



Self-Care for Mental Health

Compassion

Be kind to yourself. Stop judging yourself. Practice positive self-talk.

Self-Care

Rest. Pay attention to your self-care battery. Give yourself what you need. Make time for yourself. Set hard boundaries.

Action

Set boundaries with your triggers. Work on coping skills. Do the work. Follow your treatment plan. Don't give up on yourself.

Support

Go to therapy. Reach out for help. Mental illness is an illness. Don't hide in shame and silence. Ask for what you need. Create a strong support system. Break the stigma.

Accountability

Notice how your choices (conscious or unconscious) contribute in a negative way. Look at what isn't working in your life.

WANT TO QUIT VAPING?

WHEN YOU'RE READY TO QUIT,
WE'RE HERE TO HELP.

smokefree**teen**

WWW.TEEN.SMOKEFREE.GOV/QUIT-VAP



truth initiative

INSPIRING TOBACCO-FREE LIVES
TEXT "DITCHJUUL" TO 88709.



AMERICAN
LUNG
ASSOCIATION

WWW.LUNG.ORG/STOP-SMOKING/HELP!
TEENS-QUIT/

Wayne County Public Health



315-946-5749

wcph@waynecountyny.gov



WWW.CDC.GOV/TOBACCO/QUIT_SMOKING

GRATITUDE = The ability to recognize and acknowledge the good things, people, and places in our lives.

Why is **GRATITUDE** important?

- It feels good!
- Better physical health
- It makes relationships stronger
- It makes people feel happier in the long-run



<-- Check out this
video about 4 things
you can do to practice
GRADITUDE.



Career Opportunities:
Skilled Jobs



PARENT NEWS



When to Worry: Social Anxiety and Back-to-School Season

Navigating through child and family mental health can be challenging. This article from Little Otter shares some prevention strategies, tips and help resources.



HOW TO TALK ABOUT STRESS WITH YOUR CHILD?

Effective communication about stress with your child can foster understanding and resilience. Here're a few tips:

- ☑ Create a safe and open environment for discussion.
- ☑ Encourage your child to express their feelings.
- ☑ Actively listen and validate their feelings.
- ☑ Teach coping strategies like deep breathing.
- ☑ Reassure and support.

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Triple P seeks to promote positive parenting in all family situations. These new articles can be especially helpful to families preparing to navigate the holidays.



5 min read

Team Parenting for Grandparents

October 4, 2024

Team parenting for grandparents is all about finding ways to support your children and build healthy relationships and connections within your family.



Traditions can sometimes feel overwhelming. As a parent, you might feel stressed at upholding a big tradition that's a lot of work. But sometimes it's the simplest traditions with our families that we hold onto the most.

PBS Kids for Parents' site has a whole page dedicated to making family traditions (big or small). Included are articles, crafts, pintables and games.



4 min read

Apart but together: Co-parenting after separation or divorce

October 4, 2024

Co parenting children can be challenging. Children adjust better when separated parents communicate, put children first, and set consistent rules and routines.



5 min read

Teamwork is key when parents disagree

October 4, 2024

Parenting arguments are common at times. It is how parents work as a team to handle this parental conflict that makes a difference.



WAYNE COUNTY FOOD RESOURCES

SURVEY



FEEDBACK

2-1-1

Finger Lakes, NY

[HTTPS://211LIFELINE.ORG/](https://211lifeline.org/)

In the past year, 2-1-1 received **1622** calls from Wayne County residents in need of help.

Some needs go unaddressed because 2-1-1 does not have a resource connection.