

Kappa Epsilon Psi Military Sorority, Inc.

“ELITE PROFESSIONALS”

Tampa Tau Chapter

4th Qtr 2022



Happy Holidays From Tampa Tau



HONOR

UNITE

MENTOR

DECEMBER IS SEASONAL DEPRESSION AWARENESS MONTH (SAD)

SYMPTOMS OF SEASONAL AFFECTIVE DISORDER

- Increased sleep
- Depression
- Lethargy
- Weight gain
- Carbohydrate cravings
- Avoidance of social interaction
- Difficulty performing daily tasks
- Crying fits
- Suicidal thoughts



Seasonal Affective Disorder, or SAD, is more than just those winter blues or a seasonal "funk."

SAD is a very real type of depression that is most commonly associated with the fall and winter months.

What can you do about it?

Structure. Go to bed at a regular time, and get enough rest. Give focus to eating healthy meals on a regular schedule.

Make your environment brighter when you can. Open blinds, and sit closer to bright windows.

Get outside. Go for a walk, take your lunch outside, take short breaks throughout your day and enjoy the sunshine.

Exercise. A regular exercise routine can help with stress relief, and being more fit can help to increase self esteem. Plus, exercise increases levels in your brain of the same chemicals used in anti-depressant medications!

Socialize. Connect with the people you enjoy being around.

Take a trip. Make an effort to plan for vacations during the winter months when possible.

A couple things to remember:

- We all have tough days and times when life presents us with an increase in overall stress. It's ok to have a bad day. However, SAD is a type of depression, and if your symptoms do not improve, or even worsen, it may be time to seek professional support.
- Treatment options can include psychotherapy, medications, and even light box therapy.
- Luckily, recovery from any diagnosable mental illness has high success rates, with 70-90% recovery rates when we seek treatment.



Honoring Christmas Lights and Getting Lights Ready for Christmas on "National Christmas Lights Day" observed on December 1

In the United States, Christmas lights traditionally go up on December 1st, the day after Thanksgiving. National Christmas Lights Day celebrates this time-honored holiday tradition. On this day, families and friends come together to string lights on their homes and yards. Many people also use this day as an opportunity to decorate their Christmas trees. As the sun sets, the lights come on, creating a festive and welcoming atmosphere. National Christmas Lights Day is a cherished tradition for many Americans, and it is a great way to get into the holiday spirit.

HONOR

UNITE

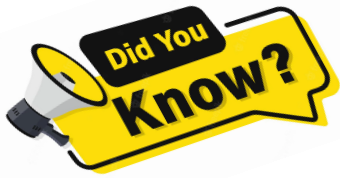
MENTOR

Kappa Epsilon Psi Military Sorority, Inc.

“ELITE PROFESSIONALS”

Tampa Tau Chapter

4th Qtr 2022

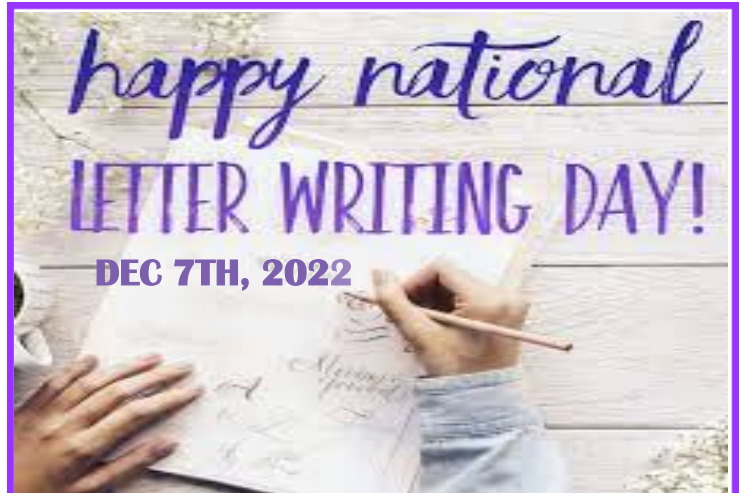


December 14th is

National Free Shipping Day

Go to the Free Shipping Day 2022 website anytime after 12:00 AM EST on December 14, 2022, to view the details of each store's free shipping offer. Each offer works a little bit differently, so make sure you read all the details.

Visit [FreeShippingDay.com](https://www.freeshippingday.com)



National Letter Writing Day encourages us to put down technology, and connect with pen and paper. When was the last time you sent someone a hand written letter? Or the last time you opened your mailbox to find that you have received mail that wasn't bills or amazon packages?

Receiving a letter in the mail is such a nice feeling. Letter writing is such a personal, thoughtful form of communication that deserves to be celebrated today, December 7th, National Letter Writing Day, and Every day!



Even though it's not a federal holiday, the birthday of the U.S. National Guard — celebrated on December 13 — is an important event to note. Established in 1636, the National Guard is the oldest military organization in America. Its members serve during times of war and emergency. Take time to honor those who have protected our country for centuries.

HONOR

UNITE

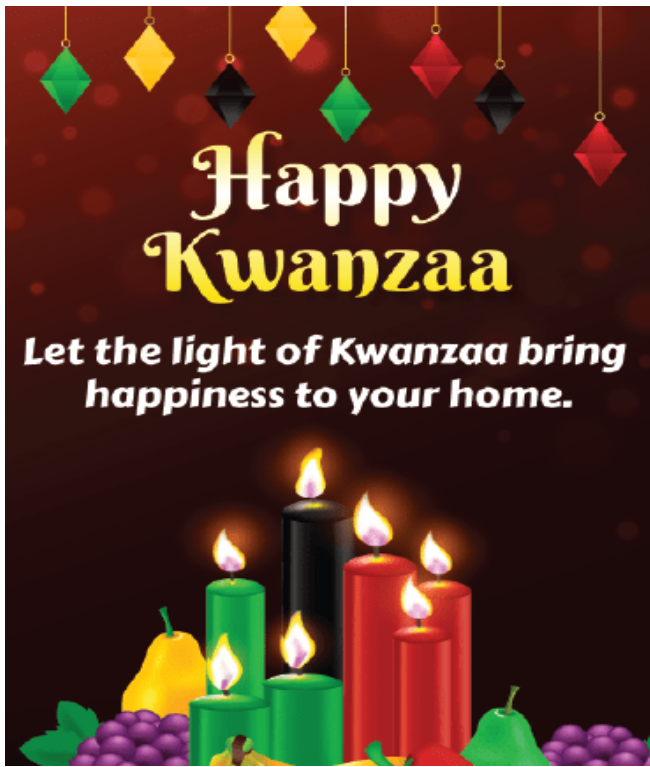
MENTOR

Kappa Epsilon Psi Military Sorority, Inc.

“ELITE PROFESSIONALS”

Tampa Tau Chapter

4th Qtr 2022



<https://www.officialkwanzaawebsite.org/>

Merry Christmas
Happy Hanukkah
Happy Kwanzaa
to you all!

Kwanzaa is a celebration that honors African heritage in African-American culture. Every year from December 26 – January 1, Kwanzaa brings people together for feasts, gift-giving, and the celebration of family, community and culture.

HONOR

UNITE

MENTOR

Kappa Epsilon Psi Military Sorority, Inc.

“ELITE PROFESSIONALS”

Tampa Tau Chapter

4th Qtr 2022

Moving Forward
into 1st Qtr. Jan 2023

JANUARY 2023

7th- Tampa Tau Business Mtg

16th- CS Event MLK Day Parade

21st- KEY Collective Recruitment Event



KAPPA EPSILON PSI MILITARY SORORITY, INC.

THE KEY

KOLLECTIVE RECRUITMENT EVENT

GLOBAL IN PERSON EVENT
21 JANUARY 2023

All Chapter and Clusters throughout the U.S. and abroad will also host local Recruitment Events on 21 Jan 2023.

Contact a local chapter near you by visiting our website www.militarysorority.com

Who are We?
Kappa Epsilon Psi is a premier military sorority, which aspires to **HONOR** our past, **UNITE** our present, and **MENTOR** our future female servicemembers.

We are "**Women of Service, Being of Service**"

TO REGISTER FOR A LOCAL EVENT
EMAIL: RECRUITANDRETAIN@MILITARYSORORITY.COM



HONOR

UNITE

MENTOR

Kappa Epsilon Psi Military Sorority, Inc.

"ELITE PROFESSIONALS"

Tampa Tau Chapter

4th Qtr 2022

ORLANDO WAS EPIC!

ATLANTA WAS EXPLOSIVE!

AND LAST YEAR WE HAD A 10 YEAR EXPERIENCE!

NOW, IT'S TIME TO TAKE TO THE SEAS

FOR REVEILLE 2023!!!

Reveille 2023



Painting the Seas
Pink & Purple

Reveille 2023
PAINTING THE SEAS
PINK & PURPLE

Friday, Apr 14, 2023 10:00 AM

-

Monday, Apr 17, 2023 11:59 AM

Cruising to the Bahamas
From Port Canaveral FL

To Register please go to:
[https://brushfire.com/kappaepsilon
/reveille2023/532206](https://brushfire.com/kappaepsilon/reveille2023/532206)

Don't miss out on Painting the Seas PINK & PURPLE! Secure your spot for Reveille 2023 now!! If you have questions, please feel free to email reveille2023@militarysorority.com

<https://brushfire.com/kappaepsilonpsi/reveille2023/532206>

HONOR

UNITE

MENTOR