

April is National Stress Awareness Month



How to complete the stress cycle. Please see tips below.

Physical Activity– In a fight, flight, or freeze scenario being active may help you survive the threat and keep your body safe. You can imitate this natural response with exercise such as jogging, dancing, hiking, etc. No matter the physical activity you choose, try to experiment with activities you enjoy. Everyone is different

Creativity– Doing something creative, such as drawing, writing, knitting, gardening, or cooking, can help your body recover from a stressful event and boost energy levels. The key is to try something that you enjoy.

Laughing– Laughter is a useful way to release and express emotions you keep bottled up. Some easy ways to help induce laughter are to recall a funny story, watch a funny movie, or visit some friends who make you laugh.

Crying– Crying is another way that your body releases stress. When you suppress your tears, you could be stopping yourself from a natural part of your recovery.

Physical Affection– physical comfort from a loved one can help mimic the safety step of the stress response cycle.

Deep Breathing– Slow, deep breathing can help your body regulate its stress response. Square breathing; 4-second inhale, 4-second hold, 4-second exhale, 4-second hold.

Rest– Getting enough rest, including a full night's sleep, can ensure that your body will recover from stressful events. The National sleep Foundation recommends that adults get between seven to nine hours sleep each night.

All information given on this page is according to the National Institute of Mental Health.

APRIL IS STRESS AWARENESS MONTH!

Everyone experiences stress at one time or another. It might be something as simple as an up-coming deadline or as emotional as the death of a loved one that triggers your stress levels.

In Gabor Mate's book "The Myth of Normal," It states, "by its very nature social and economic culture generates chronic stressors that (undermine well being) in the most serious of ways, as they have done with increasing force over the past decades.

According to the National Institute of Mental Health, stress is the physical or mental response to an external cause that can be either positive or negative. No matter the cause, many people who deal with a stressful situation will go

through the stress response cycle.

Research suggests that when experiencing stress-induced physiological changes, you may experience the following stages: *alarm, *resistance, *exhaustion.

Coping with a stressful event can be tricky. But finding ways to mimic the stress response cycle, which involves physical activity, finding a safe place, and resting can help you cope with your stress. If stress interferes with your daily life, becomes severe, or doesn't go away, consider talking with a professional mental health expert who can help you identify other strategies to cope.

COPING WITH STRESSFUL EVENTS.....

STAGES OF STRESS CYCLE: *ALARM *RESISTANCE *EXHAUSTION

Alarm- If you encounter an acute stressor or danger, an area of the brain called the amygdala sends signals to another region called the hypothalamus. The hypothalamus functions as the brain's command center-transporting information to the rest of the body via the nervous system. When the hypothalamus activates the sympathetic nervous system, adrenal glands respond by releasing the hormone epinephrine (adrenaline) into the blood stream. This can lead to several physiological changes, such as fast breathing, a rapid heartbeat, an energy surge, and increased alertness. Your body's complex response to stress is known as the fight, flight, or freeze response. It's the same strategy that animals and early ancestors used when encountering danger.

Resistance- Once the sense of threat or danger has passed, your parasympathetic nervous system puts the "brakes" on and lessens the body's stress response. But you may stay alert to observe if you feel safe and have obtained balance within your body. If you still sense that you are unsafe, stress hormones will increase, and you experience symptoms such as:

- poor concentration
- irritability
- frustration.

Exhaustion– If you aren't able to complete the stress cycle, your body may repeat its stress response. Prolonged and chronic stress can take its toll, leading to:

- Heart disease
- Stomach ulcers
- Sleep dysregulation
- Psychiatric disorders
- Depression
- Anxiety
- Fatigue
- Burnout

There are several research-based ways to help complete the stress cycle and manage your body's response to a tense situation. Consider the tips to your left to help you cope.



Combined Communities Thrive



Summer Fair



Save The Date

Wednesday
06.12.2024
10AM-2PM

Douglass Park
Inquiries: Star Braddock
sbraddock@catholiccharities.net

Visit Our Website

www.encompassingcenter.org



Event Sponsors



Summer Fair

WEST SIDE GANG TRUCE

JEEPS MARCH FOR PEACE

Register Here



SATURDAY, APRIL 13, 2024



WEST SIDE GANG TRUCE

ORGANIZERS:

The Westside Block Club Association, in partnership with the 7 Slot Platoon


11am-1pm


3800 W Madison St, Chicago, IL 60624



011TH DISTRICT FAITH-BASED UNITY SERVICE

"FAITH IN ACTION WORKING TOGETHER FOR PEACE"

APRIL 14TH, 2024 10:00AM

LET'S MAKE A DIFFERENCE IN OUR COMMUNITY TOGETHER!

FAITH-BASED LEADERS
 COMMUNITY-BASED ORGANIZATIONS
 BUSINESS OWNERS
 COMMUNITY RESIDENTS

JOIN THE CPD AND COMMUNITY UNITY CHOR IN FAITH-BASED UNITY SERVICE LAUNCHING FAITH-BASED INITIATIVES TO PREVENT VIOLENCE AND DISORDER



For More Information Contact 011th District Community Police Office Phone 312-746-9841/caps.011district@chicagopolice.org

011th District Faith-Based Officer LaTonya N. Capers 312-919-7573/latonya.capers@chicagopolice.org

011th District Faith-Based Chair Pastor Cy Fields pastorcfields@gmail.com

MEETING LOCATION
NEW LANDMARK CHURCH
2700 WEST WILCOX ST




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011th District




Court Advocate Open House

Date: April 17, 2024

Time: 6pm

Location: 3151 W. Harrison

- o WHAT IS A COURT ADVOCATE?
- o HOW TO BECOME A COURT ADVOCATE REP?
- o WHAT ARE THE BENEFITS

CONTACT: P.O. SWEETZER

312-746-9841

Sharonda.Sweezer@Chicagopolice.org

CAPS.011District@Chicagopolice.org




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The Alabaster Box

PRESENTS

PROM & GRADUATION Attire Giveaway

Need a dress for Prom, Graduation, or Luncheon?

WE GOT YOU COVERED!!

SATURDAY, MAY 4, 2024
10:00AM - 2:00PM

Peoples Church of the Harvest
3570 W. FIFTH AVE, CHICAGO, IL 60624
 Pastor Michael Eaddy & Lady Rose Eaddy, Host
 Mariann Douglas, Coordinator

High school Juniors, Seniors and 8th Grade girls ONLY

Scan to Register




theAlabasterBox

More Info: 708-872-0270
 TheAlabasterBox@yahoo.com



Job Readiness

Saturdays @1:30pm

Employment support to land a job you need and steps to get the job you want!

For more information and to register scan the QR Code



Contact: Michael Lancaster, Community Engagement Pastor
michael@reborn-ministries.org
4002 W Wilcox, Chicago, IL 60624
(773) 917-4242



WE'RE HIRING



Join us for our on-site hiring event:
April 18th, 2024
10:00 AM - 1:00 PM

Positions Available:

- Youth Development Coach
- IYIP Career Specialist
- DFSS Summer Youth Employment Coordinator - Temp Position
- Case Manager VIPS
- Safe Passage Community Watcher

On-site Interviews!

UCAN Residential Gymnasium
3640 W. Fillmore
Chicago, IL 60624

For more information contact recruitment@ucanchicago.org



SAT
APR 27
9AM

WALK FOR HUNGER

BREAKTHROUGH FAMILYPLEX
3219 W CARROLL
CHICAGO, IL



LET'S PUT AN END TO HUNGER TOGETHER!

Join us for a one-mile walk around Breakthrough's campus on Saturday, April 27, 2024. Thanks to the support of generous sponsors, every walker will earn a \$27 donation to support Breakthrough's food distribution efforts.

GET MORE INFO & REGISTER:

BREAKTHROUGH.ORG/WALKFORHUNGER



SAVE THE DATE!

2nd Annual WESTSIDE COMMUNITY RESOURCE FAIR

SATURDAY, MAY 18, 2024

10 AM - 2 PM

LEGACY CHARTER SCHOOL

3318 W. OGDEN AVE.

FREE FAMILY RESOURCE FAIR

Local community organizations and businesses will be onsite to discuss the services they offer, including Health and Wellness, Employment, Housing, Education, Legal Services, Financial, Transportation and More!

For information contact yvette.warren@legacycharterschool.org

Register Today!

Celebrity appearances!



Raffles!



THE ENCOMPASSING CENTER



3019 West Harrison

Chicago IL 60612

<https://encompassingcenter.org/>

facebook: The Encompassing Center

REFERRAL FORM

Main # 773 638-5703

Cell # 312-723-8679

Fax# 773 638-5627

Date Receive: _____

Walk-in	Email	Call	Fax
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Name: _____

SEX: _____ Date of Birth: _____

Age: _____ Phone: _____

Address : _____

Chicago, IL _____

Community: _____

TYPE	FAMILY	GROUP	ADULT	YOUTH
Leave Voice Mail			Yes	No

Race: _____

A.AMERICAN	WHITE	MEXICAN
ASIAN	A.ISLANDER	P.ISLANDER
	OTHER	

Guardian Name: _____

Guardian phone: _____

In-person	Telehealth	Both
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Hispanic: _____

MEX/AMERICAN	PUERTO RICAN	CUBAN
C. AMERICA	S.AMERICAN	OTHER

Insurance: _____

E-mail: _____

Referred : _____

Phone: _____

E-mail: _____

1. Are you currently struggling with substance use?
2. Have you struggled with substance use in the past?
3. Are you in need of a psychiatric services?
4. Are you in need of some emergency food items from us?

YES	NO
YES	NO
YES	NO
YES	NO

Request: _____

Preferred time to call? _____

Director use only:

DATE: _____ CIS _____

ASSIGNED TO: _____ EC CLIENT TRACKING _____

THE ENCOMPASSING CENTER

West Side Mental Health Services

The Encompassing Center Provides:

- Individual, Couples, Family, & On-Site School-Based Counseling
- Psychiatric Services (partnered with Rush University Medical Center)
- Case Management
- Trauma-Informed Training and Education/Community Partnership
- Specialized Services: Anger Management, Parent Coaching, Peace Circles

REFERRALS CAN BE MADE ONLINE:

<https://encompassingcenter.org/contact-us/>

Residents of East and West Garfield Park, Near West Side, and
North Lawndale communities

FOR MORE INFORMATION CONTACT

The Encompassing Center
3019 West Harrison St.
Chicago, IL 60612

(773) 638-5703 or (312) 723-8679



Website: encompassingcenter.org



*Services are rendered by Catholic Charities only as the clinical services provider



Please Contact Program Director, JENNIFER SMITH, 312-320-6363 or
jesmith@catholiccharities.net for materials about our services at your site.