

LEGISLATIVE NEWSLETTER

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LEGISLATIVE HOLIDAY SERVICE PROJECT

Teachers have been faced with many new and daunting challenges this year. From finding ways to connect with students while wearing a mask and observing social distancing, to reworking time-tested lesson plans to accommodate new schedules, to being even more attuned to mental and emotional stresses in students, this has been the most challenging year to be an educator. To help our teachers, and say thank you, the Utah House of Representatives is collecting donations to assist teachers and students at 3 elementary schools in the Ogden City school district.

You can donate by clicking [here](#). We appreciate your kindness and generosity!

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Utah House
Republicans



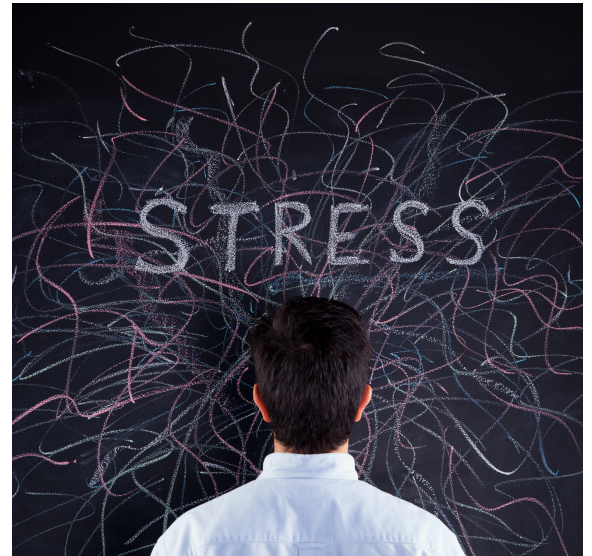
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Utah House of
Representatives

MENTAL HEALTH

2020 has been a difficult year for everyone. The stress of elections, COVID-19, job loss, and other hardships can take a toll on your mental health. The state has many helpful resources including online screening of your mental health, found [here](#), and tips for recognizing and managing stress and anxiety, found [here](#).



Some tips for managing stress are:

- Seek information from legitimate sources and limit time you spend on news and social media
- Get at least 30 minutes of exercise or physical activity every day
- Do things to help you relax: deep breaths, stretching and meditation, a short walk, reading or listening to music
- Spend time with your household family in positive ways. Get some alone time.



OUTDOOR RECREATION

Utah is internationally known for its iconic snow and winter sports. Outdoor recreation is one of the best ways to experience Utah while staying safe and socially distant from others. For ideas on how to experience Utah during the winter, [click here](#).



THANKSGIVING MEALS

We know many families are struggling this year. Here are some organizations that are providing free meals on Thanksgiving to those in need. Additionally, if you find yourself with excess and would like to donate, check out the following organizations:

[The Rescue Mission of Salt Lake](#)

[CrossRoads Urban Center](#)

[The Good Samaritan Center](#)

[The Salt Lake City Mission](#)



PODCAST- ELECTION RESULTS

Every two years all 75 seats are up for election in the Utah House of Representatives. In this week's episode, find out about all the changes that occurred in the 2020 elections. Listen [here!](#)

