

January 2021

The CC Connection

MENTAL HEALTH NEWSLETTER

January is **Mental Wellness month** and there is no better time to prioritize your mental health than now! With the growing stresses in our society today it's easy to forget, but taking care of your physical and emotional wellbeing is the most important thing you can do for your children and your family.

Tips for increasing Mental Wellness this year:

-Set small, realistic goals rather than larger new years "resolutions"

Small shifts in habits can add up to big changes in your life.

-Acknowledge and accept your feelings as they are. You may be experiencing a whirlwind of emotions this year already. Know that this is okay—find healthy ways to cope and reach out to talk with someone if it feels too much.

This is a great way to model managing emotions for your children!

-Be smart with social media. It can be a great tool to connect with others in a social distanced world, but too much negativity from social media can lead to an increase in anxiety and stress.

-Be present. 2020 was the year of multi-tasking! Put real effort in to being more focused on one thing at a time and in the moment this year.

-Spend at least 10 minutes a day of uninterrupted, quality one on one time with your children. Let them lead the conversation or the play activity. This can help improve the quality of your relationships and support you and your child's mental health.

Need more Resources for you and your family?

[CLICK HERE](#)

for Social Emotional resource links to support everything from behavioral health crisis, handling stress, to virtual family activities from CT.gov.

Martin Luther King Jr. Day is Monday, January 18th!

[CLICK HERE](#)

for a virtual library with book and videos to learn more about MLK!

Second Step: Lessons this month:

K-1: Identifying and understanding feelings

2-3: Feelings, Empathy and Compassion for others

4-5: Emotion Management and Coping Skills