



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

BEC JUNE NEWSLETTER

The Breakfast Exchange Club of Billings

June- Men and Self Care

Why Men Need To Take Self Care Seriously

It's time self-care is treated as an important priority for everyone.

Self-care was the app trend of 2018, and yet while more than half of millennial women made it their priority, many men have yet to embrace it.

Perhaps put off by misleading notions of candlelit baths and yoga with the Moms, it's time that men see self-care for what it is; listening to your body and taking care of your mental and physical wellbeing. Whether it's making that long overdue doctor's appointment, or finding a workout that lifts your mood, self care needs be just as trendy for men as it is for women.

Why is self care important

Of all the suicides in 2017, 75% were male. In the US, there are only 28 mental health workers per 100,000 people. Committing to self care means finding ways to strengthen your mental health before problems seem too large to overcome.

It means reaching out and talking to people, taking small day to day opportunities to see the positives in your situation, and improving your physical health to keep you stronger and fitter for the challenges which life throws your way.

Start with an MOT

The chances are, you get your car checked out more regularly than your body; one survey found that only 2 in 5 men go to the doctor when they fear they have a serious medical condition.

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June Quote: "If only you could sense how important you are to the lives of those you meet; how important you can be to people you may never even dream of. There is something of yourself that you leave at every meeting with another person" – Fred Rogers

Club

President:

Dina Harmon



June Volunteer Opportunities:

Speak Easy Volunteers

Wine Festival Volunteers

Future Volunteer Opportunities:

July 17th—Brews & BBQ



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Government guidelines suggest that men aged between 18-39 with no existing health concerns should have physical exams including blood pressure checks every 1-2 years, dental exams once or twice a year and eye exams roughly every two years.

By taking the first step and booking these exams, your health professional can help you spot any potential problems and reassure you as to your overall physical wellbeing.

Fitter, stronger, calmer

The latest data from the CDC shows that less than a quarter of Americans exercise regularly enough. Getting active, however, can be a vital tool in building a stronger, healthier body and mind. Whether it's a trip to the gym or a game of tennis with a friend, taking exercise is one of the best forms of self-care; it's been proven to reduce stress levels and improve mental wellbeing.

Support your active lifestyle by looking closely at your diet: does it contain all you need to feel strong and well? Ensure that you're eating plenty of slow energy release wholegrains, with good quality proteins which help to repair muscle and boost hormones which the body needs.

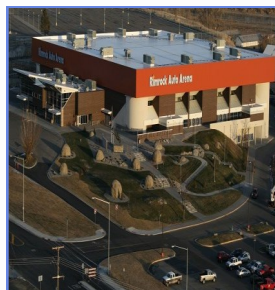
Reach out

In a recent study of 20,000 US adults, nearly half admitted to feelings of loneliness. This feeling of isolation can be worse among men, who may feel unable to talk openly and form honest social connections and friendships. One of the best things you can do to care for yourself is to reach out and talk more.

Perhaps it's inviting friends' round to watch the game, asking how they are and really listening to the answer. Maybe it's a game of squash with a good friend you haven't seen for a while or suggesting a bowling night with work colleagues. In this age of social media, we are arguably less connected than ever.

It's time self-care is treated as an important priority for everyone. Treat your body and mind with kindness; get them checked over, exercise them, feed them well and nourish them.

Most importantly, talk and listen. If men can help other men to practice self-care without embarrassment, the boys and young men of today will grow up surrounded by true superheroes.



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



2018 BEST CLUB BULLETIN
Exchange Club
75 or more members

www.activeman.com



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

June 6th—Downtown Litter Pick Up (Liberty Vine)

June 11th—Montana Firefighters Memorial Run

June 12th—Pre-Father's Day mini golf tournament (downtown)

June 12th—Cornhole Tournament @ American Legion

June 19th —Heart & Sole Run

May 21st—Live Clue @ Moss Mansion (7:00pm)

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**

20th —Father's Day

**THE BREAKFAST
EXCHANGE CLUB OF
BILLINGS, MT**

PO Box 2224
Billings, MT

www.breakfastexchangeclub.org

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.



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CAP CENTER CORNER

What Is the Role of a Father in Child Development?

1. Protector

An involved father provides his child a feeling of security, whether physical, emotional, mental or spiritual. When a child knows, his or her father will be there for him no matter what the situation is, it builds in them a sense of confidence, security and stability that can never be replaced.

2. Educator

As the head of the family, a father must teach his children the basic principles and values for them to follow in their lives. It is the duty of a father to instruct his children about the code of conduct that needs to be followed while living in the society, also how to face the world and he must teach them to be disciplined, well-mannered and respectful. With a father playing his role well, a child will be more motivated to keep working on themselves.

3. Role Model

Parents are always being watched by their children, observing what you do and how you treat others. A father is an important role model for his children as they will learn what a man should be from his example. His sons will imitate his behaviour and develop into men with similar characteristics as their fathers, and the girls will also use their fathers as role models, often seeking the same characteristics he displayed in the mate that they seek out when they are old enough. Fathers must always model good behaviour for his children so that their sons grow up kind, respectful and honourable towards the people around him. Daughters will be able to understand that a man should be kind, gentle and caring towards his women, yet strong and able to protect them.

4. Friend

Forming a healthy relationship with your child will set the stage for the two of you becoming friends as adults. Though it is always important to make sure that you set boundaries so that your children do not take advantage of you, having a close and friendly relationship with your children will make them less likely to stray from the right path and fall into undesirable habits. Children will be less likely to become depressed, and it is easier to guide your children when they are comfortable around you.

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Committee Happenings:

BECON Committee—Rod

Hessler has June editor duties.

Invocation Committee—

Rod Hessler has June prayer.

Fundraising Com-

mittee—Will begin work on Speak Easy and Wine

Festival fundraisers

soon!

Freedom Shrine —

Freedom Shrine rededication at McKinley

School on hold.

GET INVOLVED!

***Committee Chairs—
Please email your upcoming events to
dinahar-
mon1212@gmail.com to
be included in next
months newsletter!***



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5. Entertainer

Fathers are more often the ones who are more involved in monkeying around with the children. They are more able to keep up with their kids during play as it is more taxing on the body. An involved father will enjoy having his children ride around on his back, play catch and other physical activities that can sometimes be strenuous. He can often teach them to solve problems during play and form strategies during play. Playing with children will help them to become more flexible, fit, build their muscles and develop better hand-eye coordination. Not only that, but children will also learn how to follow the rules and to be a good sport during playtime. All of this often helps them to form bonds with each other.

6. Counsellor

A father should not only be a friend and entertainer but should also be able to counsel his children if they ever need it. This is especially important for young boys, and when girls become confused as to why boys act a certain way, having their fathers there to explain things to them will help them to grow in their character and understanding. Your children should be open about their problems or difficulties so make sure to open up to them about your own childhood and the lessons you learnt while growing up. Help them to solve their problems with sensitivity and confidence, be they school related or personal matters. Teach them the right way to handle a difficult situation and allow them to know that you are there for them, even if all you can do is hold them in your arms. All of this will help them learn how to solve their problems and will play a huge role in their emotional, mental and spiritual development.

7. Trainer

Be the life coach that your children need and teach them the important life skills that they will need for when they are starting to find their own place in the world. Teach them to ride bikes, how to fix their broken toys, how to create things and how to swim. There are so many other things that a father can teach his children. Your children will look to you for guidance and will wait and work hard to earn your approval. Be encouraging and consistent and give them plenty of opportunities to earn your praise.

8. Partner

Being a good partner to your wife is a very good example to set for your children and something that is often overlooked. Not only will they be able to observe how a man and woman can work together to create unity and harmony in the home, but they will benefit from growing in such an environment. In homes where both the parents are not involved in the upbringing of the children, the balance is usually upset, and the children will become prone to guilt, anxiety and stress, which will often cause them to have poor health.

<https://parenting.firstcry.com>