



Issue 115 – June 2017

ARE YOU STRESSED OUT??

Stress symptoms may be affecting your health, even though you might not realize it. You may think illness is to blame for that nagging headache, your frequent insomnia or your decreased productivity at work. But stress may be the culprit.

Common effects of stress on your body

- Headache
- Muscle tension or pain
- Chest pain
- Fatigue
- Change in sex drive
- Stomach upsets
- Sleep problems
- Frequent urination

Common effects of stress on your mood

- Anxiety
- Restlessness
- Lack of motivation or focus
- Feeling overwhelmed
- Irritability or anger
- Sadness or depression

Common effects of stress on your behavior

- Overeating or undereating
- Angry outbursts
- Drug or alcohol abuse
- Tobacco use
- Social withdrawal
- Exercising less often

Stress is an unavoidable part of life, but there are many easy ways to deal with it. By keeping a positive outlook, making some lifestyle changes, eating a healthy diet and using some simple home remedies, you can effectively manage stress.

Slow and deep breathing can help you cool off in a stressful situation. With deep breathing, more oxygen enters the body, which has a calming effect on your mind and body. In fact, 15 to 30 minutes of slow, deep breathing daily can help prevent stress.

It can even help you think more clearly, so that you can deal with stress more easily.

Studies show that pets can reduce stress and even lower your blood pressure. When you are starting to feel overwhelmed, take a few minutes to sit and pet your dog or cat to lower your stress levels

An Epsom salt bath is another useful and effective remedy to help you calm down when you are under stress. Epsom salt is high in magnesium, which helps increase the mood-elevating serotonin chemical in the brain. This in turn helps reduce stress, promote relaxation and ease anxiety, irritability, insomnia and abnormal heart rhythms.

Chamomile and Green teas are effective in reducing stress. Their calming and soothing nature has a sedative effect on the central nervous system. They help relax the muscles, ease anxiety and promote better sleep, which in turn reduce stress, encourage relaxation and improve focus and mental alertness

Body massage also works as a stress reliever for many. According to traditional Chinese medicine, massage helps open blocked energy channels to reduce stress and improve overall health.

Exercise works as a great stress reliever, be it aerobic, moderate-intensity or high-intensity exercise. It helps reduce the stress hormones and increase the “feel good” hormones in your body. In addition, it improves your mood and distracts you from daily worries.

Get enough sleep! Try to get at least 8 hours of restful sleep. Our bodies handle stress much better when we are well rested.

Write your stress away. Writing in a journal can help you get out pent up emotions, relieving any built-up tension.

Have fun! Do something you enjoy or watch a funny movie. Laughing releases the “feel good” chemicals in the brain.

Being able to recognize common stress symptoms can give you a jump on managing them. Stress that's left unchecked can contribute to health problems, such as high blood pressure, heart disease, obesity and diabetes. Stress is often called the “Silent Killer.”

MEETINGS

- June 1**, Blackville Community Development Corporation, Town Hall, 5:30 pm
June 13, BHHS, District 19, School Board Meeting, Board Office, TBA
June 13, Neighborhood Watch, Tabernacle Baptist Church, 6:00 pm
June 13, Barnwell County Council, Agriculture Building, 6:00 pm
June 19, Blackville Town Council Meeting, Town Hall, 6:30 pm
June 26, Barnwell-Blackville NAACP, Macedonia Baptist Church, 7:00 pm

NO MEETING

Blackville Civic Club and Blackville Downtown Development Corporation

SCHOOL NEWS

SUMMER SCHOOL

June 5, 2017 - July 13, 2017
8:00 am to 2:30 pm, Monday -Thursday
Blackville Hilda Middle School

HAPPY BIRTHDAY

Ethel Washington, **June 1**
Mrs. Ada Felton, **June 1**
Allan Harrison, **June 2**
Rev. Inez Raysor, **June 4**
Doris P. Williams, **June 4**
Lucille Kearse, **June 5**
Shirley Taylor, **June 9**
Robbie James, **June 10**
Edwin Felton, Jr., **June 13**
Lorraine Harley, **June 15**
Delores Jeter, **June 16**
Desiree' Pernell, **June 16**
Dan James Felder, **June 20**
Dyann Felder, **June 22**
Shirley Nix, **June 24**
Kanne Peeples, **June 27**

HAPPY FATHER'S DAY

DO YOU HAVE A PET??

June 7, 2017 – 6:00 pm
Blackville Community Center

A group of animal supporters will hold a meeting to discuss animal welfare, in the community. The group has been able to provide free and low cost spay and neuter procedures to almost 200 animals since September and would like to expand the program into Blackville Area. Please attend and bring a friend. For additional information (803) 266-7837

VACATION BIBLE SCHOOLS

PILGRIM REST BAPTIST CHURCH

June 19 – June 23, 2017
6:00 pm – 8:00 pm
Saturday, June 24, 2017 – Game Day- 3:00 pm

SUNSHINE BAPTIST CHURCH

June 19, 20, 21, 2017
6:00 pm – 8:00 pm
Contact (803) 671-2013
Transportation Provided

LIBRARY NEWS

Magician Chad Crews
Monday, June 12, 2017 @ 2:30 pm

Savannah River Ecology Lab
Monday, June 26, 2017 @ 2:30 pm
Both Programs Recommended for K-5th Grade

The Blackville Public Schools Alumni Association (BPSAA) is proud to display pride in the town of Blackville by adopting a highway in the community located on Izlar Street Ext. from Valley Road to Hereford Road. We are in the process of planning a litter pick up on Saturday, June 3, 2017 at 8:00 am. Please show your pride in the Blackville community by volunteering with this great community project. Your assistance as a volunteer would be greatly appreciated. Please reply to: bvillepublicalumniassoc@gmail.com

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