



WSCC

WHOLE SCHOOL. WHOLE COMMUNITY. WHOLE CHILD. NEWSLETTER



JANUARY | 2024

#3

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.

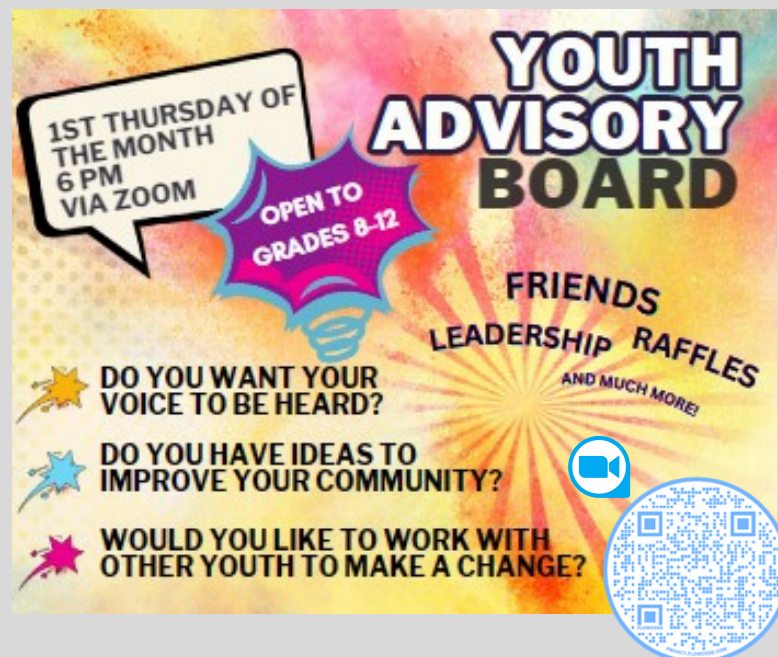


PEER MENTORING TIPS

- 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!



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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FOR PREVENTION & COMMUNITY CARE



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