

MENTAL HEALTH NEWSLETTER

This monthly newsletter will include information on mental health topics, parent-teen communication, and conversation starters. I hope this newsletter can prompt some valuable family conversations each month. Please reach out with questions or concerns at any time.

--Nicole Ooms, Licensed School Social Worker, (219) 956-3143 ext. 2038



ANGER

Anger is associated with the “fight or flight” response. Hormones prepare the body to react quickly to threatening situations. Heart rate can rise, muscles get tense, and breathing speeds up. When this happens, we stop thinking and may react without considering the consequences.

Anger can also be a way for people to hide deeper and more painful emotions, such as fear, grief, or embarrassment.

The most important step in anger management is to notice the anger early and take the time to calm down before it gets out of control. Strategies can include deep breathing, guided meditation, prayer, listening to music, and rhythmic movement.

If you or your child notice that they are experiencing frequent anger or are having difficulty in soothing their anger, it could be worth the time to explore what other stressors may be contributing to their strong emotions.

<https://www.newportacademy.com/resources/>

CONVERSATION STARTERS

Family Culture

- What three words would you use to describe our family?
- Is there anything you would like us to do more as a family?

Values

- Do adults automatically deserve respect? Why or why not?

Future

- What do you hope your life will look like in 10 years from now?

MYTHS ABOUT TEENS & PARENTS

False: Your teen doesn't care what you think.

They may not admit they care, but generally they will try to earn your praise and avoid your criticism, proving that they do consider your opinion to be important. Remember to praise them for good choices!

False: Losing it on your kids makes you a bad parent.

Every parent yells once in a while. It is important for your kids to see that you aren't perfect. It can be good for the relationship to apologize for losing your cool. You can apologize and still, calmly, reinforce the point you were trying to make with your yelling.