



March—Stress

It's been a stressful time for our membership with not knowing what lies ahead for our future. Just know, that in the end, we are going to come out of this stronger and better!

5 Things You Should Know About Stress

Everyone feels stressed from time to time, but what is stress? How does it affect your overall health? And what can you do to manage your stress?

Stress is how the brain and body respond to any demand. Any type of challenge—such as performance at work or school, a significant life change, or a traumatic event—can be stressful.

Stress can affect your health. It is important to pay attention to how you deal with minor and major stressors, so you know when to seek help.

Here are five things you should know about stress:

1. Stress affects everyone.

Everyone experiences stress from time to time. There are different types of stress—all of which carry physical and mental health risks. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time. Some people may cope with stress more effectively and recover from stressful events more quickly than others.

Examples of stress include:

- Routine stress related to the pressures of school, work, family, and other daily responsibilities.
- Stress brought about by a sudden negative change, such as losing a job, divorce, or illness.

continued on page 2...

Volume 4, Issue 9

March 2021

In this issue:

Stress	1
Stress continued	2 & 3
Volunteer Opportunities	2
Community Happenings	4
Committee Happenings	5
CAP Center	5
CAP Center continued	6 & 7

March Quote: "Nothing is so painful to the human mind as a great and sudden change."— Mary Wollstonecraft Shelley

Club

President:

Dina Harmon

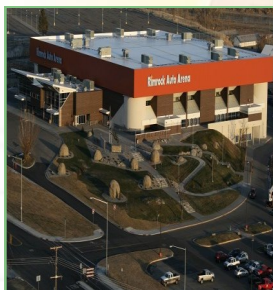


March Volunteer Opportunities:

Rest up and recoup!

Future Volunteer Opportunities:

April 22nd—Bites of Billings



Come weekly at 7:00 a.m. on Friday to the Metra Café and get to know your fellow Exchangites!



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

- Traumatic stress experienced during an event such as a major accident, war, assault, or natural disaster where people may be in danger of being seriously hurt or killed. People who experience traumatic stress may have very distressing temporary emotional and physical symptoms, but most recover naturally soon after.

2. Not all stress is bad.

In a dangerous situation, stress signals the body to prepare to face a threat or flee to safety. In these situations, your pulse quickens, you breathe faster, your muscles tense, and your brain uses more oxygen and increases activity—all functions aimed at survival and in response to stress. In non-life-threatening situations, stress can motivate people, such as when they need to take a test or interview for a new job.

3. Long-term stress can harm your health.

Coping with the impact of chronic stress can be challenging. Because the source of long-term stress is more constant than acute stress, the body never receives a clear signal to return to normal functioning. With chronic stress, those same lifesaving reactions in the body can disturb the immune, digestive, cardiovascular, sleep, and reproductive systems. Some people may experience mainly digestive symptoms, while others may have headaches, sleeplessness, sadness, anger, or irritability.

Over time, continued strain on your body from stress may contribute to serious health problems, such as heart disease, high blood pressure, diabetes, and other illnesses, including mental disorders such as depression or anxiety.

4. There are ways to manage stress.

If you take practical steps to manage your stress, you may reduce the risk of negative health effects. Here are some tips that may help you to cope with stress:

- **Be observant.** Recognize the signs of your body's response to stress, such as difficulty sleeping, increased alcohol and other substance use, being easily angered, feeling depressed, and having low energy.
- **Talk to your health care provider or a health professional.** Don't wait for your health care provider to ask about your stress. Start the conversation and get proper health care for existing or new health problems. Effective treatments can help if your stress is affecting your relationships or ability to work. Don't know where to start?
- **Get regular exercise.** Just 30 minutes per day of walking can help boost your mood and improve your health.
- **Try a relaxing activity.** Explore relaxation or wellness programs, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy and relaxing activities.





EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

- **Set goals and priorities.** Decide what must get done now and what can wait. Learn to say “no” to new tasks if you start to feel like you’re taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.
- **Stay connected.** You are not alone. Keep in touch with people who can provide emotional support and practical help. To reduce stress, ask for help from friends, family, and community or religious organizations.

5. If you’re overwhelmed by stress, ask for help from a health professional.

You should seek help right away if you have suicidal thoughts, are overwhelmed, feel you cannot cope, or are using drugs or alcohol more frequently as a result of stress. Your doctor may be able to provide a recommendation. Resources are available to help you find a mental health provider.

www.nimh.nih.gov





EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

Looking for something to do and support community organizations at the same time?

March 3—Slapstick Improv @ Thirsty Street

March 7—Downtown Litter Pick Up (meet at Liberty & Vine by 8:00 a.m.)

March 8 —Community Night Fundraiser for Mims @ The Divide Bar & Grill

March 20—March to the Rescue Fundraiser for Rez Dog Rescue @ Powder Horn; 11:00—3:00

1st & 3rd Thursday of month—Yoga @ Billings First Church; w/ Lisa Harmon; 10:00 a.m.

Mondays—Community Monday @ Hooligans (each week benefits different organization)

Tuesdays—Pint night at Last Chance Cider House (each week benefits different organization)

Wednesdays—Trivia @ Thirsty Street At The Garage; 6:00 p.m. (every other week, the game will benefit Tumbleweed)

Fridays—Fish Fry @ Columbia Club

****Special Days/Holidays**

14th —Daylight Savings Time Begins

17th—St. Patrick's Day

20th—Spring Begins





Exchange, America's Service Club, is a group of men and women working together to make our communities better places to live through programs of service in Americanism, Community Service, Youth Activities, and its national project, the Prevention of Child Abuse.

Committee Happenings:

BECON Committee—

Cavin Noddings has

March editor duties.

Invocation Com-

mittee—Members

**needed for March pray-
ers**

Fundraising Com-

mittee—Bites of Billings

on April 22nd!

Social Committee—

**Working on something
fun!**

Freedom Shrine —

**Freedom Shrine rededi-
cation at McKinley**

School on hold.

GET INVOLVED!

***Committee Chairs—
Please email your up-
coming events to
dinahar—*

CAP Center Corner

First day of Spring is March 20th!!

18 FUN SPRING STEM ACTIVITIES FOR KIDS

It is essential to give your children opportunities to enrich their understanding of science, technology, engineering, and mathematics.

Even young kids will benefit from the creative, critical thinking, and problem-solving skills that are hallmarks of STEM activities. Celebrate the new season by incorporating some spring STEM activities into your family time.

#1 FLOWER DISSECTION

While you might think of spring as a time to plant new seeds in your garden, it's also an excellent opportunity to explore the new life that is already outdoors.

With a flowering plant, scissors, and a magnifying glass, your child can learn more about biology and how plants grow.

You might want to do a little Google research before or after dissection so that your kiddo learns the names and functions of each different part.

#2 COLOR CHANGING FLOWERS

Extend what you learned with flower dissection by engaging in this classic experiment.

You'll need light color (ideally white) flowers from the store, food coloring, water, and a vase (a cup works too.)

Kids will be fascinated as they watch the flower petals change colors to match the water. Don't forget to talk about the science behind the magic!

#3 OBSERVING PLANT BULB GROWTH

Help kids understand what's going on both under and above ground with this activity.

You'll need a plant bulb, small rocks, a clear cup, and water to start.

By planting the bulb in rocks and water, your family will be able to watch the roots grow and develop as well as witnessing plant growth on top.

Be warned; this may lead to your kids pulling up other plants to check out their roots!

#4 GROWING VEGETABLES FROM SCRAPS

If your kids are like mine, they love to find a way to reuse items I put in the trash. Imagine their fascination with the idea that you can grow new food from the scraps of your veggies.

Lettuce, celery, beets, carrots, and pineapple can all be grown from your leftovers.

Continued on page 5...



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

Start your scrap garden using skewers or toothpicks, water, and cups on your windowsill and watch science happen live in your house!

#5 EGG GEODES

Nothing says spring (and Easter!) like lots of eggs. Spring is a time of the year when you are likely to have lots of eggshells.

Turn those leftovers into a learning opportunity with the addition of rock salt, food coloring, and borax to watch geodes form before your very eyes!

#6 STATIC ELECTRICITY BUTTERFLIES

Put your crafty skills to scientific use with this activity.

Kids get to create a beautiful butterfly using tissue paper, glue, and googly eyes.

When you add in a balloon charged with static electricity, you get to watch the butterfly move its wings!

This is an excellent activity to extend and discover other items that conduct static electricity, like your brother's hair!

#7 JELLYBEAN STOP MOTION VIDEO

Are you looking for a creative way to use that leftover Easter candy? Try making a stop motion video!

Using a foam board, jellybeans, and a stop-motion app, such as Lapse It Pro, bring the candy to life.

The activity works best for older kids, but younger ones can get in on the fun by sorting through the jelly beans and making the pictures. It's fine motor work, science, math, and technology all in one!

#8 RAIN CLOUD IN A JAR

Appropriate for toddlers and preschoolers, this experiment uses shaving cream, food, coloring, and water in a mason jar to learn about clouds and water saturation.

This is especially appropriate for a rainy day when you need an indoor activity, as kids will be fascinated to learn more about how the weather around them works.

#9 TORNADO IN A JAR

Don't put away that mason jar quite yet! There's more weather fun to be had.

Explore the properties of centripetal force with the tornado in a jar experiment. You also have an opportunity to extend into discussing how the force works in weather patterns and the role it plays in tornados and other storms.

Parents beware, there is glitter involved in this experiment!

#10 MAKING PAPER ACTIVITY

Celebrate Earth Day on April 22 with this recycling activity. Kids and parents alike will enjoy learning more about the recycling process.

To get started, gather a few different kinds of paper. The various paper bases will give your recycled paper different textures. You'll also need a rolling pin, food processor, scissors, hot glue, and mesh or sheer fabric.

Parents will want to be involved with this activity, thanks to some of the tools needed to accomplish the task.



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

#11 MAKE A KITE

Channel a little bit of Michael Banks and make your own kite to fly on a windy spring day. (Singing "Let's go Fly a Kite" is optional but encouraged!)

This activity uses simple items that you likely already have at home: newspaper, duct tape, string, a ruler, and wooden dowels.

Practice applied mathematics and engineering principles as you put together your new kite, and then get ready to learn some physics theory when it's time to fly!

#12 EGG PARACHUTES

This is an experiment I've wanted to do since I saw Uncle Jesse help DJ drop an egg from the balcony. With several possible variations using plastic eggs, hard-boiled eggs, or raw eggs, you can adapt this activity to your family's needs.

In addition to finding a use for leftover eggs, you can use the items listed on the site (coffee filter, straws, tape, etc.) or encourage your kids to be creative and develop their own egg parachute.

#13 JELLY BEAN GRAPHING

Suited for preschoolers and lower elementary kids, here is yet another way to get some more miles out of those jelly beans.

Sorting and graphing the jelly beans involves a lot of mathematical principles and working on color recognition.

If your kids are a bit older, expect some economics to get involved when they realize that people like different colors and start trading ten blacks for two pinks.

#14 A NATURAL BALANCE

This experiment is all about finding a balance using items found in nature. I love how it incorporates exploring the great outdoors with other scientific and mathematical principles, plus it gets you out and moving while you hunt for the materials.

While using abandoned birds' nests is recommended for this activity, if you can't find two of those handy, press your Easter baskets into service. Along with twine and a good stick, you'll also need an assortment of items found in nature: pinecones, rocks, leaves, and anything else your kids might dig up!

#15 FLOWER WATERCOLORS

Use some scientific principles to create beautiful works of art by making your own watercolors.

You'll need colorful flowers, water, and as many different containers as you have colors.

The water will change color thanks to the flowers, making watercolors that can be used to paint pictures for grandparents, or maybe Mom for Mother's Day.

#16 GLOW FLOWERS

Kids (and adults) of all ages get excited when things light up. Experience spring's flowers in a new way when you make them glow with this experiment!

You have multiple options of ways to make glow water: vitamins, tonic water, and crushed highlighters all work to give you that fluorescent glow.

Enjoy a glowing bouquet or use contact paper to make a glowing satchel to hang up near a window.