



TAKING CARE OF YOU & YOUR MENTAL HEALTH BEFORE THE HOLIDAYS START

As November rolls in, and the festive spirit fills the air, it's important to remember that the holidays aren't always a joyful time for everyone. While the season is about togetherness and cheer, it can also stir up anxiety and stress for many. [A survey from the National Alliance on Mental Illness](#) revealed that 64% of people with mental illness say the holidays take a toll on their mental health. If you find yourself feeling overwhelmed during this season, you are not alone. Thankfully, there are simple ways to nurture your mental and physical health this holiday season that can make a big difference.

Thanksgiving is the season of gratitude. Practicing thankfulness can have amazing health benefits, like lower blood pressure and improved mood. Taking a moment each day to appreciate the small things or express thanks to someone in your life will not only lift your spirit but help foster connection. Additionally, reaching out to a friend who might be feeling lonely during this time of family can nurture bonds that provide support and joy, [according to WebMD](#).



As the holiday season approaches, it's important to be proactive with maintaining health for you and your family. To discover more ways of improving your health before the holiday season begins, check out [our full article](#) about mental health and the holidays on the School Health NJ website!



YOUTH ADVISORY BOARD SPOTLIGHT



OCTOBER TOPICS

For the month of October, the Youth Advisory board focused primarily on the topics of cyberbullying and saying 'no' to substances during Halloween weekend -the weekend that Halloween is celebrated, and parties are abundant. Check out [@yab_nnj](https://www.instagram.com/yab_nnj) on Instagram, to learn more about the Good Samaritan law and see other ways the YAB is educating their peers.

YOUTH EMPOWERMENT SUMMIT

On October 17th, the Center for Prevention and Counseling hosted our 24th annual Youth Empowerment Summit for over 750 Sussex County middle and high school students. YAB Historian Jalissa participated as a high school mentor to a group of middle schoolers and was one of our awesome dancing bananas. Thank you to Jalissa for her leadership and enthusiasm throughout the event!



[REACH OUT TO RACHELK@CENTERFORPREVENTION.ORG](mailto:rachelk@centerforprevention.org) FOR MORE INFORMATION ON HOW YOUR STUDENTS CAN GET INVOLVED WITH CFPC'S YAB!



THE NORTHERN NJ SCHOOL HEALTH TEAM
WOULD LIKE TO WISH OUR READERS A

*Happy Thanksgiving
to you and your family*

WHOLE SCHOOL
WHOLE COMMUNITY
WHOLE CHILD



THE CENTER
FOR PREVENTION & COUNSELING

NJHealth
New Jersey Department of Health
Family Health Services

[COMMENTS & QUESTIONS: EMAIL TAMARA@CENTERFORPREVENTION.ORG](mailto:tamara@centerforprevention.org)