

NOVEMBER 2020

WOW-E

The official newsletter of
Working on Wellness Environments

WHAT IS INSIDE

HAVE YOU CHECKED
YOUR BATTERY TODAY?

GRANT OPPORTUNITIES

RESOURCES



WELCOME!

BY VALERIE JAUREGUI

Welcome to another issue of the Working on Wellness Environments newsletter. In this month's issue you can find a piece on a tool used for self-care. Additionally, find resources that are helpful during COVID-19 as well as grant opportunities that can be useful in your community. As always, please reach out to us if you have any feedback or additional questions at valeria.jauregui@ag.tamu.edu





BATTERY CHECK

BY: VALERIE JAUREGUI; INTERVIEW BY: KAILEY STRACK

Check Your Battery
How are you currently feeling?

Feeling great!
Keep meeting your needs and practicing self-care.

Feeling good!
How can you maintain the levels you're currently at?

Feeling okay.
How can you make your day a tiny bit better?

Meh.
How can you love on your -self today? Be extra kind to yourself.

Struggling.
Practice triage. What area of your life is suffering the most right now? Focus on that one area today.

I'm empty.
Pinpoint what's draining you and try to create a boundary & then do one thing that fills you up.

BlessingManifesting

For the past 8 months, COVID-19 has impacted the lives of Texans. In the midst of uncertainty and adjusting to new normalcy, we often forget to check-in with our mental health, our energy level and those of our community team members. Texas A&M Agrilife Extension's Dr. Lakshmi Mahadevan introduced the Working on Wellness Environments team to the importance of using the battery check to assist with self check-ins.

The Battery Check was posted at [blessingmanifesting.com](https://www.blessingmanifesting.com) by this social media blogger to check-in for self-care purposes and know when and how to recharge. Dr. Mahadevan has adapted the graphic into a tool for use in early child-care conferences and in the local community. Dr. Mahadevan suggests the battery check is useful because it is very visual. Finding the words that explain how we feel can be difficult, but having a visual can help us find those words. The battery check should be used as needed and could be helpful to gauge communities and audiences. For personal use, the battery check can bring awareness; knowing when you need time to regroup for your mental health.

SELF-CARE BATTERY

What **recharges** you? What **depletes** you?

↕

What's your charge today?

www.BlessingManifesting.com

The battery check can help you check-in with your communities or audiences, the battery check can be used as an ice breaker or even a teaching tool if you are using as a way to check-in with people. Dr. Mahadevan says silence after introducing the battery check is not uncommon and, it is okay if someone isn't participating. When working in large groups, the battery check can be used as a self-check breakout activity.

Finally, the COVID-19 pandemic has made it especially important for self and community check-ins. When talking to groups and they are open to discussing how they are feeling, Dr. Mahadevan suggests reassuring and reaffirming that this is a safe space and everything mentioned will remain confidential. It is important to be empathetic and give everyone time to respond if they do not feel comfortable sharing at the moment. For additional information about mental health and .

GRANT OPPORTUNITIES

EDUCATION LEADER GRANT OPPORTUNITY

No Kid Hungry is offering a grant opportunity to support the efforts of school district administrators, including school boards, superintendents, CFOs, etc., in working to increase district-wide food access to their student body via collaboration with neighboring school districts, community organizations, non-profit partners, and local government agencies. Grants of up to \$75,000 will be given to facilitate partnerships. Find more information [here](#).

COMMUNITY CHANGE GRANTS FROM AMERICA WALKS

Applications are open for this program which will award grantees \$1,500 in community stipends for projects related to creating healthy, active, and engaged places to live, work, and play. Examples of past projects include: Student-led safe routes walk/bike pop-up, library story walk, walking trail restoration and signage. Learn more and apply [here](#).

2021 FTS GRANT PROGRAM REQUEST FOR APPLICATIONS

The fiscal year 2021 Farm to School Grant Program is available! It will remain open until 11:59 PM ET on January 8, 2021. Eligible schools, and local agencies, Indian tribal organizations, and nonprofit organizations are eligible for FTS grants. Learn more about the application [here](#).

KEEP AMERICA BEATIFUL'S COMMUNITY RESTORATION AND RESLIENCY FUND

Keep America Beautiful's Community Restoration and Resiliency Fund benefits Keep America Beautiful Affiliates that serve communities directly affected by natural and environmental disasters. Learn more and apply [here](#).

RESOURCES

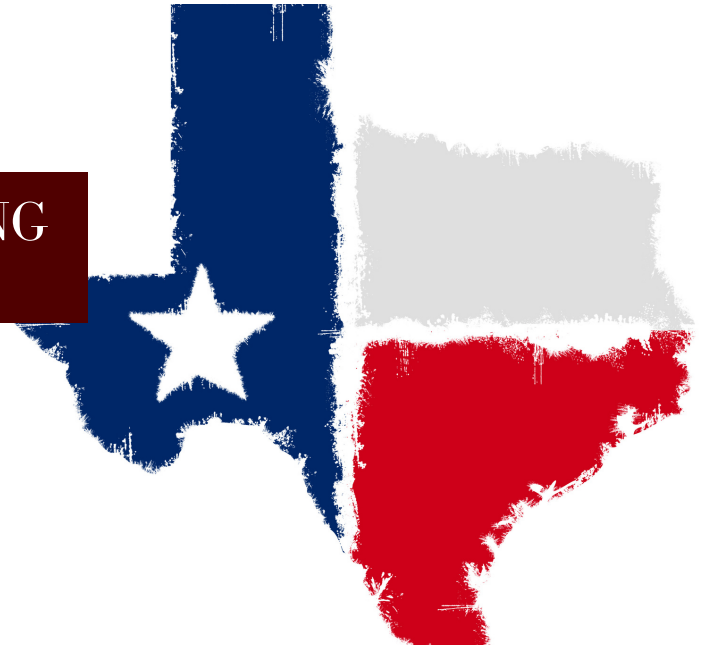


GUIDANCE FOR PERSONAL AND SOCIAL ACTIVITIES

CDC shares best practices for daily activities what to do if you do go out. Find tips and resources [here](#).

TDEM COVID-19 TESTING SITES

Texas Department of Emergency Management and the Department of State Health Services have created a map of COVID19 Testing Sites. Find your nearest one [here](#).



RECREATION GRANTS NOW OPEN

The Recreational Trails Program provides funding for both motorized and non-motorized recreational trail program. Applications will open November 1, 2020 with a deadline of February 1, 2021. You can find more information [here](#).



CLEANING AND DISINFECTION GUIDELINES IN HOUSEHOLD SETTINGS

Texas A&M Agrilife Extension has created a mini webinar on cleaning and disinfection guidelines in household settings for COVID-19. Check out the video webinar [here](#).



CLOTH FACE MASK STEPS

Texas A&M Agrilife Extension's departments of Family & Community Health and Disaster Assessment and Recovery have created a video tutorial on how to properly put on, take off, and clean cloth face masks. Watch it [here](#).



HOW SHOULD PHYSICAL ACTIVITY MAKE YOU FEEL?

Howdy Health, an initiative of Texas A&M Agrilife Extension has a mini video on how you feel before and after physical activity matters. Watch it [here!](#)