



VIEW FROM THE HILL

Updated Thoughts from the Thoughtful Day Camp

November 11, 2020

Happy Veteran's Day – Eleven o'clock, on the eleventh day, of the eleventh month, 1918.

"How important it is for us to recognize and celebrate our heroes and she-roes!"
Maya Angelou

Thank you, veterans!

Here's a [KID HISTORY](#) video we can enjoy with our campers to celebrate the day.

And speaking of happy...

Between the global COVID crisis and the calamity of our recent/ongoing national election, we've been subjected to a swirling stream of stresses that, if left unchecked, will take a toll on children and adults alike. Here are two sources of sanity that I would like to offer as antidotes to anxiety.

In "[The Happiness Lab](#)" podcast, Yale professor Dr Laurie Santos will take you through the latest scientific research and share some surprising and inspiring stories that will forever alter the way you think about happiness. This is a very accessible listen that I enjoy while driving or at bedtime. Her undergrad course "[The Science of Well Being](#)" is available for free on Coursera.

In "[Mind Control: Managing Your Mental Health During COVID-19](#)", University of Toronto professor Steve Joordans presents a short course that proposes we exercise and nourish our mental health just as we do our physical health. It is a series of videos, some readings, and some guided relaxation exercises (that work on kids, too!). It is a four-week course that can really be done at your own pace. It too, is free.

Thanks for checking in. Watch for future updates. Contact us with any questions.

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