



Happy Thanksgiving



Cultivate Gratitude



THE MISSION OF THE SARC IS TO DEMONSTRATE RESPECT AND CARE FOR EACH STUDENT AS WE ENDEAVOR TO DEEPLY UNDERSTAND THEIR NEEDS AND WORK TIRELESSLY TO HELP REMOVE BARRIERS TO CRITICAL BASIC-NEEDS RESOURCES USING HOLISTIC ASSESSMENT AND CASE MANAGEMENT AS A BEST PRACTICE.

TAKE A HIKE! NATIONAL TAKE A HIKE DAY - 11/17

WHY NATIONAL HIKING DAY IS IMPORTANT

- Hiking gives you perspective. Amazing things happen when we get out of the house/office, off our phones, and into nature. Suddenly we start appreciating the beauty around us. Plus, the constant movement allows an outlet that helps our minds focus on solving the problems it's been trying to figure out all week. Hiking is so effective that Cheryl Strayed (author of the book "Wild") attributes hiking as the solution that helped her cope with her divorce, drug use, and her mother's death.
- Hiking makes you happy. Endorphins and serotonin make people happy — and you get plenty of them when you're hiking. These hormones help fight off anxiety, prevent loneliness and depression, and improve your mood. Plus, if you bring a friend along, you're sure to have a good time.
- Hiking is for every age. Whether it's hiking the Appalachian Trail or simply walking a well-worn path, nearly every person of every age can go hiking. Plus, since you get to choose the location, the path, and often the terrain, you get to decide how much you want to push yourself.

[Local Trail Information](#)

TABLE OF CONTENTS

[National Take a Hike Day](#)

[Thanksgiving Basket Raffle](#)

[Holiday Stress Resource
Center](#)

[The Student's Guide to
Managing Stress in College](#)

[NAMI Maine Statewide Resource
Guide](#)

[Maine DOT Winter Driving Tips](#)

[SARC Facebook Group Invitation](#)

[VIA Character Strengths
Assessment](#)



Thanksgiving Rabble



**ENTER TO WIN A CALAIS IGA GIFT
BASKET OR \$30 HANNAFORD GIFT
CARD**

RAFFLE ENDS FRIDAY NOV. 19TH!



**LOCATED OUTSIDE OF
THE SARC - NEAR
CAFETERIA!
ENTER ONLINE USING
QR CODE OR IN
PERSON ON
WEDNESDAY 10-2**

Resources

Holiday Stress Resource Center



Use this resource from the American Psychological Association to reduce stress during the busy holiday season.

The Student's Guide to Managing Stress in College

Learn some tips and tricks to combat stress in college this guide from BestColleges.org





Statewide Resource Guide

[Winter Driving Tips from the
Maine DOT](#)



SARC Updates

The SARC is pleased to announce it has started a Facebook Group. Please join us and watch for more resources and information to help you live a healthier life.



CHARACTER STRENGTHS | REPORTS | TOPICS | COURSES | RESOURCES | PROFESSIONALS | RESEARCHERS

Bring Your Strengths to Life & Live More Fully

Join the over 15 million people who have taken the only free, scientific survey on character strengths.

[TAKE THE FREE SURVEY →](#)

A banner for the VIA Survey of Character Strengths. It features a central headline and a call-to-action button. The background is a collage of images showing diverse people in various settings, including a man in a suit, a woman in a white top, a man in a blue shirt, and a man in a blue cap. There are also decorative blue circular icons with white symbols.

Get to Know Your Strengths

The VIA Survey of Character Strengths is a free self-assessment that takes less than 15 minutes and provides a wealth of information to help you understand your best qualities. VIA Reports provide personalized, in-depth analysis of your free results, including actionable tips to apply your strengths to find greater well-being.

[ACTIVATE YOUR STRENGTHS](#)

Activate Windows
Go to Settings to activate Windows.

Gain more insight about your personal strengths; take a VIA Character Strengths Assessment.

If you would like to have a conversation around your results, please make an appointment with Bernadette via bfarrar@wccc.me.edu or 207-454-1086