

# Roots of Resilience

Nurturing Wellness in Students & Families

January 2024



Mental Wellness Awareness month is a reminder to take better care of your mental health, release stress and become happier, and improve the quality of your relationships. You can participate by spending more time with your loved ones, being grateful for what you have in life, planning a trip, and becoming skilled at self-care.

National Alliance on Mental Illness (NAMI) website illustrate the following:

- 1 in 20 U.S. adults experience serious mental illness each year.
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year.
- 1 in 5 U.S. adults experience mental illness each year.
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24.
- Suicide is the 2nd leading cause of death among people aged 10-34 (NAMI, 2021).

## TIPS FOR TRANSITIONING BACK TO SCHOOL AFTER WINTER BREAK

- **Return to Bedtime Routines**
  - Kids stay up or sleep in during occasions like winter break. Transition to their regular sleep patterns before returning to school (quality and consistent sleep is essential to your child's ability to learn)
- **Create a Back-to-School Countdown**
  - By creating a countdown, their normal routine won't creep up unexpectedly.
- **Discuss the Year Ahead**
  - Chat with your child/children about expectations for the school year ahead and prepare.
- **Celebrate Their First Week Back**
  - Some kids will feel disappointed that the winter break is over; so, organize something special to celebrate the completion of their first week back (i.e. movie night, play date, bowling)
- **Stock Up on School Supplies**
  - Start the new year ready for new challenges by ensuring your child has all the resources they need.
- **Make Your Mornings Easier**
  - School morning can be hectic, especially after a long holiday break. Prep a few things in advance to make the before school hours run smoothly (i.e. organize and pack backpacks, lay out clothing options, prepare breakfast/lunch the night before)
- **Validate Your Child's Feelings**
  - Encourage kids to voice their feelings and listen with patience if they have worries, feel anxious or is apprehensive about the upcoming school year.

## THIS MONTH

Mental Wellness Month  
Transitioning after Winter Break  
Social Media and Self Esteem  
Hazel Health  
Habitudes  
Toolkit Spotlight



**ACPS is pleased to announce  
Hazel Health counseling  
services are open to all  
FAMILIES.**

Hazel Health offers teletherapy services for students at school and at home by licensed therapists.

This service is being offered at NO COST to families.

- Scheduling is done at the convenience of the student and their family
- Virtual one-on-one therapy will be available for any K-12 student of the Alachua County Public Schools system.

If you believe your student could benefit, please visit  
<https://my.hazel.co/alachua> to sign up!

# Attitudes and Habitudes

## Habitude of the Month: Accurate Self-Perception

Promotes: Self-Awareness and Personal Growth

Each month, ACPS Middle and High school students participate in Resiliency Education: Civic and Character Education and Life Skills Education as part of Florida's Required Instruction. While the individual lessons vary between secondary institutions, they share thematic topics.



### Middle School Lesson: Root and Fruit

- Root and Fruit teaches us how to prioritize growth elements to stabilize and produce results. This lesson uses the illustration of a tree - personal growth is much like the growth of a tree.

### High School Lesson: Fun House Mirror

- Fun House Mirror helps us see the power of authenticity to our character and personal brain. This lesson likens the tendency for individuals to distort their own image, much like a fun house mirror distorts reflections.

## SOCIAL MEDIA AND SELF-ESTEEM

In recent years, social media has become part of our lives, even among children. Media usage is related to some adverse consequences especially in the most vulnerable people.

Social media can affect the self-esteem of children, teens and young adults. It often leads to social comparison, seeking validation through likes and comments, and exposure to cyberbullying. This complex interplay impacts their self-worth and confidence, contributing to feelings of inadequacy, depression, anxiety, and loneliness, which affect their overall well-being.

### HERE ARE SOME WARNING SIGNS OF LOW SELF-ESTEEM:

- Self-deprecation, even when joking
- Ignoring or discounting achievements
- Blaming oneself when things go wrong
- Failing to accept compliments
- Crippling fear of failure
- Gradually declining school grades
- Mood swings
- Giving up on a task at the first sign of frustration

### WHAT TO DO AS A PARENT IF YOU NOTICE INDICATIONS OF LOW SELF ESTEEM OR SOCIAL MEDIA ADDICTION IN YOUR CHILD:

- Set limits for their online time
- Set boundaries for appropriate times to check social media accounts (and make sure its never right before bed)
- Have an honest conversation about how unrealistic social media posts can be
- Limit distractions by changing notification settings
- Set a good example about healthy social media use
- Encourage hobbies and activities that aren't online, especially activities that makes your child feel accomplished.

## TOOLKIT SPOTLIGHT: SELFIE - NO FILTER

Pick up a magazine, scroll through Facebook or Instagram, and you'll probably see a *filter* - some alteration to an image in order to make it look flawless.

Reality check:

### NOTHING IS FLAWLESS.

Young people have a lot of ideas and mental images of how they should look, act, or even *think*! Being bombarded with those ideas can be exhausting.

Choosing to present yourself as-is, no filter, can be difficult to do. It also takes a great deal of strength. When we present ourselves accurately and without pretense, we show others who we *really* are - flaws and all. In doing so, we embrace the characteristics that make us unique and confront our shortcomings.

When we pair our no-filtered selfie with our rose-colored glasses, we unapologetically present ourselves in the best light.

If you use social media, here are some questions to ponder:

- When was the last time you used a filter?
- What was the purpose of the filter?
- Are there images posted by others in your feed that appear to have used a filter?

### Personal challenge!

The next time you post an image of yourself, do so without a filter. Perhaps you may start a trend - a trend of showing off your true, authentic self in the new year!

## How do the *Habitudes* lessons relate to Accurate Self-Perception?

In a quote commonly attributed to Eleanor Roosevelt,

**"No one can make you feel inferior without your consent."**

Creating a solid base from which we grow enables us to remain true to ourselves. When we feed and water those traits and values that form our roots - our basic structure - handling criticism and other forms of outside influences become easier to manage. Knowing who we are and what we stand for makes it harder for negativity to distort the images we hold of ourselves.

As long as our foundation is firm, we can continue building ourselves up with plenty of positivity and authenticity.

**"SEE THE TOOLKIT SPOTLIGHT FOR MORE!"**

### Mental Health:

- Florida Suicide Prevention Hotline [800-273-8255](tel:800-273-8255) **OR** dial 988
- Alachua County Crisis Center
  - [352-264-6789](tel:352-264-6789)
- Meridian Behavioral Health\_
  - [352-374-5600](tel:352-374-5600)
- Hazel Health - A teletherapy option. Look for more information to come.

### Substance Use:

- Alcohol & Drug Addiction Hotline 24/7 -Call or text 988 **OR** [850-487-2920](tel:850-487-2920)
- Meridian-In-Patient Detox
  - [352-374-5600](tel:352-374-5600)
- UF Vista- In-Patient Detox
  - [352-265-5481](tel:352-265-5481)

### Parent Coaching & Support:

- [Parentguidance.org](https://www.parentguidance.org)