



Gather Everyone Together

A Family Engagement E-Letter from the ADAMHS Board Prevention Project

ISSUE 7: GET COZY

Hygge as a Family

Hygge (pronounced hue-guh) is a Danish word used when recognizing a feeling or moment, whether alone or with friends, at home or out, as cozy or special. To be “hyggeligt” doesn't require much learning at all, it just requires that you reflect upon and focus on what makes your family feel cozy and close. The idea of coziness often includes things like safe touch, music, warm lights and blankets. Privacy and space are also important. Everybody needs a place to which they can withdraw. The space doesn't have to be elaborate either, maybe it's a special chair or corner of a room where others may not bother them. Feeling safe in our own bodies helps us to be aware of our own feelings. So find your hygge and **GET Cozy** today!



The Cuddle Hormone

The “cuddle hormone”, or Oxytocin, appears in response to physical affection and is responsible for improved mood and bonding. Research shows that mothers and babies produce higher levels of oxytocin when they have a lot of contact. Even petting a cat or dog boosts oxytocin! Take control of your mood by hugging a loved one—or curling up with a pet. If you cannot be near others during this time, do your best to connect in a positive way through a phone call, text or other online format.



Get Cozy and Search Together!

B	V	P	A	O	N	S	P	T	Y	Z	O	C	U	S	JOY
L	R	O	J	A	E	Q	W	C	O	M	F	O	R	T	WARM
M	E	M	Z	R	R	D	B	C	U	S	K	G	R	N	HOME
W	A	F	S	L	N	P	E	J	W	G	D	D	S	E	MUSIC
O	D	Y	L	I	M	A	F	O	N	C	B	F	P	R	READ
N	S	T	E	K	N	A	L	B	O	O	K	S	S	A	BOOKS
W	O	O	F	M	Z	L	H	N	O	T	D	V	Y	P	CANDLES
A	Y	F	P	C	I	S	M	K	W	A	T	A	Z	V	LISTEN
R	P	Z	Q	P	K	B	R	U	P	L	Z	Q	C	H	TALK
M	E	J	W	P	K	R	T	R	S	K	K	A	U	A	CUDDLE
X	V	C	P	E	E	P	U	H	K	I	N	K	D	Y	COZY
D	Y	B	V	G	E	Q	P	U	D	D	C	V	D	O	HYGGE
D	H	N	G	M	L	G	P	S	L	Q	Y	N	L	J	BLANKETS
Y	J	Y	O	L	I	S	T	E	N	E	G	H	E	V	PILLOWS
A	H	H	N	Q	J	Z	S	I	Y	P	V	M	N	L	FAMILY
															KIDS
															PARENTS
															COMFORT



We're All in this Together!

Montgomery County Warmline

Speaking of Cozy, Montgomery County now has its very own “Miami Valley Warmline.” A warmline is meant for anyone in need of emotional support and local resources and is completely confidential. It can be helpful for those who are feeling lonely or stressed, but are not in a crisis. You don’t have to have a mental health diagnosis to use the Warmline, and it’s completely free. It also provides a chance to get more information on local services for mental health if you feel like additional support is needed. If you are feeling like you need someone to listen, find somewhere comfy and give (937) 528-7777 a call! Available Monday- Friday from 11 AM to 7 PM.



A Calming Way to Create Your Own Cozy

Research shows what many knitters already know deep down: knitting has a measurable effect on calming anxiety and relieving stress. In one international survey, a strong connection was revealed between knitting and feelings of calm and happiness. Many benefit in the social nature of knitting which can be found in person or in an online community. Check out this beginner’s pattern and start knitting today. Soon you’ll be able to GET Cozy!

CONTINENTAL KNITTING

Once you’ve got your yarn tensioned correctly it’s time to knit! Take it slowly for the first few stitches and rows, watching your tension as you go.

1 The first stitch can be slightly tricky to work in Continental knitting, as you need an extra bit of tension to get going at the start of each row. To counter this, take



your middle finger and extend it to help tension the working yarn immediately next to where it joins your left needle.



2 Start knitting by inserting your right needle into the first stitch on your left needle working from front to back.



3 Take your right needle around the BACK of the working yarn...



4 ...grab the working yarn with your right needle, pull it through the stitch...



5 ...and then pull the whole stitch off your left needle. Repeat the last four steps until the end of the row and you’ve worked a whole row Continental style!