay is known as one of the founders of the self-help movement. Through her positive philosophy, millions have learned how to create more of what they want in their lives, including more wellness in their bodies, minds, and spirits. Here are some beautiful and meaningful affirmations to uplift your day!

28 DAYS TO MORE

Self Love

Practicing self love helps reduce stress and emphasizes positive body image, inspires better physical health, and so much more. To help inspire you, we've created a 28-day challenge focusing directly on self love. Each day, check each of these items off the list – and by the time March comes, carry over your favorites. Self love shouldn't stop at the end – if anything, you should be inspired to practice some of these self love routines all year long.



DAY 1

Take a deep breath once an hour

DAY 2

Stretch and meditate

DAY 3

Journal for 15 minutes

DAY 4

Clean out your closet

DAY 5

Stop procrastinating

DAY 6

Make yourself an amazing dinner

DAY 7

Go on a long walk



DAY 8

Buy yourself some flowers

DAY 9

Do something you love

DAY 10

List all of your accomplishments

DAY 11

Keep a food journal

DAY 12

Drink more water

DAY 13

Start learning a new skill

DAY 14

Have a spa day

DAY 15

Write a positive note on your mirror

DAY 16

Spend a day off social media

DAY 17

Enjoy your favorite dessert

DAY 18

Sleep in with no alarm

DAY 19

List your short & long term goals

DAY 20

Book a day trip

DAY 21

Say no to something

DAY 22

Diffuse essential oils

DAY 23

Do something that makes you laugh

DAY 24

Go phoneless for all 3 meals

DAY 25

Organize your workspace

DAY 26

Compliment yourself during the day

DAY 27

Evaluate your morning routine

DAY 28

Write a letter to your future self

ME + ME



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CHOCOLATE STRAWBERRY KABOBS

<https://www.iheartnaptime.net/dessert-kabobs/>

Simple, easy and delicious! You can also add other fruits or pound cake cut into squares to your liking.

Ingredients

- 24 strawberries
- 12 large marshmallows
- 12 brownie bites, I bought them pre-made
- Hot fudge sauce or melted chocolate, for drizzling
- Mini skewers

Instructions

- Wash and cut the tops off the strawberries. Place on a paper towel to dry.
- Place the strawberry, marshmallow and brownie bite through a skewer. Place on a plate or wax paper.
- Warm fudge sauce, or melt chocolate in the microwave. Then drizzle over the kabobs. Place in the refrigerator until ready to serve.

