

VOL. 5 | FEBRUARY 2021

POSITIVE CONNECTIONS

News and Resources from South Community Prevention Services



What's New in 2021?

Our prevention team is back in the building at Northmont and Huber Heights! #ICANHELP projects are gearing up for the second half of the year and we are continuing to provide Signs of Suicide and Work2BWell presentations to those who may have missed it first semester.

We are also meeting with teachers and staff during PD days for their own round of Signs of Suicide and #ICANHELP. Family Signs of Suicide webinars will continue once a month for those of you who may not have been able to attend district-specific presentations and can be found on our Eventbrite page at <https://www.eventbrite.com/o/south-community-prevention-services-32031537125>

Stay tuned for exciting changes to our team in next month's edition along with updates on new content, how our students are using digital for good, and all the best prevention resources we've come across.

#

STUDENT VOICES WEBINAR | FEB 7

SHARE THE LOVE

- International Boost Self-Esteem Month
- Teen Dating Violence Awareness Month
- Self-Love, Self-Care
- Nurture Your Leaves

#ICANHELP
WWW.ICANHELP.NET

www.icanhelp.net/events

Together We Can Overcome the Winter Blues!

Source: <https://wa-health.kaiserpermanente.org/tips-sad-coping-with-dark-days/>

What exactly are the winter blues? The “winter blues” is a type of depression that occurs during the winter months and tends to go away once spring arrives. The winter blues are not completely understood, but it’s thought to be due to a lack of daylight. There are many things to consider when it comes to fighting off the winter blues:

1. Exercise!

Exercise works similarly to antidepressants (medication to control a person’s mood) in fighting depression.

2. Vitamin D

Vitamin D is a nutrient linked to sharper thinking and better emotional health. Try adding nutritious whole foods to your diet or check with your doctor about whether a vitamin D supplement is right for you.

3. Sunlight

Sunlight stimulates vitamin D production. Give yourself every opportunity possible for daylight. Sit by the window. Take a short walk. Lamps that simulate natural light might also help.

4. Eat A Healthy Diet

Whole grains can boost your energy and are vital year-round; fruits and veggies also have nutrients that promote better mood and total health.



5. Stimulate Your Senses

Some people find that bright color can improve their outlook, scents can add to your feeling of well-being; try peppermint essential oil or some other energizing scent!

6. Nurture Your Spirit

Slow down and do something that you enjoy.

7. See A Therapist

It is okay to seek professional help. A therapist can help you train your brain to think more positively, which can also make you feel better physically.



When You Need Support

- Call 911 in a life-threatening emergency
- Miami Valley Warmline 937-528-7777
- Crisis Text Line Text “4HOPE” to 741741
- Download the GetHelpNow app
- Log onto the SOS Parent Portal at <https://sossignsof suicide.org/parent>



For more information on Prevention Services:
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