



FAMILY TIMES



New Me

2023 is here! For many, a new calendar year allows for the opportunity of change. Some people are making resolutions to eat healthier, go to the gym, or start a life changing chapter of their lives. Whatever it is you are working toward, prioritizing your well-being seems to be the trend. Many started the year with building an environment that promotes positive behaviors. Improving behavior is a great way to prioritize your well-being. Making healthy lifestyle changes can benefit your physical health along with your mental health. This does not need to be drastic, it can be as simple as adding in a new positive behavior.

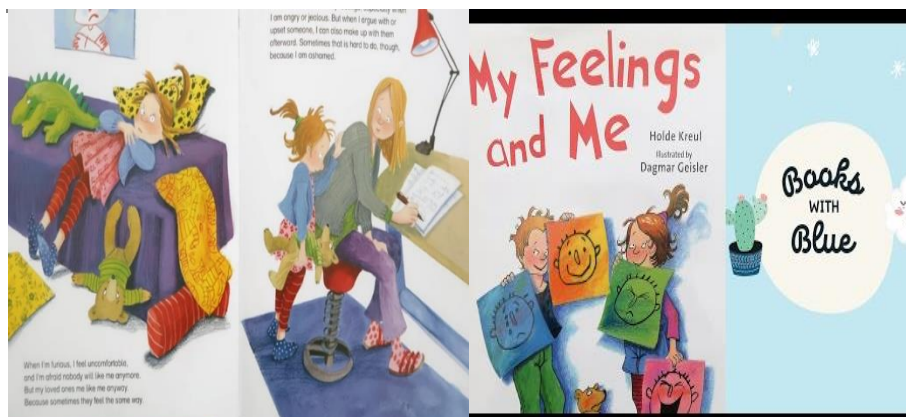
Start with a simple change in your morning routine. Add a smile in the morning, make your bed, do some deep breathing, prayer and meditation. Making a concise effort to smile more throughout your day can reduce stress and also burn calories, for those who set their goal to also lose weight. Added smiles in your day can help improve your mood and someone else's. Whatever it is that you are working toward, if you fail one day you can try again the next. Changing your everyday behaviors is not always easy, it takes commitment and effort.

Some other ideas for a new healthier you:

- Use more positive words throughout your day.
- Take deep breaths when in stressful situations.
- Embrace kindness, give a compliment to someone.
- Volunteer your time.

Good Luck!

Book of the Month



BOOK DISCUSSION

The book of this month is, *My Feelings and Me*. It is a good idea to have regular conversations with your child about feelings and gauge what their understanding is. While sitting with your child you may take breaks to discuss the feelings you think your child needs more help to understand. The book provides examples of different feelings and the actions that are associated with these feelings. This book can be used as a starting point of recognizing feelings your child has and discussing positive and negative reactions to these feelings. It may be helpful to express how you would react to different feelings. Allow your child to express themselves without labeling reactions to feelings as negative or positive, but provide examples of other ways they can react to the feeling. This book is appropriate for elementary age children.

Tip: Discuss how thoughts and feelings are connected to actions.

Thoughts



Feelings

=

Actions

You can provide an example of words you have had in your mind, which led to a feeling you had, and the outcome of your thoughts and feelings led to an action.

Tip: Discuss how feeling can be mixed up and the possibility of having more than one feeling at a time.

It is good to point out that some feelings are hard to understand and can always be discussed with a trusted adult.

Tip: Remember stressful situations are a part of life, dealing with them appropriately will help you get through the situation.

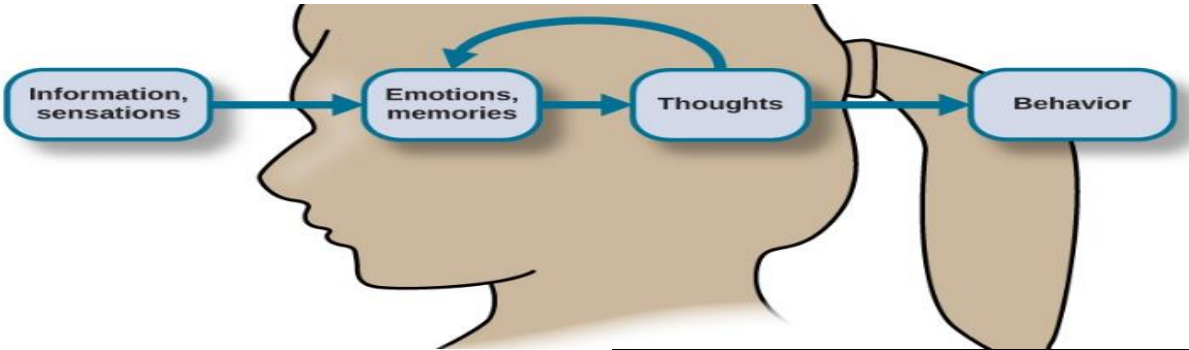
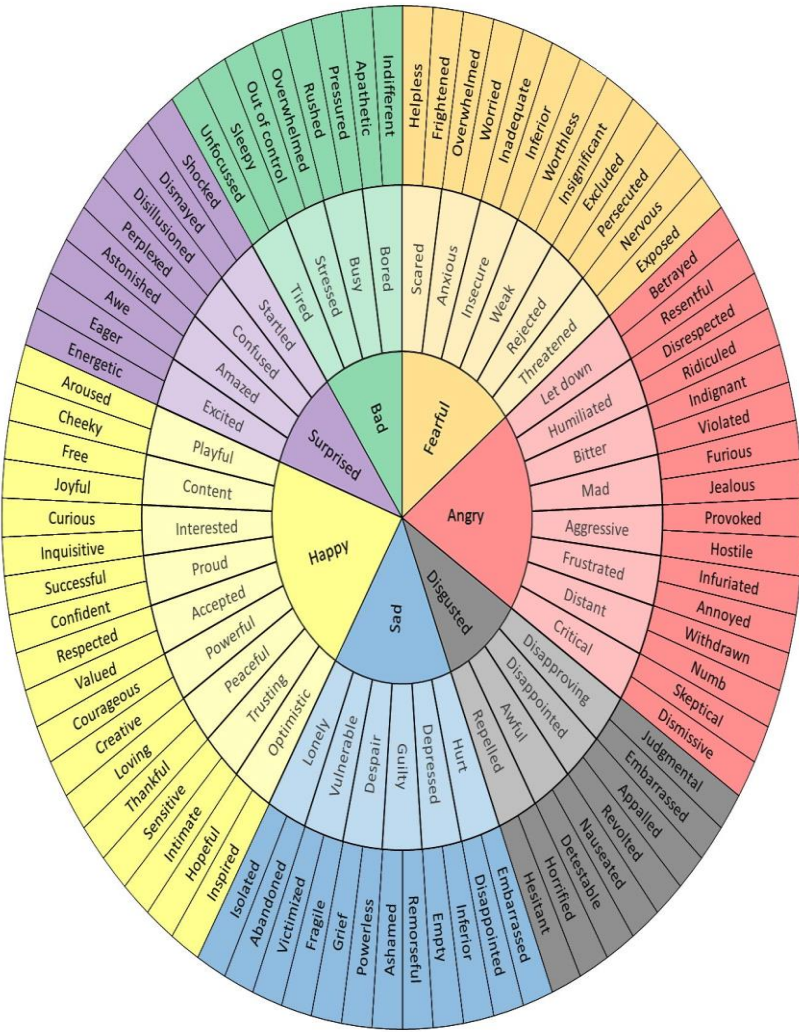
Tip: Discuss different coping skills.

Ex: Taking deep breaths

EMOTIONS

UNDERSTANDING EMOTIONS

In a day you may experience many different emotions. It is normal to have a few minutes of one emotion and have a totally different emotion moments later. Emotions may last for a short period or can last days, months, or years. Part of being a human is having emotions; how we handle these emotions is what is important. Your emotions can be positive emotions because they make you feel good. There are negative emotions because they may cause you difficulty. In order to get control of your emotions you must first understand them. In the moment while feeling an emotion, name it. It can be helpful to start a journal and write down your emotions. Journaling your emotions can allow you to reflect on what was happening that caused that emotion. Write down what was happening and how it made you feel. Was there a part of your body that reacted to this emotion? What did this emotion make you want to do? Ignoring your emotions can cause symptoms such as, depression, anxiety, and lashing out at your family. Once you have learned how to manage your own emotions in healthy ways, you can then teach your children how to control theirs. Modeling for your child healthy ways to handle emotions may be the most important lesson and the most difficult one to teach. A strategy you and your child can do together the 3:10 Calm Down Formula. First you and your child can take 3 deep breaths, close your eyes and count to 10, take another deep breath and count backwards from 10 to 1. Once the body has calmed down help your child recognize their emotions. After labeling the emotion acknowledge what they are feeling. Remember, you are your child’s first role model and so managing your emotions will in turn help your child manage theirs.



SELF CARE



REFOCUSING YOUR MIND AND BODY:

From situation to situation you may have many emotions. Running late to work may cause you to feel stressed, traffic on the road may cause anger, and a deadline may cause anxiety. Your response to these situations is what matter. This month as a form of self-care we are going to refocus our minds and our bodies to help us better deal with emotions that may cause negative reactions.

1. Mindful Breathing- The object is to just focus your attention on your breath. Breathing in, this is my in-breath. Breathing out, this is my out-breath. Simply recognize your breathing and only breathing.
2. Concentrate- Whether your breaths are short or long, it doesn't matter. You become your in-breath. You become your out-breath.
3. Awareness of your body- "Breathing in, I am aware of my whole body. Breathing out, I am aware of my body." Mind and body become one.
4. Releasing Tension- "Breathing in, I'm aware of my body. Breathing out, I release the tension in my body."

Repeating a supportive, encouraging phrase gives it power.

DAILY AFFIRMATIONS TO YOURSELF:

I AM WHO I NEED TO BE IN THIS MOMENT.

Disclaimer: Our primary purpose is to provide you with information and not meant to treat or cure trauma. This information is not meant as a SUBSTITUTE for therapy. It is recommended that you seek the advice of a therapist/ health care professional as needed.

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Children's Advocacy Center
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FREE Webinars/ Information

REGISTER FOR:

Navigating OPWDD Through Transition

Date: March 16, 2023 | 3:00 pm - 4:15 pm

[Webinar Registration - Zoom](#)

Communicating with Respect

Date: 03/21/2023 @ 3:00 pm - 4:30 pm

<https://casadelosninos.org/classes/communicating-with-respect-37/>

Mom's House, Dad's House- Making it all Work!

Date: 03/28/2023 @ 3:00 pm - 4:30 pm

<https://casadelosninos.org/classes/moms-house-dads-house-making-it-all-work-2/>

Raising a Confident Child

Date: 03/29/2023 @ 3:00 pm - 4:30 pm

<https://casadelosninos.org/classes/raising-a-confident-child-10/>

The Education of Puberty through X-Plain
[Puberty \(x-plain.com\)](#)

The Education of Exercise for Children through
 X-Plain [Exercise for Children \(x-plain.com\)](#)