

May 2022

Mental Health Awareness Month

Emotional Wellness: Your attitude towards life and your ability to adapt to your environment, interact with others, and cope with stress.

Emotional Intelligence: Your ability to identify, express, and use your emotions to promote personal growth.

Emotional Regulation: Your ability to influence your emotions, when and how you experience them.

- **Attend to self-care.** While it may seem counter-intuitive to think about taking care of yourself first, you cannot be of service to others if you are unstable. Monitor all of your physical health needs – being sure to eat, sleep, exercise, and (if possible) maintain a normal daily routine.
- **Pay attention to your emotional health.** Remember that a wide range of feelings during these difficult times are common. Know that others are also experiencing emotional reactions and may need your time and patience to put their feelings and thoughts in order.
- **Try to recognize when you or those around you may need extra support.** It is not uncommon for individuals of all ages to experience stress reactions when exposed (even through media) to shootings or mass violence. Changes in eating and sleeping habits, energy level, and mood are important signs of distress. Watch for intense emotional reactions, such as anxiety or a strong need for retribution in adults. When necessary, point individuals to licensed mental health professionals who can provide needed support.
- **Avoid overexposure to media.** While it is important to stay informed, media portrayals of shootings and mass deaths have been shown to cause acute stress and posttraumatic stress symptoms. Limit your exposure and take a break from news sources.

- **Maintain contact with friends and family.** These individuals can provide you with emotional support to help deal with difficult times.
- **Focus on your strength base.** Maintain practices that you have found to provide emotional relief. Remind yourself of people and events which are meaningful and comforting.

Talk to others as needed. It is important to ask for help if you are having trouble recovering and everyday tasks seem difficult to manage.

Nine Characteristics of Emotionally Healthy People

1. **Self-awareness:** The ability to reflect and redirect emotions to manage distress or elation.
2. **Self-acceptance:** The ability to accept yourself as you are.
3. **Self-care:** The ability to care for your health and wellbeing.
4. **Emotional agility:** The ability to remain curious and maintain an open mind when faced with setbacks.
5. **Coping skills:** The practice of strengthening stress-response strategies when you are calm and in control. This way, you can access those strategies more easily when in distress. Popular healthy coping skills:
6. **Kindness and integrity:** The ability to interact with others with genuine curiosity and compassion.
7. **Living with purpose:** The ability to use one's inner experiences to serve others and focus on the bigger picture.
8. **Manages stress:** The regular practice of serenity and being able to remain calm when things get hard.



The Health & Behavioral Wellness Council Of Greater Colorado Valley

Greetings from the Behavioral Health Task Force!

As you may know, the Task Force was formed in January 2021 with the goal of creating, developing and expanding behavioral health services for our citizens with an intense solution-focused attitude.

This letter brings you a look at some of the work of the Task Force in its efforts to identify and gather resources within our communities as well as those available online or through national hotlines. The enclosed business cards of **The Health & Behavioral Wellness Council of Greater Colorado Valley** are for your convenience and provide:

1. Our Mission
2. Our History
3. Our Website URL

www.TheWellnessCouncilOfGreaterColoradoValley.org

On the website you will learn more about the efforts of the Task Force as it is moving to an organization which will continue to fulfill and sustain our Mission. We want to high-light the **Resource Directory** and its contents. We feel this will be an excellent resource for all persons who are in need of providers of services in our local area and beyond.

If you need additional business cards or would like a presentation made to your group about all the work of the Task Force, please email:

- Tracy Lillie, Networking & Resource Committee Chair
 - tliliech@hotmail.com
- Dr. Mazie Leftwich, Task Force Chair
 - Dr.Mazie@InHisSpiritMinistries.com

MENTAL HEALTH MONTH



**Mental illnesses are brain disorders
that are biologically based medical problems.**

Know Science! No Stigma!



Mental Health Facts Texas

Source: Texas Statewide Behavioral Health Coordinating Council

3,309,000

**adults in Texas are living
with a mental illness.**

754,000

**adults in Texas have had serious
thoughts of suicide in the past year.**

61%

**Texas who needed mental health t
the last year did not receive any.**



Free online mental health screening by Mental Health America

<https://screening.mhanational.org/screening-tools/>

Courtesy of:

**The Behavioral Health Task Force
of Greater Colorado Valley**

LEARN TO COPE WITH YOUR EMOTIONS

STAY HEALTHY

How Are You Feeling Today?



HAPPY



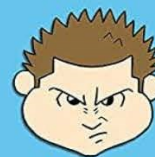
AFRAID



SAD



FRUSTRATED



ANGRY



SMUG



DISGUSTED



CONFUSED



SURPRISED



GUILTY



LONELY



DEPRESSED



ECSTATIC



HOPEFUL



WORRIED



ASHAMED



EMBARRASSED



JEALOUS



DISTRACTED



HOPELESS



EMPTY



CONFIDENT



NERVOUS



ENRAGED



EXHAUSTED



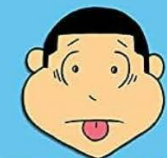
CAUTIOUS



PROUD



SHOCKED



OVERWHELMED



SHY



MAY IS MENTAL HEALTH MONTH

The Wellness Council of Greater Colorado Valley

DO YOUR WORRY, GET NERVOUS OR ANXIOUS?

It's not unusual for kids to worry, particularly about their parents being ok, making good grades, getting along with friends, how to handle a bully – just to name a few. So here are things you can do to help yourself stop worrying:

#1 – **Know that your thoughts can get stuck and play tricks on you.** So, practice telling yourself, “I can handle this! I am capable! I am going to let these worries go!” Then do something that you enjoy so your thoughts won't be stuck.

#2 – **Figure out what you are really feeling.** Look at the Feeling Chart and identify exactly what are your feelings about each thing your worry about. This way, you can say to yourself, “I will not be afraid, I am strong and brave.” Or “I will not be confused; I will ask questions of people I trust until everything is clear to me.” Or “I'm feeling lonely but I'm not going to feel sorry for myself or be sad; I'm going to call a friend or talk to my mom, or go play and get my mind in a good place.”

#3 – **Talk to an adult you trust – a parent, teacher, school counselor, neighbor.** It is always healthy to talk when you are worried and get things out. That way your thoughts aren't in control and they can't stay stuck. You can also draw a picture of what is bothering you, imagine your negative thoughts floating away on the river, or get some clay or play dough and create the scene of your thoughts, then smash it – and those feelings are gone!

DO YOU EVER GET SAD AND THE SADNESS WON'T GO AWAY?

Sometimes you may feel sad, and that sad feeling doesn't go away. That is called depression and kids can certainly get depressed. You may also feel alone, lonely and afraid. Here are ways to help deal with all these feelings:

#1 – **Do something fun, even if you really don't think it will be fun.** If you will make yourself get up and active, like skating on the sidewalk, or riding your bike, or asking a parent to take you to the park, or walking your dog, or building a blanket fort, or make your favorite snack, or get a parent to help you re-arrange your bedroom. Anytime you feel stuck in sad, it is very important to get moving and doing.

#2 – **Talk back to your negative thoughts.** Ask yourself, “Is this real? Did it really happen? What are all my feelings about the situation? What is the healthiest way for me to deal with this?” And don't forget to tell yourself, “I am strong, I am capable, I don't have to feel this way.”

#3 – **Go outside, get in the sunshine and get off your device!** If the weather is not horrible, this is a great help for feeling sad and depressed. Sunshine is nature's feel-good gift, and walking, running and playing in the sunshine can make all the difference. Although you may love your device and playing games and chatting with friends, it is a mind freezer! It doesn't allow your feelings to flow naturally, it causes feelings and thoughts to get stuck, and it offers no solutions. You may hate to hear this, but it is all true! Too much time on a device is a very, very unhealthy thing.



The Wellness Council of Greater Colorado Valley

www.WellnessGCV.org

Get local resources in Resource Directory

Please feel free to contact me if you have any questions.

Sincerely,

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colorado.agrilife.org

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