**Important Dates and Events:**

- October 5th - Yom Kippur (No School)
- October 11 - Schoolwide Guest Speaker Azizuddin Abdur-Ra’oof and STEM Changemaker Event at 6pm
- October 12th - Sports Day
- October 15th - Cyberdefender Day
- October 19th – 2 Hour ED Unity Day (Wear Orange and Crazy Socks)
- October 20th - 2 hour ED (Parent Conferences - Invitation Only)
- October 25th - Coffee with the Principal (8am) Zoom
- October 25th - Math Night
- October 26th - College Shirt Day
- October 27 – Picture Makeup Day
- October 31 - Halloween (Students can dress up but must follow AACPS dress code policy) - No weapons, No fake weapons, No inflatables and No full face paint/mask. Students will still be expected to participate in their classes (including PE)

Additional school information available on our website:

[https://www.aacps.org/Page/3897](https://www.aacps.org/Page/3897)

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**What do I do if my student is absent?**

Go to the OMMS Web Page

[https://www.aacps.org/Page/3897](https://www.aacps.org/Page/3897).

Complete and submit the form online.

Please update your student’s Emergency Card information at the following link:

[www.aacps.org/families](http://www.aacps.org/families)

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**Principal’s Corner:**

Hello! It has been awesome welcoming your students back to OMMS and welcoming our new students as well! Our wonderful teachers have them fully engaged in meaningful lessons and our staff are sharing time with students at lunchtime in the cafeteria and outside during Patriot Period. We are definitely all enjoying a more “normal” school year together. Please feel free to reach out at any time with questions or concerns you might have.

Thank you!

#wearebettertogether #OMMSteam #PatriotPride

Mrs. Linda Chandler
STUDENTS OF THE MONTH

CONGRATULATIONS!

6th Grade: *Tenley Lyons *Nahomy Montejo *Cole Roden *Andrew Moore *Juliette Mann *Jiovanni Owusu-Boadi

7th Grade: *Allison Keppler *Chase Kelly *Abigail Higley *Cooper Gaver *Rianna Jennifer *Malayah Simms

8th Grade: *Diego Sevilla *Molly Tipton *Stefani Hernandez *Logan Kendall *Keyira Nelson *Dunan Clark

AVID: *London Turner *Hellen Lopez Marin *Gabrielle Jones

STEM: *Hayden Hatcher *Deangelo Purnell *Gianna Bernhardt

ENCORE: *Sahara Ortega *Kimberly Campos Bermudez *Duncan Clark *Trevese Isaacs *Shobika Adhikari *Samantha Cross

Patriots of the Month

Ms. Smooth and Mrs. Hartman!

This month we honor Ms. Smoot and Mrs. Hartman as October’s Patriots of the Month. Ms. Smoot has stepped up once again to the position of OMMS PTA President along with her awesomeness as one of our 6th grade Language Arts teachers, engaging students in captivating lessons.

Mrs. Hartman continues to amaze us with her wonderful work as our STEM Coordinator, leading STEM students in worldly ways by taking field trips all across the state and DC as well as hosting a multitude of interesting and informative guest speakers.

Thank you BOTH for all you give to OMMS! We are grateful to you for all you do!
Old Mill Middle School South
Staff Pride Awards

CONGRATULATIONS!

*Prepared*
Ms. Ryan

*Respecting*
Ms. Snidow

*Innovative*
Ms. Stracke

*Determination*
Mr. LaSalle

*Empowering*
Ms. V. Jackson
AVID Teacher of the Month:

Our AVID teacher of the month goes to Ms. Dulay! Ms. Dulay is being recognized for her use of Marking the Text and GIST strategies that also include student collaboration.

Congratulations Ms. Dulay!
2022-23 Caseloads

Due to the addition of a 4th counselor to our team, counseling caseloads have changed. Please see below for 2022-23 updates:

6th Grade: Mrs. Sas, ksas@aacps.org
7th Grade: Mr. Woods, mlwoods2@aacps.org
8th Grade: Mrs. Schneider, djschneider@aacps.org

AVID & Patriot PRIDE (across grade levels): Mrs. Gast, hgast@aacps.org

COUNSELING LESSONS

Counselors will be in science classrooms delivering lessons on the following dates:

Ms. Sas (6th Grade)
- 9/19: Ms. LaMarsh's classes
- 9/21: Mr. Foley's classes
- 9/22: Ms. Snidow's classes

Mr. Woods (7th Grade)
- 10/4: Ms. Stabile's classes
- 10/6: Ms. Jackson's classes
- 10/7: Ms. Pearson's classes

Ms. Schneider (8th Grade)
- 9/20: Ms. Schultz's classes
- 9/21: Mr. Weichel's classes
- 9/23: Ms. Dulay's classes

Ms. Gast (AVID)
- 9/28: Ms. Warrington's B-day classes
- 9/29: Ms. Warrington's A-day classes

Students can use the link above to request a meeting with their school counselor.

Appointment Request Form
Center of Applied Technology North

Tour Our School!

We invite you to learn about our career programs, view our classrooms, and answer any questions!

Upcoming Tour Dates:
November 22, 2022 @ 8am
December 20, 2022 @ 6pm
January 25, 2023 @ 8am
March 2, 2023 @ 8am
March 3, 2023 @ 2pm

800 Stevenson Rd, Severn, MD 21144
410-969-3100
www.catnorth.org
OMMS FAMILY MATH NIGHT

Join us for a night of problem solving and fun in preparation for the Quarter 1 Math District Assessment!

Tuesday, October 25th
6:00 – 8:00p.m.

RSVP by Tuesday, October 18th via this Google Form or the RSVP below.

Questions: Contact the Math Department Chair, Ms. Johnston (410)969-7000 or rmjohnston@aacps.org

Dinner and Introductions (6:00-6:30p.m.)
Meals will be available for purchase and will include a slice of pizza, bag of chips, and drink.

*Break-Out Sessions by course (6:45-7:45p.m.)

Our mission is to provide a safe learning environment that serves all students, to eliminate the achievement gap and motivate students to become life-long learners who are college and career ready through a STEM education, and prepares them to be caring members of the global community.

Our vision is to prepare every child with the skill set to compete with the 21st century initiatives of STEM education and to meet the challenges of the global society.

Please return this portion of the flyer to your child’s math teacher.

Break-Out Session Options RSVP

Please indicate which course your family will be attending for your break-out session.

_____ Math6 (Mr. Gheba & Ms. Swisher)  _____ Math 6/7 (Ms. Heinlen)
_____ Math 7 (Mr. Schatz)  _____ Math 7/8 (Ms. Smith)
_____ Math 8 (Ms. Clark)  _____ Algebra (Mr. Turner & Ms. White)
_____ Self Contained matematicas 6, 7, 8 (Ms. Johnston)

Student Name: ___________________________ Math Teacher: ___________________________

How many people will be attending? ________

How many meals (slice of pizza, bag of chips, drink) will you be purchasing? ________

Does your family prefer cheese, pepperoni, or both? (circle one)

Please list any allergies here: ____________________________________________________________

Parent/Guardian Signature: ____________________________________________________________
¡Únase a nosotros para una noche de resolución de problemas y diversión en preparación para la evaluación de matemáticas del distrito del primer periodo de calificaciones!

**martes, 25 de octubre**
6:00 – 8:00p.m.

**Responda por favor antes del martes 18 de octubre**
via este formulario [Google Form](#) o devuelva la hoja.

Preguntas: Comuníquese con la Encargada del Departamento de Matemáticas, Sra. Johnston
(410)969-7000 or rmjohnston@aacps.org

Cena e Introducción (6:00-6:30p.m.)
Las comidas estarán disponibles para la compra e incluirán pizza, una bolsa de papas y una bebida.

*Break-Out Sessions by course (6:45-7:45p.m.)*

Nuestra misión es proporcionar un entorno de aprendizaje seguro que incluya a todos los estudiantes, para eliminar la brecha de rendimiento y motivar a los estudiantes a convertirse en aprendices de por vida que estén preparados para la universidad y la carrera a través de una educación STEM, y los prepare para ser miembros solidarios de la comunidad global.

Nuestra visión es preparar a cada niño con el conjunto de habilidades para competir con las iniciativas de educación STEM del siglo XXI y para enfrentar los desafíos de la sociedad global.

Devuelva esta parte del volante al maestro de matemáticas de su hijo.

**Opciones de sesiones separadas** (Confirme asistencia)

Indique a qué curso asistirá para su sesión de grupo separada.

- Matemáticas 6 (Mr. Gheba & Ms. Swisher)
- Matemáticas 6/7 (Ms. Heinlen)
- Matemáticas 7 (Mr. Schatz)
- Matemáticas 7/8 (Ms. Smith)
- Matemáticas 8 (Ms. Clark)
- Algebra (Mr. Turner & Ms. White)
- Matemáticas (educación especial) 6, 7, 8 (Ms. Johnston)

Estudiante: ___________________________ Maestro de matemáticas: ___________________________

¿Cuántas personas asistirán? ________

¿Cuántas comidas (porción de pizza, bolsa de papas fritas, bebida) comprarás? ________

¿Tu familia prefiere queso, pepperoni o ambos? (circle one)

Por favor indique cualquier alergia aquí: ___________________________________________

Firma del Padre o Tutor: __________________________________________________________
Congratulations to our October STEM students of the month!

6th: Hayden Hatcher
7th: Deangelo Purnell
8th: Gianna Bernhardt

Student and families, enjoy the Maryland STEM Festival
Oct. 14—Nov. 13th
Theme: Cybersecurity and Information Technology
https://marylandstemfestival.org

OMMS Cyber Defender Day is back!
Saturday, October 15th  10 am—1:15 pm
This is a required STEM Saturday for all STEM magnet students and is a family based event. Students are accompanied by an adult family member to enjoy an interactive visit in the OMMS cafeteria where there will be a variety of exhibits and interactive stations. Siblings may join in. No student drop-offs. AFCEA., Northrop Grumman, Lockheed Martin, NSA, USNA and more are represented among our exhibitors. See the flyer with venue times. This is DROP IN, so stay for as long or short a time as you like. Changemaker STEM 8 teams working on projects that morning may enjoy the event when they finish their team meetings.

Upcoming STEM Fall Events
Mark your calendars. Times to be provided.
STEM Saturdays—Fall—Winter (Tentative)
October 1st—STEM 7 Annapolis Maritime Museum
October 15th—Cyber Defender Day—STEM 6, 7 & 8
October 29th—STEM 7 or make-up day Morgan State STEM Festival
November 12th—STEM 6 Saturday (Venue TBD)

STEM 8 Changemaker Saturdays & Events
(Note: STEM 8 students will attend ONLY 2 additional STEM Saturday Changemaker workshops with their teams.)
October 1st—Changemaker Workshop
October 11th STEM Family Night
October 15th—Changemaker Workshop
October 29th—Changemaker Workshop
November 12th—Changemaker Workshop
December 3rd—Changemaker Workshop
December 17th—Changemaker Workshop
January 7th 2023 MID POINT CHECK evaluations
2023 Spring Changemaker Saturdays to be announced.
April 29th Final project scoring
May 10th Changemaker Showcase, Awards & Family Celebration Night

Note: Dates may be subject to change. Monitor email & Bright Space

STEM Uniform Policy
Students will wear STEM shirts on fieldtrips. Students will not board a bus without a STEM shirt. Uniform shirts will also be worn for special presentations or events. We have other optional attire such as STEM hoodies, zip tees, black t-shirts. Inventory is available for purchase by sending in a completed apparel order (attached) for with exact payment of cash or check payable to OMMS and attention Hartman/Lizama STEM Lab, cost includes
First Lego League Club @OMMS meets Monday evenings in STEM Lab from 6-8 pm (except when schools are closed)

Do you want to code FLL robots, and run missions to prepare for a regional FLL competition in early 2023? Join our team of future coders and robotics engineers as they enjoy using EV3’s and Spike Prime robots to learn robotics and compete in mission challenges.

Families transport students to and from club meetings and competitions. No transportation provided. This is a parent coached club sponsored by STEM. We welcome committed students and families willing to volunteer to run club activities. We currently sponsor two teams (approximately 8-10 students per team). Seats are limited and attendance matters. As the program grows new parent recruits will step up to coach a 3rd team. This Club is open to ALL middle school students, and also satisfies the STEM club requirement for magnet students. **Start date: Monday, September 12th**

Student drop off at 6 pm through lower level red doors near STEM lab. Parents return by 7:30 pm on September 12th for a FLL parent orientation meeting. No formal registration will take place until the teams are determined later this fall.

Contacts: [Mehartman@aacps.org](mailto:Mehartman@aacps.org) or Coach Ken at [ken@bellock.net](mailto:ken@bellock.net)
OMMS CYBER DEFENDER DAY IS BACK!
SATURDAY, OCTOBER 15TH
OMMS CAFETERIA
620 PATRIOT LANE MILLERSVILLE, MD

Join our school community, business and education partners for an amazing cyber defense expo with interactive stations and prizes geared for students and families.

Join celebrate the Maryland STEM Festival 2022!

10:00 AM Opening Ceremony
Snacks and STEM attire are available for sale in the lobby throughout the event.

Expo Ends
1:15 PM Last Entry 2:00 PM Stations Close

Enjoy interacting with career professionals and participating in a variety of interactive stations. Stay for as long or as short a time as you like. Win prizes, engage in cyber related challenges, and learn about careers in Cyber Defense which are terrific opportunities that may be part of your future.

This is a drop in event and students must be accompanied by an adult. Family members are welcome.

While this is open to our entire school and community, it is a mandatory STEM Saturday for OMMS Magnet students.

Contact: mehartman@aacps.org
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Student name:
(First)________________________(Last)________________________

Grade: ______ Building Community teacher: _______________________

Parent name: (First)________________________(Last)________________________

Parent cell phone number: (____)_______ - ____________

Email address: ___________________________________________

Paid by Cash$____ (Exact Amount) or Check #____ (Amount)(Checks should be made out to OMMS). Tax already included.

Please have student deliver to the STEM lab or BC teacher with payment and desired items/sizes. Attn: STEM

Contact mehartman@aacps.org or Jlizama@aacps.org with questions.
2022-2023 Food and Nutrition Services Information

School Meal Prices
SY 2022-2023

Student:
Breakfast, (Full Price, All Schools) $1.50
Breakfast, (Reduced Price, All Schools) $.00
Lunch, (Full Price, Secondary Schools) $3.00
Lunch, (Full Price, Elementary Schools) $2.75
Lunch, (Reduced-Price, All Schools) $.00

Meal Benefit Applications are available for SY 2022-2023! Log onto www.aacps.org/mealapplication
It's About More Than Lunch
If you have any questions regarding the school meals program, please email jtrisso@aacps.org or call 410-222-5900.

OMMS 2022-2023 BELL SCHEDULE
PURCHASE YOUR YEARBOOK NOW

Yearbooks are currently on sale for $30 and will increase in price after October 31st.

YEARBOOKORDERCENTER.COM
CODE: 4892
Community Wellness Day
at Park Elementary School

Join us for a FREE, family-friendly fall health and resource fair to start your journey to good health.

Saturday, Oct. 15, 2022 | 10am - 1pm
Park Elementary School
201 East 11th Avenue | Baltimore, MD 21225
umbwmc.org/wellnessday

Health Services
• Flu shot vaccinations for ages 3 and up
• Blood pressure screening
• A1C testing
• BMI screening
• Vision screening
• Body composition screening

Education tables
• Nutrition
• Mental health
• Car seat safety
• Family emergency preparedness
• Lung health

And more!
• Face painting
• Exercise demonstrations
• Kids activities
• Hungry Harvest produce boxes
• “To-go” boxed lunches
Día del bienestar de la comunidad en Park Elementary School

Únase a nosotros en una feria GRATUITA de recursos y salud de otoño para toda la familia y comience su viaje hacia la buena salud.

Sábado 15 de octubre de 2022 | 10 am - 1 pm
Park Elementary School
201 East 11th Avenue | Baltimore, MD 21225
umbwmc.org/wellnessday

Servicios de salud
- Vacunación contra la gripe para personas de 3 años de edad y mayores
- Evaluación de presión arterial
- Pruebas A1C
- Evaluación del IMC
- Evaluación de la vista
- Evaluación de la composición corporal

Mesas de educación
- Nutrición
- Salud mental
- Seguridad de los asientos para automóviles
- Preparación familiar ante emergencias
- Salud pulmonar

¡Y más!
- Pintura facial
- Demostración de ejercicios
- Actividades para niños
- Cajas de productos Hungry Harvest
- Almuerzos preparados “para llevar”
OMMS PTA SALE
LIMITED QUANTITIES AVAILABLE
NEW MAGNET & STICKERS

$6 for OMMS Magnet or 2 for $10

$3 for 1 OMMS Sticker or 3 for $7

https://www.ommspta.org/apps/webstore/
OMMS PTA
MEMBERSHIP
DRIVE

Our membership drive ends October 21st

Interested in becoming a member?

- Complete membership form & return with dues via your student to their Building Community teacher

- Complete the membership form and payment online via our webstore

www.ommspta.com
Old Mill Middle South PTA Membership
2022-2023

Parent/Guardian Name(s): _________________________________

E-mail Address(es):
______________________________________________________
______________________________________________________

Phone#(s): ____________________________ ____________________________

Best way to contact you: ______E-mail ______Phone

Please list the name and grade of each child you have at OMMS:
______________________________________________________
______________________________________________________
______________________________________________________
______________________________________________________

PTA membership fee is $10.00 per person. Please make checks payable to OMMS PTA and return this form including payment in an envelope (or stapled to the form) with 'PTA' written on the front.

Cash _____ CC _____ Check #_______

You may also purchase a membership ONLINE at ommspta.org via PayPal.

WE NEED YOUR HELP!!

_____ I would like to volunteer!

_____ I would like to join or lead a committee
(ex: Staff Appreciation, Spirit Nights, Business Sponsorships‘)
*Please see our website for a complete listing of committees and open chair positions.

Membership drive ends October 21, 2022! Please get your forms in as soon as possible!
OMMS PTA
Meeting
October 12th
at
6:00 pm
OMMS PTA Members are invited to our October meeting. Hope to see you there!

Zoom link will be e-mailed to membership

DO GOOD WITH CHIPOTLE

CHIPOTLE FUNDRAISER FOR
OLD MILL MIDDLE SOUTH SCHOOL PTA
33% OF EVENT SALES GET DONATED TO THE CAUSE
SATURDAY, OCTOBER 15TH | 4-8PM
2503 BRANDERMILL BLVD, GAMBRILLS, MD, 21054
ORDER ONLINE FOR PICKUP USING CODE XPVBFRP
OR SHOW THIS FLYER IN RESTAURANT

CHIPOTLE

For online orders to count towards the fundraiser, they must be placed for pickup only from the restaurant location of, and during the hours of, the fundraiser. Delivery orders and gift cards do not qualify. $150 minimum event sales required to receive any donation.
SHOUT OUT BUSINESS SPONSOR

OMMS PTA WOULD LIKE TO THANK THE FOLLOWING SPONSOR FOR THEIR SUPPORT

CROFTON Family Eye Care
1702 Transportation Blvd, Suite I
Crofton, MD 21114
(410) 721-2500
OMMS Cyber Defender Day is back!

Saturday, October 15th
OMMS Cafeteria
620 Patriot Lane Millersville, MD

Join our school community, business and education partners for an amazing cyber defense expo with interactive stations and prizes geared for students and families. Join and celebrate the Maryland STEM Festival 2022!

10:00 AM Opening Ceremony
Snacks and STEM attire are available for sale in the lobby throughout the event.

Expo Ends
1:15 PM Last Entry                                     2:00 PM Stations Close

Enjoy interacting with career professionals and participating in a variety of interactive stations. Stay for as long or as short a time as you like. Win prizes, engage in cyber related challenges, and learn about careers in Cyber Defense which are terrific opportunities that may be part of your future.

This is a drop in event and students must be accompanied by an adult. Family members are welcome. While this is open to our entire school and community, it is a mandatory STEM Saturday for OMMS Magnet students.

The OMMS Wellness Word
October 2022 Edition

Being Mindful
Did you know that practicing mindfulness is good for the body and mind, helps with focus and also changes the brain? Take a moment right now to consider your own mind and how you are feeling. The more you tap into your own thoughts, the more you may become aware of how you react to stressful events — so start practicing mindfulness today! Source: https://www.pfizer.com/health-wellness/wellness/what-is-wellness

Better Sleep Tip
Avoid Screens Before Bedtime
Setting electronic devices aside at least 30 minutes before bedtime can make it easier to fall asleep. Phones, tablets, computers, and other electronics with screens emit blue light, which can disrupt the body’s natural production of the sleep hormone melatonin and make it difficult to fall asleep.

Instead, sleep experts advise developing a relaxing routine in the hour before bedtime. During this period of winding down, choose a restful activity such as reading or taking a warm bath. Source: https://www.sleepfoundation.org/how-sleep-works/benefits-of-sleep#text=Improved%20Mental%20Function&text=Updating%20these%20connections%20in%20the%20right%20side%20of%20sleep%20can%20increase%20productivity.

Healthy Habits can Start NOW!
Every journey, including your own journey to better health and well-being, begins with just one step.

Although getting and staying healthy can feel like a big challenge, it doesn’t have to be. Working small, positive steps into your daily life can help you build a healthier life routine. But just putting them on your mental to-do list might not be enough.

Tying those positive steps to other things you already do regularly — a practice called "habit stacking," or "habit chaining" — can help turn them into ironclad habits. For instance, you could take a daily habit, like brushing your teeth, and add in a little movement, like doing five squats. Source: https://www.heart.org/en/healthy-living/healthy-lifestyle/habits

Racing mind? Lengthen each exhale.
Making our exhales longer than our inhales slows down both our heart rate and thoughts. Breathe in slowly through the nose to the count of 3, then exhale through the mouth to the count of 6.

If 3 and 6 are too long, try 2 and 4 breaths. Or to extend the exhale longer, try 4 and 8 breaths.

Source: https://www.headspace.com/meditation/breathing-exercises

If you or any other person has a medical concern, you should consult with your health care provider or seek other professional medical treatment immediately. Never disregard professional medical advice or delay in seeking it because of something that you have read in this newsletter or in any linked materials.