

# Carpe Diem – Seize the Day Blog

Hello! Welcome to the Carpe Diem – Seize the Day Blog. My name is Dr. Steve Hutton, the Director of Community Education for Epilepsy Alliance Ohio. On the 2<sup>nd</sup> and 4<sup>th</sup> Mondays of each month, I will publish the CARPE DIEM – SEIZE THE DAY Blog. Topics to be discussed in the blog will include information about epilepsy, seizures, mental health, trauma, education, IEPs, 504s, self-care, mindfulness, how to approach going back to school in 2020, understanding the brain, behavior management strategies, COVID-19, Epilepsy Alliance Ohio activities, and possibly other related topics as proposed by the readers.

I have been involved with education for 45 years. Positions that I have held include elementary teacher, middle school teacher, high school teacher, reading specialist, principal, Director of Special Education, superintendent, school improvement specialist, behavior management consultant, presenter at local, state, regional, and national conferences, and adjunct professor at Northern Kentucky University, Thomas More University, and the University of Cincinnati.

My goal for the Carpe Diem – Seize the Day Blog is to help fulfill the vision and mission of Epilepsy Alliance Ohio. Our vision at Epilepsy Alliance Ohio is to empower people impacted by epilepsy to SEIZE HOPE every day. The mission of Epilepsy Alliance Ohio is dedication to supporting those impacted by epilepsy in our local communities by confronting the spectrum of challenges created by seizures. My hope is to empower the readers of the Carpe Diem – Seize the Day Blog to apply the information provided every 2<sup>nd</sup> and 4<sup>th</sup> Mondays of each month. Additionally, my hope is that the blog demonstrates Epilepsy Alliance Ohio's support for those impacted by epilepsy.

Below is a very brief example of the type of content that will appear in the Carpe Diem – Seize the Day Blog.

## **Self-Care Tips**

Due to COVID-19, we are going through unprecedented times in our life. The old normal that we knew has been replaced by a new normal. This change can be unsettling to us. Two-parent families, single mothers, single fathers, or grandparents raising their grandchildren requires us to be sure that we take care of ourselves so that we can take care of the children entrusted to us.

Flight Attendants illustrate this exact point very well. Prior to the airplane taking off, Flight Attendants go through their safety checklist for the passengers on the plane. When giving directions about the oxygen masks, Flight Attendants tell passengers that they must put their mask on first before helping anyone else with their oxygen mask. In order to help somebody else, we must be sure to take care of ourselves.

While doing research on the topic of Self-Care during COVID-19, I found some tips from psychologist Margie Donlon. Her tips for Self-Care are some of the very best that I found. To help us thrive during the COVID-19 experience, Epilepsy Alliance Ohio presents the following Self-Care tips for our community.

- Stick to a routine. Go to sleep and wake up at a reasonable time, write a schedule that is varied and includes time for work as well as self-care.
- Dress for the social life you want, not the social life you have. Get showered and dressed in comfortable clothes, wash your face, brush your teeth.

- Get out at least once a day, for at least thirty minutes. If you are concerned about contact, try first thing in the morning, or later in the evening, and try less traveled streets and avenues.

Again, this is just a brief example of the content that will appear in the Carpe Diem – Seize the Day Blog every 2<sup>nd</sup> and 4<sup>th</sup> Monday of each month. If you have topics about epilepsy that you would like to see appear in the blog, please contact me at [steve.hutton@epilepsy-ohio.org](mailto:steve.hutton@epilepsy-ohio.org). Remember – Carpe Diem – Seize the Day!