

THE JOURNEY JOURNAL

 February 2022 Edition

Welcome to the February 2022 Edition of The Journey Journal! Here is a quick list of what you can find in this month's newsletter: Reminders, Pray With Us, Relaxation Techniques, Black History Month Crossword, Riddles & Games (and Answers), and a Coloring Page.

Starting Off With a Couple of Reminders:

1. **Happy Black History Month:** This month we honor all of those belonging to the African American community who had an influential role in building our country.
2. **Happy President's Day:** This year President's Day falls on February 21st. President's day is a day in which we honor all those who served as President of the United States. Specifically, we honor George Washington, the first president!
3. **Happy Valentines Day!** Valentines Day falls on February 14th and is a day in which we can show our loved ones how much we appreciate them!
4. **Happy Groundhog Day!** Will the Groundhog see its shadow on February 2nd, or will spring come early? We will just have to wait and see!

Relaxation Techniques

Relaxation techniques are a great way to help with stress management. Relaxation isn't only about peace of mind or enjoying a hobby. Relaxation is a process that decreases the effects of stress on your mind and body. Relaxation techniques can help you cope with everyday stress and with stress related to various health problems, such as heart disease and pain.

Whether your stress is spiraling out of control or you've already got it tamed, you can benefit from learning relaxation techniques. Learning basic relaxation techniques is easy. Explore these simple relaxation techniques and get started on de-stressing your life and improving your health.

In general, relaxation techniques involve refocusing your attention on something calming and increasing awareness of your body. It doesn't matter which relaxation technique you choose. What matters is that you try to practice relaxation regularly to reap its benefits.

Types of relaxation techniques include:

- **Autogenic relaxation.** Autogenic means something that comes from within you.
 - In this relaxation technique, you use both visual imagery and body awareness to reduce stress.
 - You repeat words or suggestions in your mind that may help you relax and reduce muscle tension. For example, you may imagine a peaceful setting and then focus on controlled, relaxing breathing, slowing your heart rate, or feeling different physical sensations, such as relaxing each arm or leg one by one.
- **Progressive muscle relaxation.** In this relaxation technique, you focus on slowly tensing and then relaxing each muscle group.
 - This can help you focus on the difference between muscle tension and relaxation. You can become more aware of physical sensations.
 - In one method of progressive muscle relaxation, you start by tensing and relaxing the muscles in your toes and progressively working your way up to your neck and head. You can also start with your head and neck and work down to your toes. Tense your muscles for about five seconds and then relax for 30 seconds, and repeat.

Relaxation Techniques

- **Visualization.** In this relaxation technique, you may form mental images to take a visual journey to a peaceful, calming place or situation.
 - To relax using visualization, try to incorporate as many senses as you can, including smell, sight, sound and touch. If you imagine relaxing at the ocean, for instance, think about the smell of salt water, the sound of crashing waves and the warmth of the sun on your body.
 - You may want to close your eyes, sit in a quiet spot, loosen any tight clothing, and concentrate on your breathing. Aim to focus on the present and think positive thoughts.

Relaxation techniques take practice

- As you learn relaxation techniques, you can become more aware of muscle tension and other physical sensations of stress. Once you know what the stress response feels like, you can make a conscious effort to practice a relaxation technique the moment you start to feel stress symptoms. This can prevent stress from spiraling out of control.
- Remember that relaxation techniques are skills. As with any skill, your ability to relax improves with practice. Be patient with yourself. Don't let your effort to practice relaxation techniques become yet another stressor.
- If one relaxation technique doesn't work for you, try another technique. If none of your efforts at stress reduction seems to work, talk to your doctor about other options.
- Also, bear in mind that some people, especially those with serious psychological issues and a history of abuse, may experience feelings of emotional discomfort during some relaxation techniques. Although this is rare, if you experience emotional discomfort during relaxation techniques, stop what you're doing and consider talking to your doctor or mental health provider.

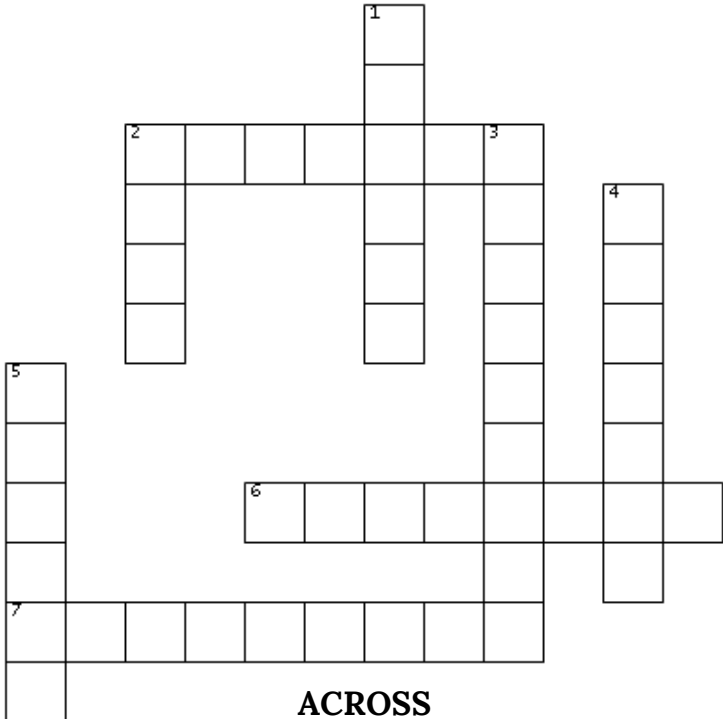


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February is **Black History Month**; an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event was the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Below is a crossword puzzle highlighting some important Black figures and leaders. You can learn more about the people below and many others through this link: <https://www.americahousekyiv.org/ah-blog/2018/2/17/in-celebration-of-black-history-month-10-influential-african-americans>

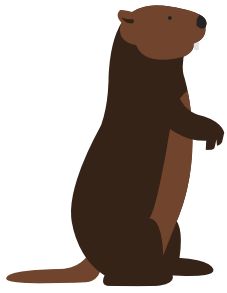


ACROSS

- 2. Ruby _____ was 6 when she became the first African American student to integrate the all-white William Frantz Elementary School in Louisiana
- 6. Jackie _____ became the first African American to play for a Major League Baseball team in 1947
- 7. Sadie _____ first African-American woman to practice law in Pennsylvania

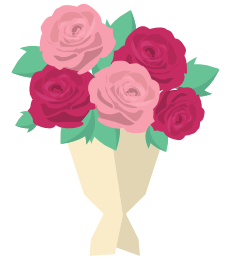
DOWN

- 1. Langston _____ was an esteemed novelist and poet who made his mark during the Harlem Renaissance, a period African American cultural and artistic growth that took place in Harlem, New York
- 2. W.E.B Du _____ was one of the founders of the NAACP, one of the premier organizations for African American rights and activism
- 3. _____ Truth played a major role in recruiting African American soldiers to fight for the Union
- 4. Maya _____ was an American poet, singer, memoirist, and civil rights activist who wrote the autobiography "I Know Why The Caged Bird Sings"
- 5. Harriet _____ was famous for her abolitionist and humanitarian efforts to help escaped slaves after escaping slavery herself in 1849.



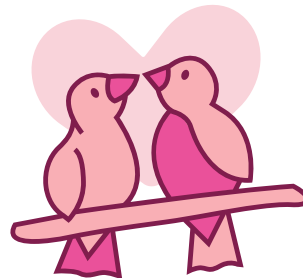
February 2022 Edition

Riddles & Games



February Trivia

1. True or False: At one time February was the last month of the year
2. February gets its name from the word februa. What language does this word come from?
3. What is the meaning of the word februa?
 - a. more daylight
 - b. purification
 - c. winter
4. Which of these flowers do many people consider February's flower?
 - a. snowdrop
 - b. primrose
 - c. crocus
5. How often does February have 29 days?
6. The 2nd of February is Groundhog Day. It is also a special day for Roman Catholics. What is it?
 - a. St. Andrew's Day
 - b. Ascension Day
 - c. Candlemas Day



4	+	8	-		3
-		+		÷	
	×		+		8
+		+		+	
	-		+		1
1		16		9	

Fill in the missing numbers

The missing values are the whole numbers between 1 and 9.

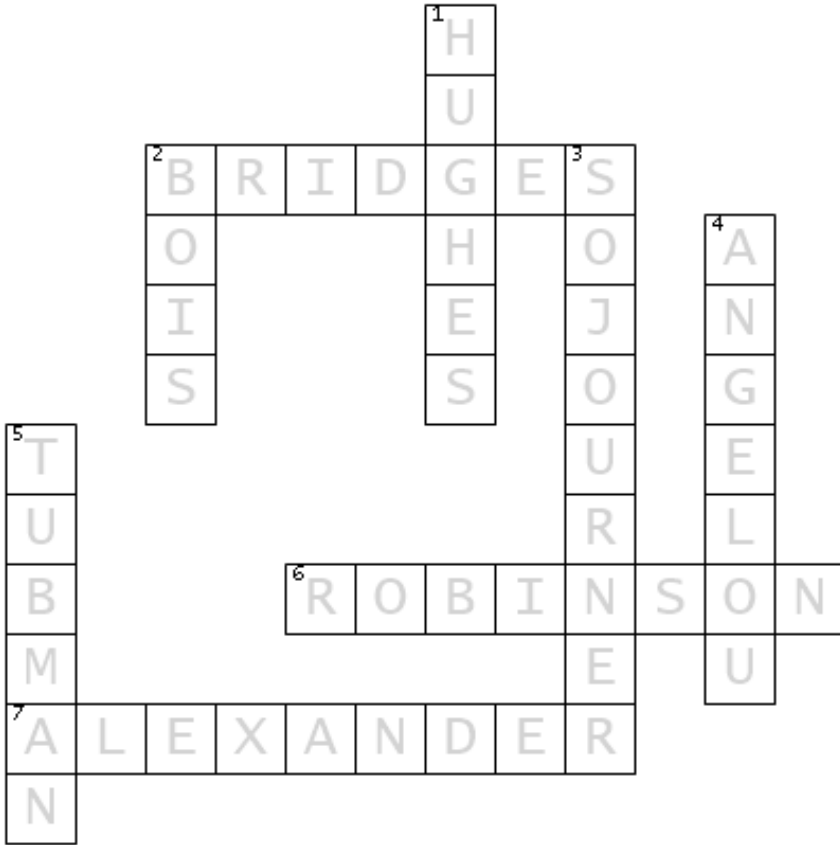
Each number is only used once.

Each row is a math equation.

Each column is a math equation.

Remember that multiplication and division are performed before addition and subtraction.

Answers



4	+	8	-	9	3
-		+		÷	
5	×	1	+	3	8
+		+		+	
2	-	7	+	6	1
1		16		9	

1. True, Originally the Roman calendar was only ten months.
2. Latin
3. purification
4. primrose
5. Every four years
6. Candlemas Day

