



Behavioral Health Department

February, 2024 NEWSLETTER



February is International Boost Self Esteem Month

Self-esteem influences the perception people have of themselves, which can have an impact on daily functioning and well-being. People who have strong self-esteem possess strong decision-making skills, are able to maintain healthy relationships, and they have a strong willingness to take on any new challenges that come their way. While those who lack confidence, on the other hand, might miss out on opportunities and be hesitant to pursue personal goals due to a fear of failure.

By celebrating International Boost Self Esteem Month, it helps to bring recognition to self-esteem and the important role it plays in people's lives. During this month, programs and communities worldwide aim to encourage individuals to be showing themselves some self-appreciation. This movement is also where a variety of tools and resources are made available to the public on how to develop and build self-esteem.

If you are interested in learning more about self-esteem, maybe you might want to consider clicking and checking out the following:

- PsychCentral Self Esteem Test: <https://psychcentral.com/quizzes/self-esteem-test>
- therapist aid Self Esteem Worksheets: <https://www.therapistaid.com/therapy-worksheets/self-esteem/none>
- Mayo Clinic Article—Self Esteem: Take steps to feel better about yourself: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/self-esteem/art-20045374>
- TEDed Video: Logic behind Self Esteem: https://ed.ted.com/best_of_web/Mywo8YxC

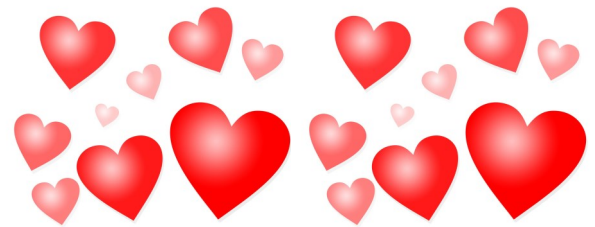
Source

"Realizing your worth during International Boost Self-Esteem Month" *betterhelp*, 7 Feb. 2024. <https://www.betterhelp.com/advice/current-events/realizing-your-worth-during-international-boost-self-esteem-month/>. Web. 8 Feb. 2024.

Youth: A Resource Guide for Professionals, Families and Communities

If you or a loved one are experiencing a crisis, or any other problems, contact us at (715) 779-3741 to begin services or to help answer any questions you may have. Hours: Monday – Friday 8:00am - 4:30pm

If this is an emergency, call 911, or if you are experiencing a mental health crisis, call the Bayfield County Mental Health Crisis Line 24 hours a day at 1 (866) 317-9362.



CERTIFIED PEER SPECIALIST SERVICES

A Peer Specialist is an individual with lived recovery experience who has been trained and certified to help their peers gain hope and move forward in their own recovery. By sharing experiences, peers bring hope to people in recovery and promote a sense of belonging within the community (SAMSHA)

PEER SUPPORT IS..

- Delivered by individuals who have common lived experiences.
- People with mental health and/or substance use disorders have a unique power to help one another based on shared connection and deep understanding of this experience.
- Peer Specialists offer support, strength, and hope to their peers, which allows for personal growth, wellness, and recovery. (SAMSHA)
- Peer support is ongoing, available, and flexible.
- Peer support enhances other health care services by creating emotional, social and practical assistance necessary for staying healthy and managing. (Peers for Progress)

WHAT SERVICES DO PEER SPECIALISTS PROVIDE?

Peer specialists support their peers both individually and in small groups.

- Help peers create individual service plans based on recovery goals and steps to achieve those goals
- Use recovery-oriented tools to help their peers address challenges
- Assist others to build their own self-directed wellness plans
- Support peers in their decision-making
- Offer a sounding board and a shoulder to lean on...and more!

PROVIDING HOPE

Modeling recovery, engaging, and connecting are just some of the ways peers make a difference in the lives of others. The bond that is essential in peer support means that both the person giving support and the person receiving support benefit from the relationship. (MHA)

SERVICES INCLUDE:

Education and skill- building

- ⇒ Wellness planning
- ⇒ Crisis planning
- ⇒ Self- advocacy skills
- ⇒ Budgeting

Services that help

- ⇒ Identify strengths and use the strengths to reach goals
- ⇒ Identify and overcome barriers to participate in community resources

Connect with resources

- ⇒ Visiting community resources to familiarize
- ⇒ Teaching and modeling skills needed to utilize resources
- ⇒ Wrap around services
- ⇒ Cultural wellness and healing

Building relationships and encouraging community based activities

- ⇒ Employment
- ⇒ Relationships
- ⇒ Physical activity
- ⇒ Self- directed hobbies

Using SAMHSA's Eight Dimensions of Wellness to guide a holistic approach to recovery, a Certified Peer Specialist will work with you to discuss meaningful goals in one or more of these important dimensions; financial, social, spiritual, occupational, physical, intellectual, and emotional. Each of the dimensions contribute to your overall wellness and individual recovery.

13 Strategies for Better Time Management

One factor that many people run into when trying to complete daily tasks is the feeling that there's not enough hours in the day to get everything done. It can be a struggle for a person to balance the multiple things they need to do each day including work responsibilities, self-care, maintaining a social life, and other obligations that can pop up at any time. Lack of time management not only can seriously impact the quality of your academic or professional performance, but also can influence the state of your well-being and ability to get enjoyment out of life.

If this is similar in any way to what's going on in your life, starting to adopt time management strategies is how you can find ways to help you get more tasks done much quicker, freeing up your schedule to pursue what things you want to do and as a result, experiencing less situations that bring about excess stress.

In celebration of February being National Time Management Month, here are 13 time management strategies to help you become better at organizing your time; the information below comes from the website, betterhelp (<https://www.betterhelp.com/advice/time-management/13-most-successful-time-management-strategies/>).

1) Develop Routines and Stick to Them—When you have a consistent daily schedule, there are bound to be tasks included on it that need to be repeated every day, this can make completing those tasks feel somewhat automated, helping to lighten mental stress, as there's less responsibilities to handle all at once. Making it a habit to do certain tasks at the same time every day, helps you to be able to include some much needed predictability and organization into your schedule. For example, the routine you start could be simple tasks like checking e-mails, exercising, or eating meals—they should however all be done at specific times each day.

2) Prioritize the Most Important Tasks First—You may be more likely to accomplish everything on your list when you take care of all the tasks first that you deem as being the most important or difficult to get done. Tackling key tasks first, allows you to concentrate a lot of focus towards these tasks, leading to you being able to finish them more efficiently. Then, after getting all the important and difficult stuff out of the way, you'll just be left with small tasks that are much easier to do and can do done systematically; quickly completing tasks one by one. By getting the most difficult tasks done right away, the other demands are likely to feel less daunting and you will feel more confident in your ability to take on whatever other tasks you have in your schedule.

3) Reallocate Your Schedule for Personal Time—Setting aside time to complete personal tasks you have in your schedule, despite juggling other responsibilities or distractions can surprisingly help you to feel more productive. For example, one of your personal tasks could be to call a friend; however, if you find yourself busy at your job all day, instead of waiting to make the call at night when you might be worn out, try to make the call when you have an opening in your schedule, like when you are on a work break or taking lunch.

4) Create To-Do Lists—A vital time management tool is checklists. Oftentimes, having all the tasks you need to do on one list can be overwhelming to look at, so instead try spreading your tasks out on multiple lists and do so in a way that will make the most sense to you.

For example when writing down all the tasks you need to complete, you can organize them by creating two separate lists, one with daily tasks that need to be done each day and the other for long-term tasks that will require you to devote more time towards them.

5) Reduce Distractions—You can easily lose track of time due to distractions. Some of the most common distractions you can find yourself wasting time on include things like social media, video games, and TV; however, distractions can be anything, as long as it's something that grabs your attention and you find yourself straying away from your responsibilities.

While you are working on a task, one of the best things you could do to avoid getting distracted is put your phone on silent and turn off the notification feature on your other devices.

6) Stop Multi-tasking—Even though multi-tasking may seem like an efficient way to tackle a large amount of responsibilities all at once, not only can it be mentally draining, but it has the potential to actually result in decreased productivity. When a person multi-tasks, they find themselves shifting from one task to another and your mind uses a lot of energy, in order to try and keep up with this constant back and forth. This means that giving attention and having enough mental energy to fulfill all your obligations may be difficult for you to do.

Instead of trying to multi-task, complete your to-do list by working on one task at a time. Putting in the effort to focus on each task separately may help you to get everything done much more quickly.

7) Use Technology—In today's world, there are plenty of applications you could download or access online that can help you with time management. For example, there are apps available that you could use to create timers for all the different responsibilities you have, a digital planner can be used to manage your tasks into to-do lists, or you could turn to websites online which include features that'll help you save time from potential distractions.

8) Get Organized and Stay Consistent—If you have a hard time finding things—whether it be locating files on your computer, looking around your garage for a specific tool, or rummaging through your clothes for a shirt you haven't seen in a long time—you can end up wasting a lot more time than what you had intended. However, when you have items you regularly rely on, right at your disposal, not only will this help you save energy, but you'll avoid having to deal with excess stress. Even if organization isn't something you are skilled at, there's many different methods of organization to choose from, so you just need to find the one that works best for you.

9) Delegate Tasks and Responsibilities—Sometimes you'll have things on your to-do list that one person can't do alone. While you may need help from another to complete a task, the most important thing is just being able to get it done and out of the way.

Delegating is a useful time management strategy that can be used in a number of different situations. For example, if there's a team at work you are a part of and you notice that one of the individuals has extra time on their hands, ask them to take over a few of your smaller tasks to help relieve you of some of the responsibilities you have on your plate. If you are trying to free up your schedule for more personal time, other individuals you can reach out and delegate smaller tasks to include your family and friends.

10) Set Goals for Yourself—By engaging in goal setting, this can help to improve your time management skills. If there are tasks on your to-do list that lack clear goals or it's difficult to understand why you're doing them, then not only might you have difficulty trying to complete these tasks, but without any direction of where to put your effort towards, you won't make any progress on these tasks and you'll be left feeling overwhelmed.

Since goals require intentional decision-making, they can lead to clarity on what things are important to you versus what's no longer significant to you.

As you start setting goals consider basing your goals off the SMART framework. SMART goals is an acronym and it represents what characteristics should be included when setting goals, this includes goals that are: Specific, Measurable, Attainable, Realistic, and Time Sensitive. While the variety of goals you may have could include large projects that go on for months or years, you'll also have short-term goals that can be completed within just days or weeks. The clearer you make your goals out to be, the better you'll become at time management.

11) Start Time Blocking—By allocating and determining how much time you'll spend on obligations each day, this will make it easier for you to avoid multi-tasking. Time blocking is a time management method in which you schedule tasks for the periods of time you can be productive. For example, for the first three hours of work, you might divide that time evenly, where one task is completed every hour—here's an example of what this could look like: the first hour spent answering e-mails, the second hour spent calling clients, and the third hour spent collecting research.

Taking the time to plan out what tasks you'll be doing and when you'll be doing them, can help you to concentrate on getting tasks done one at a time and by planning ahead, you avoid having to worry about when to transition from one task to another.

12) Analyze How You Spend Your Time—Time management isn't always the easiest thing and sometimes it takes people multiple times before they start to get the hang of it, that's why analyzing how you spend your time is important. To see what your time is spent doing each day, consider keeping track of all your activities. What are you distracted by? Are there tasks you aren't getting done? Look closely to see if you have any habits that you spend a large concentration of time on and if so, either eliminate or try to improve those habits.

13) Seek Support—You may lose time because of things you have no control over. Maybe your overwhelmed by anxiety, spend long periods of time doing nothing due to a lack of motivation, or it's hard for you to concentrate on tasks for more than a few minutes at a time. If these mental health concerns persist, your time management skills and productivity may continue to suffer, so you may want to consider seeking out support and guidance from either a doctor or therapist.

Why Friendships Are Important—6 Health Benefits

Friendships play a role in enriching your life. Good friends help you to learn more about yourself and they challenge you to be the best person you can be. Not only are friends there to help you through the tough times, but they celebrate your successes with you as well.

However, friends are more than just simply people who you can trust and rely on as friends also have the potential to positively impact your health. There are many people who believe that friendships are a crucial aspect needed to maintain well-being, just like eating right and regular exercise.

In celebration of February being International Friendship Month, here are 6 health benefits that people commonly experience due to their friendships with other; the information below comes from the website, verywellmind (<https://www.verywellmind.com/the-importance-of-friendship-3024371>).

Friends Are a Good Influence on Your Physical Health

Healthy relationships and good physical health go hand in hand with each other. Having a close circle of friends that you frequently hang out with helps to lower the risk of developing health problems like diabetes, heart attack, and stroke.

Maintaining strong connections with your friends can also help you to feel less lonely. While social isolation and loneliness can take a toll on your longevity, resulting in risk for a variety of different health issues including high blood pressure, substance abuse, heart disease, and even cancer.

Friends Encourage You to Partake in Healthy Behaviors

One possible explanation of why friendship can yield health benefits is because friends may encourage you to pursue lifestyle changes which could have a significant impact on your well-being. For example, if you reveal to your friends that you want to eat better and exercise more to improve your health, they might support your efforts by helping you set and maintain your goals. Friends are also people you can count on to watch out for you and let you know when unhealthy behaviors (like drinking too much alcohol) start to get out of hand.

Friends Are There for You When You Need Emotional Support

When you are feeling down because of having gone through a difficult time in your life, having a friend be by your side can help make moving past that experience much more easier.

Additionally, since happiness is contagious among friends, being around happy friends can help relieve feelings of depression and improve one's mood.

Friends Help You to Become More Confident

Self-doubts and insecurities are something everyone comes face to face with every now and then. But having friends in your corner who are supportive of you can help to build up your self-esteem, or in other words, the amount of appreciation and love you have for yourself.

When you are unsure of yourself, supportive friends will give you praise and reassurance to help you feel more confident. They'll shine a light on the kinds of strengths you possess and let you know that you're an amazing person, who has a lot to be proud of.

Friends Help You to be Less Stressed

Everyone has had stressful events happen to them at one time or another. However, if you know you have people in your life you could go to for support, then this can help make the tough times a little more bearable.

Meanwhile, for people who don't have close friends, these individuals are more likely to feel lonely, making them more susceptible to struggling with something like depression or substance abuse.

Friends Motivate You to Do the Best You Can

Friends can be a positive influence on you. If your friends include people who are generous towards others, ambitious, or family-oriented, these values are ones you'll likely go on to try emulating yourself.

Great friends are people who have the power to mold you into being the best version of yourself. Along with seeing you for the person you truly are, they push and encourage you to keep trying and to never give up.

NEW 24/7, FREE, AND CONFIDENTIAL
SUICIDE & CRISIS LIFELINE



9-8-8

OR VISIT 988lifeline.org TO CHAT

Dial 988

If you are facing a suicidal crisis or are in emotional distress, dial 988 to contact the Suicide & Crisis Lifeline. The lifeline will connect you to a local crisis center, where you'll talk to a crisis counselor who can provide emotional support and can help find crisis resources for you as well. This lifeline offers free, confidential support—24 hours a day, 7 days a week

-PASSION-

Name it to Tame it



If you have ever seen the movie, "Cats Don't Dance" you probably know what "passion" is. The movie takes place in the 1930's and centers around anthropomorphic animals who've gone to Hollywood, in hopes of making it big and becoming stars. However, we the audience quickly learn that the leading roles are dominated by humans, meaning the only kind of work animal actors are capable of possibly getting is bit parts. While many of the other animal actors have accepted this reality and let their dreams fade to the wayside, a newcomer to Hollywood - a cat named Danny is optimistic that if Hollywood just gave him and the other animals a chance, everyone would see how talented they all truly are and this would help jumpstart their careers.

Along the way, there are hiccups and setbacks the animals experience because of the film's antagonist, Darla Dimple, a successful child star who doesn't want animal actors to break into the film industry as she doesn't want to face any competition and wants to maintain her status as one of the top stars in Hollywood. This turn of events, leaves Danny not only feeling betrayed by Darla Dimple, but he also questions himself and if he should give up on his passion like all the other animal actors. He ultimately decides that his passion to be a star matters a lot to him and that it's something he shouldn't give up so easily. With Danny's passion renewed, he goes forward with the endeavor to not back down and do what he can to get Hollywood to recognize him and his friends for the showbiz talent they possess.

To learn more about passion, including the benefits that come from being passionate about something and why passion is different compared to purpose, visit the links below:

<https://www.lifehack.org/articles/lifestyle/what-means-have-passion.html>

And

<https://www.betterup.com/blog/purpose-vs-passion>