

WSCC

WHOLE SCHOOL. WHOLE COMMUNITY. WHOLE CHILD. NEWSLETTER

JANUARY | 2024

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BATTLING THE WINTER BLUES

January brings the melancholic shades of winter, which is also an excellent time to understand seasonal affective disorder. Seasonal affective disorder, commonly known as SAD, is a type of depression that occurs during the winter months when the days are shorter and the weather is colder. Many people experience feelings of sadness, lethargy, and a lack of motivation during this time, but for those with SAD, these symptoms can be severe and debilitating.

The exact cause of SAD is not fully understood, but it is believed to be related to a lack of sunlight. The decrease in sunlight during the winter months can disrupt our biological clocks and affect the production of serotonin and melatonin. These two hormones play a crucial role in regulating mood.

Fortunately, there are several treatment options available for those who suffer from SAD including light therapy, talk therapy, and lifestyle changes such as regular exercise and healthy eating habits. If you or someone you know is experiencing symptoms of SAD, it's essential to seek help from a healthcare professional. With the proper treatment and support, it's possible to manage the symptoms of SAD and enjoy the winter months without feeling overwhelmed by the melancholic shades of winter.



JANUARY IS NATIONAL MENTORING MONTH!

It is a time to recognize the importance of mentoring and to encourage more people to get involved in mentoring relationships. Mentoring can have a significant impact on the lives of both the mentor and the mentee. Having a mentor can provide guidance, support, and encouragement for the mentee as they navigate through different stages of life. For the mentor, it is an opportunity to give back to the community and to make a meaningful difference in someone else's life. Whether you want to become a mentor or find one, National Mentoring Month is the perfect time to start. Many organizations and resources are available that focus on a mission (i.e., athletics, helping those in need, substance use support) that can help connect mentors and mentees to further training and support. So why not take the first step and get involved in mentoring this January? You never know what positive impact you could have on someone's life.



PEER MENTORING TIPS

- Get clarity on what the mentee needs
- Dig deeper and ask questions
- Brainstorm goals and ideas
- Share stories to connect to the mentee
- Create a game plan
- Introduce them to a network of like minded people



STUDENTS IN GRADES 8 - 12TH INVITED TO JOIN THE NORTHERN NJ CFPC YOUTH ADVISORY BOARD!

*The next CFPC Youth Advisory Board virtual meeting date has been moved to Thursday February 8th, 2024, at 6pm as the adult advisors will be attending a national conference on the original meeting date scheduled. Registration is required for new members.

SHARE YOUR ACTS OF SELF CARE!

We'd love to hear what you, your family, your students, or your community did as an act of self care in January. Tag the Center on Facebook or submit your story to Tamara to be featured in our next newsletter!



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| DAY 1
Put towels in dryer before your bath | DAY 2
Buy or make a good lotion or moisturizer | DAY 3
Find a new hobby for the winter | DAY 4
Watch a fireplace or ASMR video |
| DAY 5
Make your home smell fragrant | DAY 6
Embrace the concept of hibernation | DAY 7
Slippers, socks, sweaters, gloves! | DAY 8
Go on a nature walk |
| DAY 9
Get a massage | DAY 10
Do a comfy meditation | DAY 11
Read a few pages of a book in bed | DAY 12
Drink hot chocolate |
| DAY 13
Make a new music playlist | DAY 14
Bake cookies or something yummy | DAY 15
Make a cozy nest | DAY 16
Have a lazy day |
| DAY 17
Face an inner shadow | DAY 18
Get more sleep | DAY 19
Make peace with your body | DAY 20
Change your scenery |
| DAY 21
Make a get well kit | DAY 22
Write a new post | DAY 23
Watch your overwhelm levels | DAY 24
Feed the birds and identify |
| DAY 25
Tap into your inner child | DAY 26
Get a heated blanket | DAY 27
Watch a movie | DAY 28
Get extra sleep |
| DAY 29
Call a friend you haven't talked to in a while | DAY 30
Journal | DAY 31
Sit, relax, reflect on your month! | |



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THE CENTER
FOR PREVENTION



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