

hello, Spring



The season of new beginnings

Spring has sprung!

We are all happy to finally see some sunshine and warm temperatures. The open windows and the sound of the birds singing tell us that Spring is finally here. As we see new growth on the trees and the flowers start to bloom, it reminds us that Spring is the season of new beginnings. For growth and self-care. To start new projects and begin anew. After the year we've had, it appears we are starting to see the light at the end of the tunnel. It's time to get out there and take a walk or a bike ride and clear our heads. Breathe in the fresh air of Spring and begin to rid our minds of the stress and worry of the past year. And especially, don't forget to stop and smell the roses!

Brightening Days!

Holly Giguere, who is the owner of [Bloom & Berry Flower Co.](#) is a local grower who reached out to CASA to provide flowers to our Shelter Survivors to brighten their day...you brightened all of the Advocate's day as well. Thank you Holly!!



Learn More

Are you taking care of yourself?

Gentle Reminder: Take care of yourself



Sometimes we are so busy thinking of or taking care of others, that we forget about taking care of ourselves. In order for us to live happy and healthy lives, we must put ourselves first. To do that, we must practice self-care. Then, and only then, will we be in a good enough place to help others with their needs.

As Spring begins, let's start fresh and begin with the following self-care tips from our advocate April. These will help you get yourself into a good place mentally, physically, socially and emotionally.

Mental Self-Care

The way you think and the things that you're filling your mind with greatly influence your psychological well-being. Mental self-care includes doing things that keep your mind sharp, like puzzles, or learning about a subject that fascinates you. You might find reading books or watching movies that inspire you fuels your mind.

Mental self-care also involves doing things that help you stay mentally healthy. Practicing self-compassion and acceptance, for example, helps you maintain a healthier inner dialogue.

Mental Self-Care

Here are a couple of questions to consider when you think about your mental self-care:

- Are you making enough time for activities that mentally stimulate you?
- Are you doing proactive things to help you stay mentally healthy?



When it comes to physical self-care, ask yourself the following questions to assess whether there might be some areas you need to improve:

1. Are you getting adequate sleep?
2. Is your diet fueling your body well?
3. Are you taking charge of your health?
4. Are you getting enough exercise?



Physical Self-Care

Keep in mind that there's a strong connection between your body and your mind. When you're caring for your body, you'll think and feel better too. Physical self-care includes how you're fueling your body, how much sleep you're getting, how much physical activity you are doing, and how well you're caring for your physical needs. Attending appointments, taking medication as prescribed, and managing your health are all part of good physical self-care.

Emotional Self-Care

It's important to have healthy coping skills to deal with uncomfortable emotions, like anger, anxiety, and sadness. Emotional self-care may include activities that help you acknowledge and express your feelings on a regular basis.

Whether you talk to a partner or close friend about how you feel, or you set aside time for leisure activities that help you process your emotions, it's important to incorporate emotional self-care into your life.

When assessing your emotional self-care strategies, consider these questions:

- **Do you have healthy ways to process your emotions?**
- **Do you incorporate activities into your life that help you feel recharged?**



Social Self-Care

1. **Are you getting enough face-to-face time with your friends?**
2. **What are you doing to nurture your relationships with friends and family?**

Social Self-Care

Socialization is key to self-care. But, often, it's hard to make time for friends and it's easy to neglect your relationships when life gets busy.

Close connections are important to your well-being. The best way to cultivate and maintain close relationships is to put time and energy into building your relationships with others.

There isn't a certain number of hours you should devote to your friends or work on your relationships. Everyone has slightly different social needs. The key is to figure out what your social needs are and to build enough time in your schedule to create an optimal social life.

Self-Care is valuing yourself enough to find balance and peace.

5 Minute Self-Care

- Write down 3 nice things about YOU
- Listen to a song that makes you dance
- Step outside for some fresh air

Beginning a new chapter!



It's time for self-care for Carol C!

One of our beloved and longest serving advocates has decided to retire and practice self-care with beach visits and time with her new grandson. Carol C. has been with CASA since December of 2009. She spent the first year and a half here working with the participants in the shelter and then became the Domestic Violence Child Welfare Advocate in. In this position, Carol worked jointly with the child protection investigation unit of DCF (Department of Children and Families), doing training within the circuit and county-wide on handling cases that include family or intimate partner violence. She also trained the CASA advocates on child abuse investigations and DCF. Carol was the go to for training on injunctions and criminal and civil court processes for dependency and child court.

Before CASA, Carol worked for the Juvenile Justice System as a Supervisor, a Child Protection Investigator, and one year working with the Sheriff's office. She was also a counselor at the Centers. Carol even taught snow skiing in Vermont for four years!

Carol's plans for retirement are learning Italian so she can take a long awaited trip to Italy, time with her beloved daughter, bonus-son and grandson, and especially, spending time at her favorite place - the beach!

We here at CASA are truly going to miss Carol C. and all the good work that she has done here and for Citrus County. She is a cherished member of our family and we wish her the very best of luck, health and happiness as she begins her new chapter.



Individual Donors (Jan-March 2021)

We would like to extend our sincerest thank you to our individual donors for the months of January, February and March of 2021. Without your donations, we would not be able to do the work that we do in the community:

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