



— **Need a Break From Summer Break?** —

It's that time of the year again! Welcome summer-time! Kids are out of school and you may be planning for vacation, summer activities, visiting family and/or hosting gatherings. On top of all the summer time fun, you also still have regular obligations to take care of. In a recent survey conducted by SleepRate, a third of Americans reported that they find themselves more stressed during the summer months than any other season of the year. We must remember that stress and anxiety can have a negative impact on our physical and mental health. It is important to take the time to relax and know when it's time to take a break. Of course, it's easier said than done, but read along for a few techniques on how to relax this summer!

- 1. Exercise** - Exercise can help improve your mood and general well-being. It helps release physical tension in the muscles as well as relax the mind, improve memory and can also result in better sleep.
- 2. Yoga and meditation** - Practicing yoga improves balance, endurance, flexibility, and strength, while meditation can help keep the mind sharp and relieve stress and anxiety.
- 3. Humor** - Laughing helps release tension. Find time to enjoy company with friends, enjoy a funny movie, tell jokes with the kids, etc.
- 4. Change bad habits** - Think of habits that generally cause you stress and anxiety and find a way to make a positive change. If you tend to be late or procrastinate - get organized, plan ahead and prepare.
- 5. Take time for yourself** - Get a massage, go for a walk, enjoy your favorite hobby, etc. Make sure to do something that helps you relax.

**6. Think positive** - Change negative and stress inducing thoughts. Ask yourself this common question: Do you see the glass half full or half empty? Remember that you can see situations in many different ways, so train yourself to think positive! Find solutions, not problems!

**7. Eat healthy foods** - Avoid junk and sugary foods. Foods like complex carbohydrates, that contain soluble fiber can slow the absorption of sugar into your bloodstream and increase serotonin, the "feel good" chemical.

**8. Control your breathing** - This technique has been shown to reduce stress and increase alertness. Find a quiet, comfortable place. Breathe in slowly through your nose, allowing your chest and lower belly to rise as you fill your lungs. Then breathe out slowly through your mouth. Try it every day for 10 to 20 minutes.

**9. Get support from those around you** - Ask your loved ones to help! Those around us may not know that you need help. You'd be surprised how much everyone actually wants to help. Sometimes your stress and anxiety affect those around you just as much as it affects you!

Many of you may already use several of these techniques in your daily routine. Just make sure to be aware of your stress level and find ways to enjoy the summer in a healthy and positive way! Think about what you are able to control as a first step to getting where you want to be. Not only will these techniques get you through the summer, but they will also lead you to a healthier lifestyle.

*"If you can solve your problem, then what is the need of worrying? If you cannot solve it, then what is the use of worrying?" – Shantideva*

**News & Events**

- **Happy 4th of July!**
- **3C's Caring Hands Back to School Family Event**  
 Bringing awareness to special needs individuals  
 Saturday August 28  
 Senter Park -228 Chamberlain St  
 Irving, TX 75060 - 2 pm - 4 pm
- **Journey Fest Pool Party**  
 Saturday, July 14  
 Contact JourneyFEST via Facebook to RSVP and for more details.  
[www.facebook.com/JourneyFESTorg/](http://www.facebook.com/JourneyFESTorg/)
- **Celebrating Independence: ADA Anniversary**  
 Thursday, July 26 - 6:30 - 8:30 p.m.  
 1325 8th Avenue Fort Worth, TX  
 Hosted by The Self Determination Group and Arc  
 - Register for free at [www.eventbrite.com/e/celebrating-independence-ada-anniversary-tickets-47241929884](http://www.eventbrite.com/e/celebrating-independence-ada-anniversary-tickets-47241929884)
- **Pump It Up Sensory Open Jump**  
 Reserved for kids with (all) special needs and their families only!!  
 Monday, August 20  
 9201 Forest Lane, #Ste 100 - Dallas, 75243 - 6 pm - 8 pm
- **AMC Sensory Friendly Films**  
 July 10, 15, 24 and 28  
<https://www.amctheatres.com/programs/sensory-friendly-films>
- **Dallas Children's Theatre Sensory Friendly Shows**  
 How I Became a Pirate  
 July 7 - 1:30 pm  
<https://www.dct.org/sensory/>

## Resources

### • **VIVA Pediatrics Resources**

In an effort to help our families, we constantly strive to provide them with relevant and helpful resources and information. Visit our resources page online at: [www.vivaped.com/resources](http://www.vivaped.com/resources)

For current events visit us on Facebook. [www.facebook.com/VIVAPeds](http://www.facebook.com/VIVAPeds)

### • **Care Starter App**

The Connections App is a complete resource guide for families of kids, teens and adults with special needs. Their goal is to help you find providers, organizations and other resources in your community to help you along your path of care. Download the CareStarter App now! [www.carestarter.co/connectionsapp](http://www.carestarter.co/connectionsapp)



### • **The Parker Lee Project**

The Parker Lee Project is a non-profit organization dedicated to helping families of children with medical needs obtain the necessary supplies & equipment, education, and support they need. While most supplies are covered by insurance, some are not, or not enough supplies are provided. If you have a need for medical supplies or have supplies to donate, please visit their website at [www.theparkerleeproject.org](http://www.theparkerleeproject.org)

### • **Texas Star Kids**

The Texas' Star Kids mandate threatens the lives of our weakest and most vulnerable little citizens. Join us in standing up for those who have no voice. Click this link to sign up: [www.facebook.com/ProtectTXFragileKids](http://www.facebook.com/ProtectTXFragileKids)  
For more info visit: [www.protecttxfragilekids.org](http://www.protecttxfragilekids.org)

### • **Thrive Magazine**

Need Resources for your child with special needs? Thrive Magazine shares resources and stories of other families in the DFW area who are living and thriving with special needs. [www.dfwchild.com/thrive/directory](http://www.dfwchild.com/thrive/directory)

### • **Recognize a VIVA Star**

Viva Pediatrics has an Employee Rewards and Recognition Program to thank and recognize employees that go "above and beyond". Both employees and patient families are welcome to recognize a VIVA employee! Call one of our offices and let us know if a VIVA employee has gone above and beyond!



## Get Healthy with Giggles

### Stay Hydrated!

Summertime has arrived in Texas and the heat is stifling, muggy, sweltering, and just plain HOT. Giggles is all about fun in the sun, but he wants you to know how to be safe as the heat index rises. The number one thing we all need to do is HYDRATE. Did you know that Infants and children are more susceptible to dehydration than adults? Children's bodies contain more water than adults, they also have underdeveloped temperature regulation systems, and they often don't freely consume enough fluids to stay hydrated. Certain medications and medical conditions can also interfere with a child's ability to stay hydrated. Be sure to ask your child's doctor what their adequate fluid intake for the day is during the summer, or during periods of high activity. Setting a family goal of how much to drink in the a.m. and p.m. can be fun tasks and helps form good habits moving forward. Giggles likes to stay hydrated with water, juicy fruits and vegetables like grapes and cucumber, and be eating popsicles from time to time. What are your favorite ways to hydrate?

- Jennifer Ward, BSN, RN

## Food for Thought



### RED, WHITE & BLUEBERRY TRIFLE

#### Ingredients

- 0 oz angel food cake, cut into 1-inch cubes\*
- 2 pints strawberries, sliced
- 2 pints blueberries

#### For the cream filling:

- 6 tbsp fat-free sweetened condensed milk
- 1 1/2 cups cold water
- 1 (4 oz) package white chocolate or cheese-cake instant pudding mix
- 12 oz frozen whipped topping, thawed

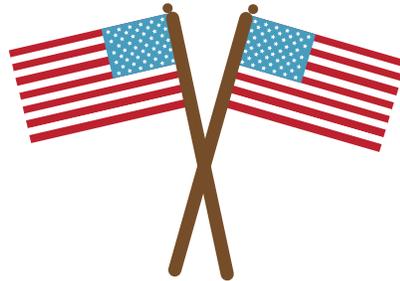
#### Directions:

Whisk the condensed milk and water in a bowl. Whisk in the pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set; fold in the whipped topping. Arrange half of the cake in the bottom of a 14-cup trifle dish. Sprinkle evenly with a layer of blueberries. Spread half of the cream mixture over the blueberries and gently spread. Top with a layer of strawberries. Layer the remaining cake cubes on top of the strawberries, then add more blueberries and top with the remaining cream mixture. Finish with the remaining strawberries and blueberries, arranging them in a pretty pattern. Cover and refrigerate at least one 1 hour.

*Enjoy!*

\*www.skinnytaste.com

What did one flag say to the other?



Nothing. It just waved.



Just for Giggles!