

AUGUST

2021

SYNAPSE

ARIZONA HOSA



**MEET YOUR STATE
OFFICERS**

**NEW SOCIAL
MEDIA PLATFORM**

**PRESENTING
"CHAPTER
SPOTLIGHT"**

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Meet your 2021-2022 State Officer Team



Aashika Desai
President



Reanne Espiritu
Region 2 Vice President



Ianna Herrera
Region 4 Vice President



Derick Truong
PS/C Vice President

Meet your 2021-2022 State Officer Team



Emily Tang
Secretary



Ariana Flores
Historian / Reporter



Perla Murillo
Parliamentarian

Monthly Spotlight

SHOWCASE YOUR HOSA CHAPTER TODAY!

azhosa

Message



436 posts

1,427 followers

235 following

Arizona HOSA

#supazhosa

linktr.ee/azhosa

Followed by ianna_herrera, kitssya.parra, ale.ena +22 more

**Step one:
locate az hosa linktree
on our social media
pages**

**Step two: gather the
content based on the
wufoo instructions to
be featured!**

WUFOO
by SurveyMonkey

Chapter Spotlight Submission Form

Thank you for submitting to the Arizona HOSA Chapter Spotlight! Your chapter may be featured in our Synapse or on our Instagram @azhosa.

On Mondays, Wednesdays, and Fridays throughout the year, we will highlight chapters!

Monday- Introducing officers and chapter with pictures

Wednesday- pictures/videos of what the program does and a description

Friday-What does HOSA mean to the chapter?

Please fill out the form below to complete your submission!

Your Name *

**THE CHAPTER SPOTLIGHTS WILL BE FEATURED IN OUR
MONTHLY SYNAPSES OR ON OUR SOCIAL MEDIA POSTS
SO KEEP A LOOK OUT!**

AUGUST 2021

EXERCISE & MENTAL HEALTH



EXERCISE CULTURE ISN'T NECESSARILY TRUE

Many people believe that for something to constitute as a good workout it has to either leave you feeling dead or with a completely different body; however this isn't true. Rather than focusing on the outward effects of exercising we should take time to focus on the mental effects. Exercising can help reduce symptoms from depression, anxiety, stress, ADHD, and even PTSD.

According to a study done by the Harvard T.H. Chan School of Public Health the risk of major depression decreases by walking for 1 hour a day or running for 15 minutes a day by 26%. It really is as simple as that. If you're not someone who isn't lifting weights for hours, there's no need to.

Exercise can be as simple or as complex as you want it to be. One of my favorite ways to find exercises to do, whether that's at home or at the gym, is through YouTube. During the peak of Covid, I loved doing yoga by watching YouTube videos. Now that the gyms are opening up more, I like to find inspiration for weightlifting on YouTube.

SIMPLE WAYS TO GET ACTIVE

TAKING PART IN A YOGA CLASS (IN PERSON OR ON YOUTUBE)

DOING SOME YOGA OR BODYWEIGHT EXERCISES

GOING ON A 30 MINUTE WALK W/ A PET

GOING ON A BIKE RIDE



JULY STATE OFFICER TRAINING

YOUR STATE OFFICERS RECAP & SHARE THEIR EXPERIENCE AT THIS YEAR'S JULY TRAINING



If you could sum up this training in 1-2 sentences, what would they be?

“The training was full of fun and widened our view of leadership and teamwork. We’re all ready to bring the LOVE to this year!”

—Derick Truong

“All I can say is, AZ HOSA, we are ready for you after this training!”

—Ariana Flores

“The state officer training was truly an eye opening experience where we were able to meet other CTSOs and further improve our leadership skills.”

— Emily Tang

Our Very First Training

Your State Officers are super excited about this year! Things are going back to normal slowly and we are excited to be able to see you all! In July, we met for the very first time in person and what better way to celebrate the occasion by a 5-day training in Tucson! We learned so much about each other and how to collaborate effectively! The first day we got to The Westin La Paloma Resort, we all have to admit it, we were nervous! After we settled into our rooms for the week, we met up in a conference room to do a goose chase scavenger hunt! Our competitive sides came out going against all the other CTSO's that were there, and we had so much fun! We instantly clicked and before we knew it, we were best friends!

The week was followed by creating a Program of Work for this year, and we are thrilled to share our ideas with you and have you join this journey! We also worked with Team TRI for two days and state officers from different CTSO's to enhance our skill set. We can't wait to meet you all and are confident that this will be a great year!

L.O.V.E.,

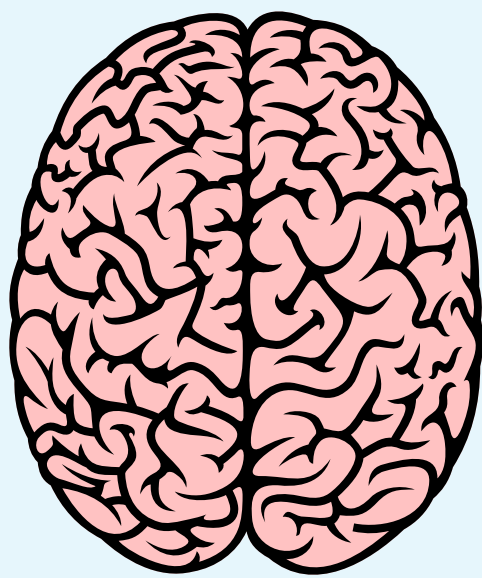
Your Arizona HOSA State Officers

PURSUING POSITIVITY!

HOW TO MAINTAIN A POSITIVE MINDSET THROUGHOUT THE SCHOOL YEAR

WHAT IS POSITIVITY?

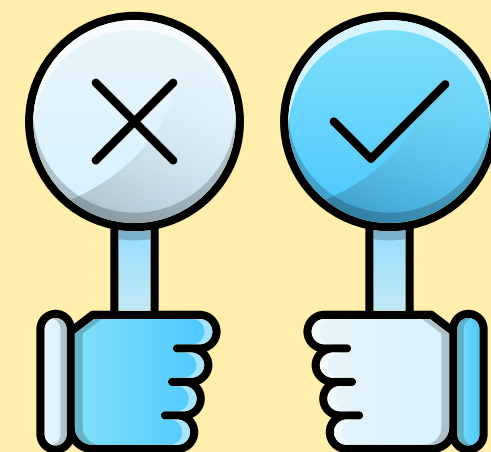
- AN ATTITUDE WHERE INDIVIDUALS
FOCUS ON THE "BRIGHT-SIDE" OF LIFE
OR ARE OPTIMISTIC
- INVOLVES CONFRONTATION OF
CHALLENGING EVENTS AND TACKLING
THEM WITH A GROWTH MINDSET
- TRAITS INVOLVED WITH POSITIVITY:
 - OPTIMISM
 - RESILIENCE
 - ACCEPTANCE
 - GRATITUDE



POSITIVE
VIBES

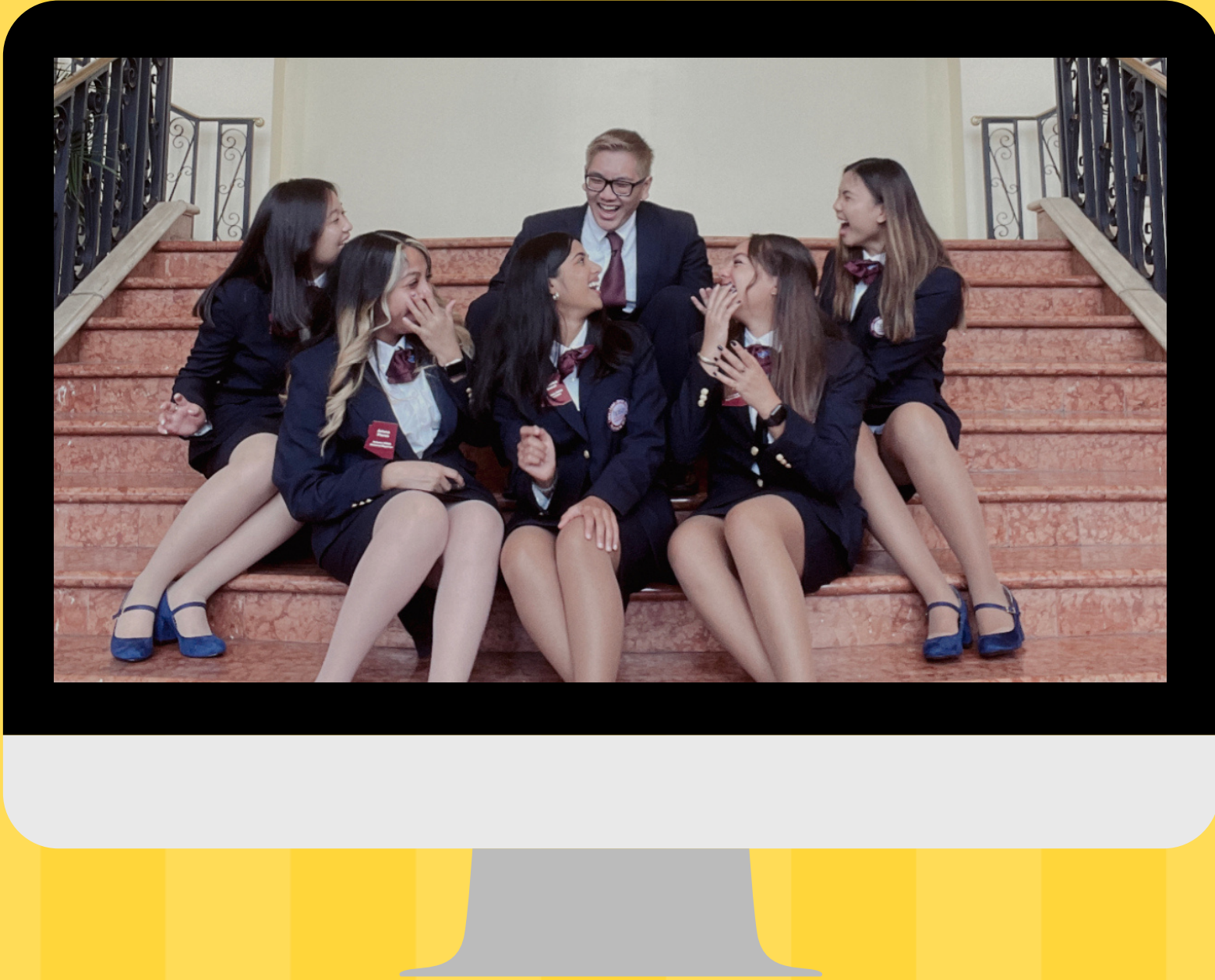
TIPS FOR MAINTAINING A POSITIVE MINDSET

- REPEAT POSITIVE AFFIRMATIONS
 - "I CAN DO THIS!"
 - "I AM SUCCESSFUL!"
- KEEP A GRATITUDE JOURNAL
- LAUGH!
 - "SPRINKLE A LITTLE HUMOR INTO YOUR
LIFE"
- BREATHE/MEDITATE WHEN STRESSED
- SURROUND YOURSELF WITH FRIENDS



Calling all AZ HOSA Members!

Want to be the first to know?



Then make sure you're following ALL our social media pages!

There's no doubt that our officers will be publishing the best content this year!



@azhosa



@ArizonaHOSA



@azhosa



@ArizonaHOSA



Arizona HOSA





Remember this:

"Be kind to your mind"

A significant health event that has dominated the world for the past year and a half is the COVID-19 pandemic. But I wanted to focus on the mental health aspect that has risen from the ongoing pandemic. Mental health is often an issue swept under the rug and deemed less necessary than other health matters. But more than 50% of people have been diagnosed with a mental illness or disorder at some point in their lives.

For the past decade, anxiety and depression have seen an increase in teenagers living in the U.S. As COVID-19 reached its peak in early 2020, schools across the nation began to shut down as the whole world entered into a lockdown. The pandemic forced teenagers to remove themselves from normal physical, social, and educational, interactions. The stress of restrictions, months of virtual learning, and the cancellation of big events in their lives all play a part in increasing anxiety and depression among teens.

It is important for parents to check up on them and notice signs of worsening mental health. Some signs include drop in grades negative changes in sleeping or eating patterns, isolation from family, or major changes in behavior. It is important to help them with open communication as well as trying our best to understand how they are feeling. As the pandemic slowly comes to an end, it is important to continue taking care and noticing signs of people struggling with mental health.

Back-to-school Tips

As summer comes to an end, school is just around the corner. Stress and anxiety is common for students during these times. I have listed several ways to help relieve the stress/anxiety during these times.

- Talk to someone you trust and ask for advice and reassurance
- Buy an agenda to start prioritizing your tasks and avoid work overload
- Do something nice for someone. Remember, you're not the only one nervous about going back to school
- Your physical health is very important. Always wear your mask to protect yourself and others.
- Prepare yourself for social situations that you would normally try to avoid. Planning ahead will help you feel prepared and confident.

HOSA believes in you. We know you will do amazing things this school year. You got this!



HOSA Leadership Camp

ARE YOU READY TO TAKE YOUR LEADERSHIP TO THE NEXT LEVEL?

Join local leaders from across Arizona and spend three days among the pines and beauty of Prescott, Arizona with Arizona HOSA's leaders!

Camp provides an opportunity for students to develop skills to build their leadership abilities through interactive activities. Any HOSA member who is interested in becoming a better chapter leader can attend.

More information about HOSA Leadership Camp is available on the Arizona HOSA Website!

Conference Dates:
September 8-10, 2021

Registration Opens:
July 17, 2021

Registration Closes:
August 16, 2021

Location:
Camp Pine Summit
800 E. Wolf Creek Rd.
Prescott, AZ 86303

Registration Cost:
\$135.00

Includes:
Housing (attendees must provide their own bedding i.e. pillow, blanket, etc.)
5 Meals
Conference Materials

Questions? Contact us!
elizabeth.carnesi@azed.gov

azhosa.org

