

YOUR BODY & ANXIETY Tools to Take with You

Did you know that your body talks to you when you're anxious? Even when we don't realize we are stressed, our body picks up on something being wrong and gives us signs inside that we can listen to. Everyone will recognize different feelings in their body when they are anxious.

Everyone experiences different sensations in their body when they're anxious. Sometimes if may feel as though you want to jump out of your skin, your stomach may become nauseous, or you may experience increased irritability. Some people might fidget a lot, feel hot or cold, some may hear ringing in their ears, or some might feel a pressure in their chest. You have to get to know your body when you are anxious, and it takes some practice!

Try noticing sensations in your body at random times, even when you are not anxious. The ability to notice feelings in your body will start to let you know something is wrong faster the more that you practice noticing your body.



SOCIAL UPDATE

In-person socials are indefinitely postponed at this time. We are continuing to follow official health guidelines regarding events and group gatherings. We want you to stay safe!

Compeer Cares For You

Compeer has started giving out free goodie bags to our Compeer friends & volunteers! These bags are filled with fun goodies including crossword puzzles and ingredients for no bake cookies, perfect for a relaxing evening at home.

The goodie bags are available at a first come first serve basis! Supplies are limited so if you would like to get one for yourself make sure to call us at [717] 272-8317 to reserve your own bag. We look forward to providing fun opportunities like this for you in the future!



Friendaversaries

October

Kenneth H. and James M. 10/13 4 Years

November

Mary S. and Robin Z. 11/1 1 Year
 Daniel W. and Ron K. 11/1 8 Years
 Dorcas O. and Amy S. 11/8 1 Year
 Russ Y. and John M. 11/9 10 Years
 George M. and Rick D. 11/14 4 Years
 Bonnie W. and Shelli R. 11/20 3 Years
 Annie B. and Brooke S. 11/20 5 Years
 Melanie G. and Brittany T. 11/21 4 Years

December

Mini N. and Robin Z. 12/5 3 Years
 Kristen A. and Alane S. 12/14 4 Years
 David R. and Joe K. 12/18 5 Years
 Melissa G and Pat M. 12/29 5 Years

★ Congratulations! ★



This year's CompeerCORPS WARRIOR is going virtual to support the mental health of the more than 11,000 veterans who reside in our community. Join us and help us HIIT our goal of \$5,000!

Sign up today using the contact info below, and we'll send you a HIIT workout for you to complete by the end of October. Continue to support the event by sharing and posting yourself doing the workout. Help us raise even more funds by creating a Facebook fundraiser, setting a goal, and challenging your friends and family to be part of this year's virtual CompeerCORPS WARRIOR.

HAPPY BIRTHDAY



ZOOM MENTAL HEALTH SUPPORT GROUP

OCTOBER 8 6 PM
 OCTOBER 22 6 PM
 NOVEMBER 10 6 PM
 NOVEMBER 24 6 PM
 DECEMBER 8 6 PM
 DECEMBER 22 6 PM

MODERATED BY SUPPORT GROUP FACILITATOR LAURA

FOR ZOOM LINKS, VISIT
COMPEER.LEBANON.ORG/SUPPORT-SERVICES

**FREE TO ATTEND
 ALL ARE WELCOME
 FOR AGES 18 & OVER**



October	November	December
Elizabeth S. 10/1	Nancy H. 11/1	Ann K. 12/2
Michelle K. 10/2	Sandy C. 11/5	Michael I. 12/5
Gwen N. 10/4	Lois M. 11/8	Barb K. 12/7
Mary Ellen M. 10/4	Daniel W. 11/9	Charles F. 12/8
Marilyn H. 10/10	Ronald K. 11/10	MariaCristina B. 12/11
Kristen A. 10/12	Johnathan B. 11/11	Dorcas O. 12/16
Delia G. 10/13	Barbara A. 11/14	John M. 12/17
Sara H. 10/17	Steven V. 11/14	Gabriele T. 12/27
Debra L. 10/20	Margaret K. 11/15	
Patricia M. 10/22	Kelly S. 11/17	
Cindy R. 10/26	Joseph C. 11/18	
Karen H. 10/28	Don M. 11/21	
	Shawn W. 11/27	
	Russ Y. 11/28	
	Gloria E. 11/29	