



STUDENT SUPPORT SERVICES

MERCER HUB

Issue 1.9

8 Dimensions of Wellness

Wellness is a verb!

It's not the absence of disease, illness and stress that supports a healthy lifestyle, but the promotion of purpose in life, active involvement in satisfying work and play, joyful relationships, and a healthy body and living environment.

Learn to develop new healthy lifestyle choices by strengthening the [Eight Dimensions of Wellness](#):

- Emotional Wellness
- Environmental Wellness
- Financial Wellness
- Intellectual Wellness
- Occupational Wellness
- Physical Wellness
- Social Wellness
- Spiritual Wellness

The 8 Dimensions of Wellness workshop series is available to schools, community and religious centers, after-school programs and summer camps.

For more information, contact the NJ4S Mercer Hub at 609-394-5157 x3601.

[Click to download the flyer.](#)



Meet the Team

Dania Orellana

Dania, our Scheduling Coordinator, is a student at Mercer County Community College, studying to become a Medical Assistant. Dania also serves as the Youth Secretary at her church, and she strives to always give back to her community.

Abigail Oliver

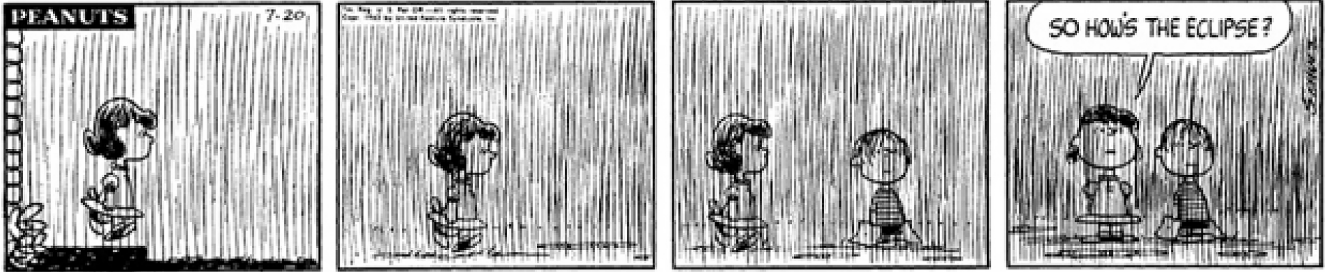
Abby, our Administrative Assistant, has recently completed her bachelor's degree in psychology at The College of New Jersey. She is now embarking on an exciting journey to pursue her master's degree in clinical Mental Health Counseling at TCNJ. Abby's dedication to furthering her education in order to become a therapist reflects her sincere desire to contribute meaningfully to the well-being of her community.



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Spotlight Tier 1 Services



Monday, April 8th, many across North America joined in the shared experience of watching the moon pass between the sun and earth, including the students of Thomas Jefferson Intermediate School. Fourth, 5th, and 6th graders went home with a pair of eclipse glasses and eclipse themed snacks after learning about the eclipse in school, prepared to share their new knowledge with family and friends. The Mercer Hub is grateful for the opportunity to have been a part of Jefferson Intermediate's eclipse celebration, and we thank Principal Ramcharan, faculty, and staff!

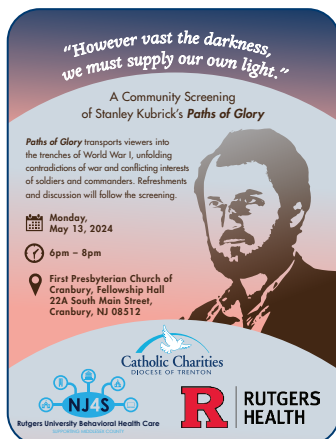
Honoring Dr. Martin Luther King Jr. with a Screening of *I've Been to the Mountaintop*

On Wednesday, April 17, the Mercer Hub provided a community screening of Dr. Martin Luther King, Jr. delivering his "I've Been to the Mountaintop" speech, delivered on the eve of his assassination.

Attendees received a copy of Dr. King's A Call to Conscience, which includes a copy of the speech. The event was held at the Mercer Hub office at 1670 Whitehorse Hamilton Square Road, Suite 10, Hamilton, beginning at 6 pm with refreshments. A post screening discussion followed.



Upcoming Spotlight Tier 1 Services



A Screening of *Paths of Glory*

Join us on **Monday, May 13 at 6pm** at the First Presbyterian Church of Cranbury for a community screening of Stanley Kubrick's *Paths of Glory* and a discussion of the film afterward. The event will be catered.

Click on the flyers for a downloadable copy.



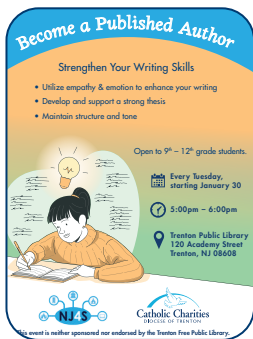
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Upcoming Spotlight Tier 1 Services

A Screening of *The Great Muppet Caper*

Join us on Saturday, June 15 at 10am for a free community screening of Jim Henson's *The Great Muppet Caper* at the [Princeton Garden Theatre](https://princetongardentheatre.org/films/great-muppet-caper). Doors open at 9:30am. There will be a crafts table for children, ages Pre-K – 6th grade. Click here to register: <https://princetongardentheatre.org/films/great-muppet-caper>.



Ongoing Spotlight Tier 1 Services

Become a Published Author

The Mercer Hub offers a Writing Skills Workshop for middle and high school students each week at the Trenton Free Public Library. Students learn to develop writing skills by using empathy and emotion. Sessions are held from 5 to 6 pm on Tuesdays. Click the flyer for a downloadable copy.

Service Metrics

Community Events to Date

229

Mercer County Residents Served to Date

3,309

April is Stress Awareness Month

Stress Awareness Month began in 1992, with the intention to increase awareness and knowledge about stress and provide resources to manage and prevent it. Risk factors for ongoing stress include heart disease, dementia, stroke, accelerated aging, depression, anxiety, insulin resistance, prolonged digestive issues, and IBS.

In addition, ongoing stress can impact one's mental health, including interpersonal relationships and the ability to maximize productivity at work. According to the Health Resource Network (HRN), "Stress Awareness Month is a national, cooperative effort to inform people about the dangers of stress, successful coping strategies, and harmful misconceptions about stress that are prevalent in our society."

Contact Student Support Services- Mercer for Stress Awareness resources, curriculum, and programming. 609-394-5157 x3600.





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Resource Recommendations

Stress and the Body

“Stress can have wear and tear effects on the body, especially when it doesn’t ease up after a while – so it makes sense that it can incite physical symptoms, too,” explains Dr. Jeannette M. Bennet, in Shannon Doyne’s [“How Does Your Body React to Stress?”](#) A researcher at the University of North Carolina, Dr. Bennet continues: “When people are under stress, their bodies undergo changes that include making higher than normal levels of stress hormones such as cortisol, adrenaline, epinephrine and norepinephrine. These changes are helpful in the short term... but over time, they start harming the body.” In addition, Doyne’s article is a great resource for Health educators, providing a series of thoughtful questions for students.

Reduce Stress in the Body

“During times of stress, we often sense our heart racing, jaw tightening or stomach churning – feelings that end up heightening our negative emotions,” explains Jenny Taitz in [“5 ways to reduce stress in your body.”](#) Without resources, this can become a viscous cycle. A clinical psychologist and assistant clinical professor in psychiatry at UCLA, Taitz contends, “By tapping into your body’s innate ability to calm itself, often within minutes, “you can improve how you feel and get better at warding off stress symptoms before they strike.”

Have a Resource Recommendation? Send Michael an email at MLovaglio@cctrenton.org

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