

Mental Health Awareness
NEWSLETTER

April 1, 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.

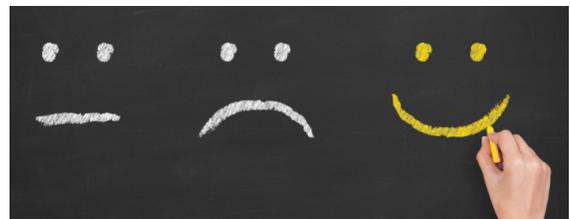
Did you know:

Being *emotionally healthy* is the ability to be in control of your thoughts, feelings, and behaviors through a challenge or change.

There are two components to emotional health- *emotional intelligence* and *emotional regulation*.

Strategy of the Month:

Improving Emotional Health



* Adapted from FamilyDoctor.org, Positive Psychology Today, Psychology Today

"How you feel can affect your ability to carry out everyday activities, your relationships, and your overall mental health."
 - National Institutes of Health

Ways to Improve Your Emotional Health

- **Strive for Balance:** find time for the things you enjoy; plan out your day to create a healthy balance of work and play
- **Be Aware of Emotions and Reactions:** identify feelings during a situation; notice what makes you sad, frustrated, and angry then try to change or address those things
- **Think Before You Act:** wait time; take

Emotional Health

is defined as having control over your thoughts, feelings, and behaviors.

The emotional quality of the individual.

Mental Health

is defined as a person's condition in regard to their psychological and emotional well-being

Overall health includes...

- Physical
- Emotional
- Intellectual
- Social
- Spiritual

You thrive when all qualities are in balance and they influence the health of another.

Strong emotional health allows a person to keep problems and challenges in perspective and bounce back from setbacks.

Being *emotionally healthy* means you are aware of your emotions; you may not be happy all of the time, but you can handle your emotions whether they are positive or negative.

Emotional health impacts your physical health. There is a link between your mental state and your physical health including impacts on your blood pressure, risk of heart disease, and weight.

Benefits of Strong Emotional Health

- Lower rate of developing depression due to the ability to explain emotions with a positive outlook
- The ability to express emotions reduces the impact on physical and psychological health. Repressing emotions leads to higher rates of anxiety, depression, and physical ailments.
- Ability to practice effective time management.

Characteristics of Being Emotionally Healthy

- **Self-Awareness:** the ability to look within oneself and redirect emotions when needed
- **Self-Acceptance:** the ability to recognize and accept one's strengths and weaknesses

time to calm yourself before you say or do something

- **Manage Stress:** use coping strategies and relaxation methods such as deep breathing, meditation, mindfulness. Check out the *CCPS Mental Health Newsletter from November 2, 2020* for more information on stress management
- **Manage Your Physical Health:** exercise on a consistent basis (even if it is just 10 minutes of walking), plan healthier meals, improve your sleep
- **Find Purpose and Meaning:** identify your values to determine what is important to you and focus on those; spend time doing things that are meaningful to you
- **Stay Positive:** take time to identify the good in each day; give yourself grace

Ways to Improve Your Child's Emotional Health

- **Don't ignore signs of your child struggling:** be aware of behavioral changes
- **Relate to the emotions of your child:** understand what is causing the emotional change to appropriately teach your child positive emotional coping strategies, react with compassion and strength
- **Vocabulary for emotions/body scan:** use language to include recognizing emotions and how your body feels
- **Express feelings:**
 - Name the feeling
 - Talk about that feeling
 - Offer a deep nurturing connection to help regulate emotions: can be as simple as providing a hug
 - Resist the urge to punish
 - Praise and practice often
- **Practice mindfulness:** model, stay calm, practice breathing exercises, practice STOP
 - Stop and pause from the activity
 - Take a breath
 - Observe what is happening (inside and outside of your body)
 - Proceed with what you were doing
- **Spend time together:** quality of time spent together is more important than the quantity of time spent together. Engage in activities directed by your child, this time is uninterrupted

<ul style="list-style-type: none"> • Self-Care: this act is intentional and regularly practiced • Emotional Agility: maintains an open-mind and willingness during times of setbacks and adversity • Strong Coping Skills and Stress Management: the ability to access and practice one’s coping skills toolkit when challenged • Demonstrates Kindness and Integrity: practices these character traits without the expectation of being rewarded for their actions • Living with Purpose: rather than thinking and dwelling on the past, they focus on how their experiences can better impact others 	<p><i>Remember when improving emotional health to give it time, learn from mistakes, cultivate kindness, and practice forgiveness.</i></p> <p>Additional Resources:</p> <ul style="list-style-type: none"> • Emotional Wellness Toolkit - National Institutes of Health • Emotional Wellness Toolkit: More Resources - National Institutes of Health • Mindfulness for Children - The New York Times • 5 Ways to Help Children Identify and Express their Emotions - MindChamps
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If you have a child in need of support and/or resources click on the following link.

[Student Support Request Form](#)

<p>The Maryland Coalition for Families is available to provide the following supports</p> <ul style="list-style-type: none"> • Parents and caregivers of children with mental health needs • Anyone who cares for a loved one struggling with substance use disorder • Anyone who cares for a loved one struggling with problem gambling 	<p>Families and others can reach MCF by:</p> <ul style="list-style-type: none"> • Calling our statewide intake line at 410-703-8267 • Emailing info@mdcoalition.org
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