

Mickle Counselors' Newsletter (Oct. 2014)



A look at what is going on at Mickle

- *Mental Illness Awareness, October 5th- 11th*
- *National Depression Screening, Oct. 10th*
- *World Mental Health Day 10th*
- *Illusion Theater, Oct. 15th, 16th, 17th*
- *Wellness Fair, Oct. 23rd*
- *Red Ribbon Week, Oct. 27th-31st*

This Month's Virtue "Responsibility"

"Be Accountable For Choices And Actions"

Red Ribbon Week

The Red Ribbon Campaign is now the oldest and largest drug prevention program in the nation reaching millions of young people during Red Ribbon Week each year. This year Mickle will celebrate Red Ribbon Week Oct 27-31. It is an ideal way for people and communities to unite and take a visible stand against drugs.

This year's theme:
Love Yourself: Be Drug Free

DID YOU KNOW?!

70% of children who abuse prescription drugs get them from family or friends!

Children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those who don't; yet, only a quarter of teens report having these conversations.

Self-Care

Self-care includes any intentional actions you take to care for your physical, mental and emotional health. Good self-care is a challenge for many people and it can be especially challenging for survivors of interpersonal violence and abuse. It can also be an important part of the healing process. Self-care is unique for everyone. Below are some ideas to get you started in developing your own self-care plan:

- Exercise
- Screen your phone and social media
- Eat Healthy
- Spend time with those you love
- Create a calming place
- Seek Counseling
- Maintain a journal
- Meditate

(UK UK Violence Intervention and Prevention Program, 2014).