

Mental Health Matters

Everyone Has A Story

Jan



2023

Resolutions & Goals

According to ABC news, the top 5 new years' resolutions for 2023 are:

1. Exercise more
2. Eat healthier
3. Lose weight
4. Save money
5. Spend more time with family & friends



Wisdom from Dr. King

"If you can't fly, then run. If you can't run, then walk. If you can't walk, then crawl, but whatever you do, you have to keep moving forward."

Martin Luther King Jr.



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- Wisdom from Dr. King
- Creating goals with successful outcomes
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January 2023

Creating Habits with Positive Outcomes

According to an article in the New York Times published in February 2020 and updated in June 2021, Behavioral Scientists who study habit formation, recommend these tips to creating new healthy habits:

- 1. Stack your habits:** studies show that we all have routines and patterns of behaviors throughout our day, especially our morning routines; therefore, adding a new habit that can be done simultaneously with an existing habit will likely render success. For example, adding a couple of minutes of mediation with your morning coffee or doing squats/exercise while brushing your teeth.
- 2. Start Small:** BJ Fogg is an author and researcher at Stanford University. In his book, "Tiny Habits" he addresses the difficulty of sustaining new habits and he recommends starting small to make the new habit a more attainable goal. He gives the example of developing his own habit of doing push-ups simply by doing 2 push-ups a day, then he increased to 2 push-ups every time he went to the bathroom, which led to him developing and sustaining the habit of 40-80 push-ups daily.
- 3. Do it every day:** Consistency is vital to creating a new habit. Doing the habit every day as part of your daily routine will make you more likely to sustain the new habit.
- 4. Make it easy:** For best results, researchers say we should eliminate any obstacles to make the new habit more doable. For example, meal prepping your lunch for the week or packing a gym bag the night before and putting it beside the door can make it more doable to follow through on creating a new habit.
- 5. Reward yourself:** We are an instant gratification culture. Some habits to attain our goals do not always give us instant results such as exercising or losing weight. However, we can make the new habits more enjoyable such as listening to a book or watching a favorite show while exercising. Also you can be creative in planning fun events to share with a friend such a taking a hike together or cooking a healthy meal together.

"If you're always trying to be **normal**, you will **never know** how **amazing** you can be."

Maya Angelou



Prevention & Support Staff Spotlight

Mrs. Jami Ornellas

Mrs. Jami Ornellas is the school counselor at CF Taylor School programs (Alternative, Impact, & Crossroads). She has been with the Baldwin County School system for five years. Prior to then, she worked for a school system in Illinois for seven years and with the Department of Juvenile Justice for six years prior to then. Mrs. Ornellas was born and raised in Springfield, Illinois. She received her BS degree in Elementary Education from Southern Illinois and her masters in school counseling from Missouri Baptist University. Mrs. Ornellas and her husband moved to Baldwin County in 2018. She has one daughter, age 22. She enjoys traveling, shopping, and spending time with her dog. She loves working at CF Taylor as she has a passion for at risk populations.



Mrs. Buddy Hall

Mrs. Buddy Hall is the school Social Worker at CF Taylor School programs (Alternative, Impact, & Crossroads). She has worked for the Baldwin County School system for four years and has worked in the social work field for twenty-five years. She received her undergraduate degree in Sociology from the University of South Alabama and her Master of Social Work from the University of Alabama in 2008. Mrs. Hall is married to Mr. Michael Hall, and they have two children, Maxwell, age 4 and Marleigh Jo, age 2. For fun, her family enjoys doing activities with the children such as soccer and beach days. Mrs. Hall loves working with the population of students at the CF Taylor programs and she enjoys that her job varies from day to day.



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Mental Wellness Month

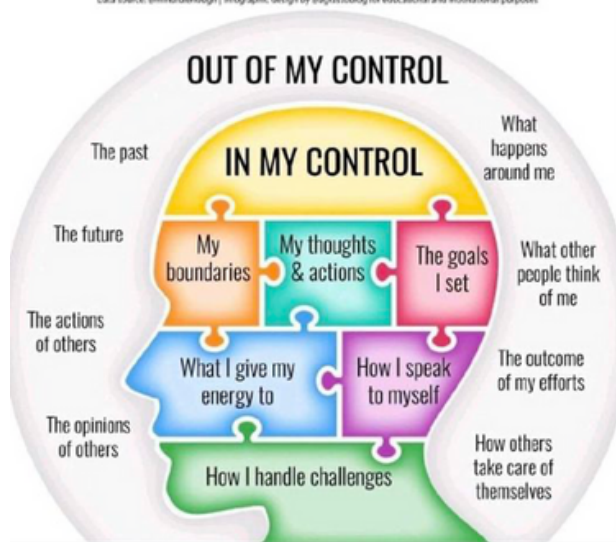
January is Mental Wellness Month. The World Health Organization defines mental wellness as “a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community.”

According to The Mental Health Center in Los Angeles, CA, Mental wellness can include the following:

- Setting mental health goals and the steps to help you achieve them
- Volunteering or giving back to the community
- Meeting with a mental health therapist to learn more about yourself
- Attending a peer support group
- Practicing self-care such as mindfulness, stress management, and quality sleep
- Engaging in healthy relationships at work, home, school, and socially
- Avoiding mental exhaustion

What I can control and what I can't

(Data source: @mindfulenough | Infographic design by @gregoroblog for educational and motivational purposes)



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MENTAL WELLNESS MONTH