



Putnam County Youth Bureau Newsletter

October 9th, 2020



Tomorrow is World Mental Health Day. Let's check in on one another and be sure to take care of your mental health as you do your physical health.

Jack-O-Lantern

Fruit Cups



You will need:

Oranges
knife
Spoon
Fruit of choice

How to assemble:

Begin by cutting the top of your orange around the stem as you would a pumpkin. Using a spoon scoop out the inside of the orange, leaving just the peel. Now, using your knife, carefully carve out a jack-o-lantern face with eyes, nose, and a mouth. Lastly, fill the jack-o-lantern with fruit of your choice! For a little added sweetness mix your fruit with some honey before adding it to the jack-o-lantern cup.



Youth Court

The Honorable Judge Thomas Jacobellis visited Youth Court this past Wednesday! He educated our Trainees on the role of a Judge, the importance of remaining impartial and carefully considering all the evidence.



Keep the Conversation Going

Bring these topics to the dinner table with your family or video chat sessions with friends! Read the topic aloud and share responses.

1. What is your favorite self-care activity?
2. How do you take care of your mental health?
3. Moving forward how can you better take care of your mental health?
4. What gives you the most stress? How do you get rid of that stress?
5. What is your favorite thing you are currently doing to fill your time?

Self Care Jar

You will need:

- Jar
- Markers
- Popsicle sticks
- Decorations

How to assemble:

Begin by laying out your popsicle sticks and using your markers to write self-care activities on each one. For example: Watch your favorite movie, go on a hike, take a long bath/shower, take 10 calming breathes, volunteer, paint/color/draw, watch the sunset, go to a park, video chat with a friend, get ice cream, journal your thoughts, read a book, take a bike ride, go to a park. Next, decorate the top of your popsicle sticks with buttons, pompoms, tape, or stickers. Use different colors to categorize your activities. In the example pictured below, blue and pink buttons were used to categorize indoor and outdoor activities. Lastly, decorate your jar how you would like and add a label! Now whenever you feel like you need a little self care, pull a popsicle stick from the jar and enjoy that activity!



be kind
TO YOURSELF

meditate
IN A QUIET SPACE



Drink
WATER



go outside
GET SOME SUNSHINE

journal
ABOUT YOUR FEELINGS



Make your
mental health
a
priority

establish
A BEDTIME ROUTINE



Eat
LESS SUGAR



talk
TO A PROFESSIONAL



breathe
DEEPLY



put down
YOUR PHONE



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Mental Health

Word Search



S P S Y N S F A M L P B O C T G T T S B Z V W V V
H S W W S N N Y B B E W K L R Z K D L S R I R E P
M K E E K X W A F H Q E R P O B U B C Z E A M S T
Y L R N I Y W M K Q N T F L P L M U P K O N Y D S
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T E A R U E B T H R Z C J M H X U X K E Y Y W I V
M V X X Y N B G S A J Y F K Y K J C K T O K X K K

Act
Anxiety
Cope
Counseling
Diet

Emotion
Exercise
Fear
Feel
Fitness

Loneliness
Mental Health
Mood
Optimism
Positive

Relate
Relaxation
Self-Care
Stress
Support
Think