



Prevention *for parents*

Creating SMART Goals for the New Year!

Happy 2022 everyone! As the new year begins, many people feel motivated to start fresh, work on building healthier habits and set resolutions. Unfortunately, people often give up on their goals within the first month! Don't let that happen, and instead create SMART goals to help achieve success! SMART goals are:

Specific: Keep a focused vision of What, Why, Where you want to accomplish this goal.

Measurable: Track your progress. Keep a journal or use an app!

Achievable: It's great to dream big, while also remembering to keep your goals realistic and attainable!

Relevant: Does this goal matter to you and does it align with other life goals?

Time bound: Set short term and long term deadlines to maintain focus and momentum.

Here's an example, for someone whose goal is to reduce and/or stop their habit of vaping:

S: Reduce vaping use to 0-2 times a week. (Aim for specific days you plan on not using)

M: Mark a big smiley face each day of the calendar that a vape-free day is accomplished!

A: Plan how you'll fight the cravings: chewing gum, nicotine patch, exercise, text a friend, play a game.

R: Why does this matter to you? How will you feel when you accomplish your goals? Really visualize the success!

T: Set reminders on your phone and give yourself rewards for maintaining your personal growth!



Studies show that volunteering and supporting causes that you are passionate about, helps boost mental health!

Our Middle Schoolers Want to Increase Connection & Support Healthy Lifestyles!

South Whidbey middle schoolers in the ALE program are taking action and have crafted a petition to have bike paths installed on South Whidbey!



The goal of the proposed bike paths are to

increase community connectivity and encourage healthy lifestyles.

Visit the Community Center if you are interested in signing the petition or helping collect signatures.

Building Resiliency

This fall semester was spent reconnecting and relearning the routine of being in-person for school. Working together, parents, teachers, counselors, and other community members have all helped support the students throughout this difficult time in an attempt to return to normalcy.

After coming back from winter break, it can be easy for students to fall back into unhealthy habits and lose some of the positive momentum, especially with the rise of COVID-19 cases increasing our community's anxiety. However, this is the perfect opportunity for your student (and you) to work on building **resiliency**!

Resilience is the process of adapting in the face of adversity, trauma, tragedy, or significant sources of stress and not allowing the hardships to control the outcome of your life. Here are a few tips:

- **Normalize imperfection**: Challenges in life are inevitable and it's okay not to be perfect
- **Embrace the emotion**: Negative feelings do not last and can actually inspire positive changes. Validating these emotions will help manage and overcome them.
- **Be proactive**: Take initiative by asking, "What can I do about a problem in my life?" Then make a plan.
- **Deepen connections**: Prioritize developing strong relationships, connecting with your community and fostering a sense of purpose.
- **Try new things**: Making mistakes, learning from them and powering through despite possible failure develops confidence and determination.
- **Nurture a positive self-image**: Help yourself and your student find value from within and remind each other throughout the day!

Building resiliency, like other skills, is something we work on throughout our lives. It is an important aspect of prevention. If students practice and hone this skill, they are more likely to positively process obstacles that come with preventing substance use, addiction, and other life challenges.

Contact Colleen Chan with any suggestions, comments, or questions.

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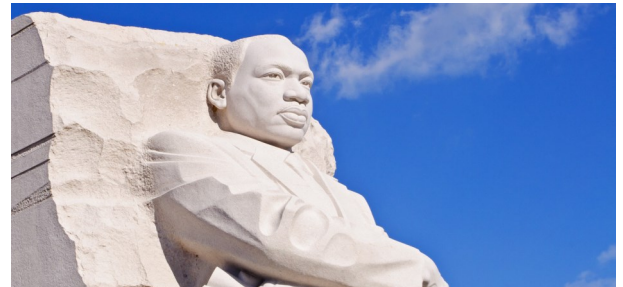
In Memory of Dr. King

January 17th was a day of remembrance for activist and civil rights leader, Martin Luther King, Jr. While schools have the day off, it is widely recognized as a national day of service; a day to give back to and improve our communities. And although the day has come and gone, there is no determined date to when we can spend time thinking about how to offer service to others and our communities. There is no better time than the present!

Helping others is a proven way to boost our own mental health. Take some time to ask your teen some of these questions:

- What does it mean to serve?
- What improvements would you like to see in the community?
- How are you contributing to your community?
- Why is it important to give back to the community?
- What are some ways you can serve your community?

Maybe some of those conversations will lead to quality time with each other, serving your communities.



Parent Resources

<https://www.mindtools.com/pages/article/smart-goals.htm>

<https://www.dodea.edu/dodeaCelebrates/MLK.cfm>