



# The Stall Street Journal

{January 2021}

Buffalo Grove - Hersey - Prospect - Rolling Meadows - Wheeling

## ~ Calendar ~

January 1st: New Year's Day

January 5th: First Day after Winter Break

January 18th: Martin Luther King Jr. Day, No School

January 20th: Inauguration Day

## ~ Human Performance Project ~

How accountable are YOU?



1. Personal Accountability—set an expectation for yourself and recognize how this will help you achieve your goals
2. Group Accountability—establish commitment within a group and encourage one another to keep in line with the commitment
3. Leadership Accountability—teach others and be a model to those around you

Create a positive and healthy culture!

## Dr. B's Medical Corner

*Dr. Brottman, Board Certified Pediatrician*

"Life is 10% what happens to me and 90% of how I react to it." We do not always have the power to choose how we feel, but we do have more power and ability to choose how we act or respond. One thing that often gets in the way of a positive outcome is stress.

Take a step back and think about  $E + R = O$ ,

Event + Response = Outcome.

The average snowflake falls at approximately **3 mph**.

**Chionophobia** is the persistent fear of snow

Alcohol disrupts sleep patterns, so your choice not to use alcohol allows your body to sleep better and therefore feel better during the day!

## ~ Mindset ~

**STARTING THE YEAR WITH A POSITIVE & HEALTHY MIND = GOAL**

Instead of putting pressure on yourself to start and stick to a resolution; begin with small steps to accomplish a positive and healthy outlook. During this month, consider the following:

1. What motivates you?
2. Who are your best resources for help?
3. What are your finest abilities and strengths?

By refocusing on our positive qualities and helpful resources, we begin to set the tone in our lives to concentrate on the good.

**THERE IS NOTHING LIKE THE BEGINNING OF A NEW YEAR TO SEEK HOPE, OPTIMISM AND POSITIVITY**



It's who we are...

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