



Manage Anxiety Through Positive Action

*Humans are biologically designed to seek out dangers around us, asserts Rick Hanson in *Hardwiring Happiness*. He notes that we are born with a negativity bias that helps keep us safe in our environment. This is useful when faced with wild animals and other natural dangers, but in modern society this instinct has led to an overdeveloped tendency toward unnecessary anxiety—particularly since we are managing instant-access media and a twenty-four hour news cycle.*

It is easy to become hypervigilant about potential dangers that are no real immediate threat to us, or may be occurring a world away. This evolution of our environment makes maintaining a calm and optimistic outlook increasingly more challenging.

SO WHAT DO WE DO?

In addition to the staples of proper sleep, nutrition, and exercise, Martin Smith, Clinical Director for Youth & Family Services, has one major suggestion to practice for the long-term management of anxiety: **Take Action.**

Real emotional struggle comes when we are faced with stressors that we cannot do anything about. The feelings of fear, anger, and vigilance that stress can elicit are actually a call to action. It is through action that we gain a sense of relief. When we have no power or control over something and are stuck doing nothing, that is when we feel deep discomfort.

The next time you feel yourself reacting to something in the news or an event involving a loved one, take some sort of action. It will help. It does not need to be all-encompassing or a major initiative; it can be something as small as holding the door for another person, making a meal for a neighbor having a hard week, or volunteering to help with an issue you care about in your local community. Keep renewing your faith in the goodness of humanity. Contribute to the goodness of humanity through your actions. There is a reason why Gandhi's famous quotation, "Be the Change You Wish to See in the World," is omnipresent: it is helpful.

Stress truly is a call to action that we are biologically designed to respond to. The most important thing we can do to manage it is to feel that we have done something tangible to address it. And if you need additional help, we remain here for you.

*Visit our website to read past editions of *Every Family*, as well as our *Every Family School Edition*.*



32nd Annual Breakfast on the Bridge



Top Left: Amy Yarbrough, Kerry Jones, Deborah Zipkin, Jillian Gilchrest | Top Right : Susan I. Hamilton
Center Left: Juan getting hugs from colleagues | Center Middle: Cherrell Durrant | Center Right: Kimberly Ambrose, Tor Fisk | Bottom Left: Amanda Aronson, Juan Melián, Margaret Hann, Photo by Eric Rennie | Bottom Right: Mayor Shari Cantor enjoys the event with guests | Photos by Amanda Aronson

The morning of September 12, 2018 was a special one for us as we honored Juan Melián, principal of Charter Oak International Academy, with the **Build No Fences Award**. Juan is a warm, engaging, dedicated, and seemingly tireless educator who is committed to encouraging a connected community. He is a local treasure and admired by children, families, and colleagues alike. Congratulations, Juan, and thank you for all you do for our community.

Upcoming Events

VIEWS OF THE BRIDGE

- 11/14/18 West Hartford Counseling Center
8:30 – 9:30 a.m.
- 2/28/19 West Hartford Counseling Center
8:30 – 9:30 a.m.



CHILDREN'S CHARITY BALL – 1/26/19

Please join Honorary Chairs, Rob and Dawn Koff and Bob and Debbie Katz, for an elegant black-tie evening at Marquee Events in Hartford as we celebrate the 50th Anniversary of the Bridge Family Center and the incredible growth of our organization over the years. The Ball is our **most important fundraiser of the year**, and we appreciate your support.

Complimentary valet parking will be provided by LAZ Parking. Tickets go on sale in December. Purchase early, as the event sells out quickly.

Visit www.bridgefamilycenter.org for details.



CONNECT WITH US

Support the Bridge through Workplace Giving

Fall is kick-off season for workplace giving campaigns, an easy and convenient way to support our mission and the safety net we provide for children and families. In these days of economic hardship and financial insecurity, your support means more than ever for the thousands of people whose lives we touch each year. Donors like you strengthen our safety net and help children grow and thrive.

HOW IT WORKS

The Bridge is affiliated with America's Best Local Charities, ABLC, for the Fall 2018/2019 campaign year. Our ABLC affiliation includes participation in the Connecticut State Employees' Campaign (agency code #7824), as well as many corporations and other workplaces. You can find us in your campaign giving directory under the Bridge Family Center. If your company participates in the United Way Community Campaign, please designate the Bridge Family Center (agency code #5237) on your donor pledge form.

Your donation may also qualify for a **company matching gift**. At many companies, you can apply directly online for a matching gift. Check with your HR department, or contact the Bridge at 860.521.8035 for more information.



You Helped Save a Life

In the fall of 2016, a teenage girl suddenly found herself homeless after the death of her aunt. She reached out to a former teacher who directed her to us. We are thrilled to share that after many months in our care, she transitioned to a local foster home, enrolled in cosmetology school, and just moved into a beautiful apartment of her own in the South End of Hartford. She is thriving and continues to stay connected to our staff. You helped make that happen for her. Thank you for your ongoing support.

PLEASE INCLUDE US IN YOUR GIVING BY MAILING A GIFT IN THE ENCLOSED ENVELOPE, OR BE IN TOUCH TO LEARN ABOUT THE ADDITIONAL GIVING AND ENGAGEMENT OPPORTUNITIES THAT FEEL RIGHT FOR YOU.