

## UPCOMING EVENTS

- [JGF Monthly School Supplies Contest](#)
- Ronald McDonald Volunteer Event (TBA)
- [American Diabetes Month](#)
- [National Epilepsy Awareness Month](#)
- [National Healthy Skin Month](#)

## Contents

- Managing Disaster Stress
- Signs of Teen Depression
- Benefits of Volunteering



## Managing Disaster Stress

Written by: Jenna Green

Hurricane Sandy ripped her way through the Caribbean and the Northeastern part of the United States. She left a trail of destruction in her path. She left mourning family members, homeless families, and stress.

Learning how to cope with stress that is a result of a traumatic event or a disaster is the first step to accepting the losses and moving forward in life.

Alone Hurricane Sandy has taken over 150 lives, many from fallen trees, hypothermia, and electrocution. There are people still missing.

Disaster-induced stress has an ongoing comprehensive list of signs. Some common reactions are:

- A sense of confusion
- Disordered thinking
- Trouble sleeping
- Loss of appetite
- Physical ailments
- Raging emotions of frustration, sadness, or anger.

It is natural to experience these signs in the midst of a natural disaster. The length of time it takes to get rid of these feelings varies among each individual.

After careful research, experts have agreed that a person should talk about their feelings to someone, no matter how difficult it is. Bottled up feelings can cause an extreme release of emotions at another unpredictable time.

Another way to cope with stress is to not blame yourself for the cause of the disaster. Hurricane paths are unpredictable. Also, look out for your health. Eat healthier and take care of your physical and emotional needs.

If you or someone that you know, needs more help to cope with the stress:

- [Call the National Suicide Prevention Lifeline at 1-800-273-8255](#)
- Go to the nearest emergency room
- [Call the National Alliance on Mental Illness at 1-800-950-6264](#)



## Scholarships

1. [Anne Ford Scholarship \(Due: December 30, 2012\)](#)
2. [1800wheelchair.com Scholarship \(Due: December 31, 2012\)](#)
3. [Lily Reintegration Scholarship \(Due: January 30, 2013\)](#)
4. [National Institute of Health \(NIH\) \(Due: February 1, 2013\)](#)

# Signs of Teen Depression

Written by: Jenna Green

Depression is still the elephant in the room. No one wants to admit to it or talk about it, especially amongst teens. According to the [American Foundation for Suicide Prevention](#), Suicide is the fourth leading cause of death among those ages 5-14 years old. Suicide is the third leading cause of death among those ages 14-24 years old. Teen Depression contributes to Suicide. Get help if someone you know is showing the following signs:

- apathy
- memory loss
- sadness, anxiety, or a feeling of hopelessness
- preoccupation with death and dying
- staying awake at night and sleeping during the day
- difficult making decisions
- irresponsible behavior
- difficulty concentrating
- use of alcohol or drugs and promiscuous sexual activity
- withdrawal from friends



## Sites for Coping with Depression

[www.SuicideHotlines.com](http://www.SuicideHotlines.com)

[Phone: 1-800-273-8255](tel:1-800-273-8255)

[www.HealingWell.com](http://www.HealingWell.com)

[www.Power2U.org](http://www.Power2U.org)



[www.jennagreenfoundation.org](http://www.jennagreenfoundation.org)



[jennagreenfoundation@gmail.com](mailto:jennagreenfoundation@gmail.com)



<http://www.facebook.com/jennagreenfoundation>



[@JGFOUNDATION](https://twitter.com/JGFOUNDATION)

# Volunteer with Us Today!

Written by: Jenna Green

Support the Jenna Green Foundation by becoming a volunteer. We are looking for passionate committed volunteers to help with the expansion of our organization. Our volunteer opportunities will not only allow you to support our organization and our mission, but it will allow you to improve on your skills and abilities We are looking for the following:

- Website Blogger
- Newsletter Writer
- General Volunteer
- Fundraiser
- Promoter
- Researcher

If you are interested in volunteering, please contact us at

[jennagreenfoundation@gmail.com](mailto:jennagreenfoundation@gmail.com)



## Benefits of Volunteering

1. Make important networking contacts
2. Learn of develop valuable job skills
3. Gain experience in teaching others new skills
4. Provide career experience
5. Build self-esteem and self confidence
6. Create quantifiable social impact
7. Meet new friends
8. Boost your social skills
9. Enact change
10. Combat depressions
11. Stay physically healthy
12. Gain a sense of achievement
13. Boost your career options
14. Meet a diverse range of people
15. Inspire others
16. Find a mentor
17. Build your resume
18. Add to college applications
19. Help bring community needs into focus
20. Gain a new perspective