

# Mental Health Awareness NEWSLETTER

January 4, 2021



## CCPS Mental Health Update

Cecil County Public Schools is committed to empowering our staff and families to meet the social and emotional needs of our students, with a focus on behavioral health and trauma-responsiveness, to assure that every student is ready to learn, achieve success, and experience positive relationships.

### Did you know:

Hitting the reset button as a family is important to help re-evaluate and start fresh when times are seemingly out of control or difficult to handle.



### Strategy of the Month:

*Fresh Restart as a Family*



shutterstock.com • 1224495703



\* Adapted from Psychology Today, How Stuff Works

Even subtle changes in behavior can provide a signal for a "reset". Some changes in behavior include, but are not limited to out of control or hypertized behavior, disruption in sleeping habits, less patience, constant frustration, increase in whininess.

### Oftentimes, goals are not achieved What leads to breaking goals?

- We over-commit ourselves leading to excuses such as our schedules are too busy, there is no time to build it in throughout the day
- It is the wrong goal that is chosen
- Too many goals are chosen
- Decision fatigue: the more decisions you make in a day, the more likely your willingness to decide in achieving your goal diminishes

### Ways to Capitalize on Motivation

- **Reduce the amount of goals/resolutions of focus:** make resolutions that are thought through and you are willing to dedicate time and energy to.
- **Reframe changes in your life:** look at all changes; including small ones, as a time to make a new start.
- **Encourage others to join:** encourage those around you to aim for a similar goal. Work together to hold each other accountable or

Many have heard it takes 21 days to create a new habit. However, further research has shown it can take anywhere from 18 to 245 days.

Product Goals	Process Goals
<p>Goals that focus on <b>specific, tangible products</b></p> <p><u>Goal Characteristics</u></p> <p>Focus on the</p>	<p>Goals that develop <b>habits, routines, and/or rituals</b></p> <p><u>Goal Characteristics</u></p> <p>Focus on the</p>

**Product and process goals are both important for success.**

The purpose of identifying each goal is to finish a project, but also develop a habit that is going to last. Even intrinsic goals that are product oriented can lead to lack of joy on the journey of obtaining the task. When deadlines are missed, we tend to rush through the unfinished step to get to the next phase. Process oriented goals allow for flexibility in the days. When something unexpected comes up, it reduces the frustration and pressure.

simply share your goal with others.

- **Develop new ways of doing things:** focus on one specific area where you can either change a practice or develop a whole new way of doing things. It can be as simple as where you eat dinner every night. Start small to make your goal attainable.
- **Develop a mantra for the year:** choose one word to guide your focus. Write this word on a post-it note or note card to remind yourself of your goal if you feel stuck in the day-to-day routine.
- **Plan your course of action:** what is one thing you want to ditch or redesign, what is important in the near term, what can I control, what actions can I take right now, and how will I be accountable?
- **Be specific and realistic:** set short-term goals and timelines. Check in with your progress.
- **Don't give up:** there is a difference between giving up and getting off track. A few days of being off track of a goal has minimal impact on your overall success.
- **Minimize decision making:** create small steps throughout your day that will reduce the amount of decisions you have to make.



**If you have a child in need of support and/or resources click on the following link.**  
[Student Support Request Form](#)

The Maryland Coalition for Families is available to provide the following supports

- Parents and caregivers of children with mental health needs
- Anyone who cares for a loved one struggling with substance use disorder

**Families and others can reach MCF by:**

- Calling our statewide intake line at 410-703-8267
- Emailing [info@mdcoalition.org](mailto:info@mdcoalition.org)

- Anyone who cares for a loved one struggling with problem gambling

