

Bear Wellness

Century Community Charter

November issue

8 Mindfulness Tips During the Holidays :

1. Practice active listening
2. Be open to the emotions of others
3. Be open to a range of emotions in yourself
4. Let go of old habits or patterns that might be holding you back.
5. Expand how you communicate care.
6. Let go of judgment—both for yourself and others.
7. Balance the “should’s” with awareness of your own needs.
8. Practice self-compassion.

Teens, Social Media, and Mental Health

Some studies show that online connections with small groups of people can be beneficial to teens, while other research points to a rise in symptoms of anxiety, depression, and eating disorders. There are some positive aspects to social media. It's important to remember that teens are hardwired for socialization, and social media makes socializing easy and immediate. Teens who struggle with social skills, social anxiety, or who don't have easy access to face-to-face socializing with other teens might benefit from connecting with other teens through social media.

While teens can use social media to connect and create friendships with others, they also confront cyberbullying, trolls, toxic comparisons, sleep deprivation, and less frequent face-to-face interactions, to name a few.

Too much time spent scrolling through social media can result in symptoms of anxiety and/or depression. Social media can be destructive when teens begin to focus on the likes, when cyberbullying occurs, when teens begin to make comparisons, have too many fake friends and have less face time.

Here are some strategies for helping your whole family develop healthy social media habits:

Set limits. Establish media-free zone and weekly screen-time amounts.

Teach them. To be critical of what they see; not everything online reflects reality.

Remind. Only accept friend requests from people they know.

Use privacy settings so that their personal information cannot be seen, captured, or shared by strangers.

Inform them. Think twice before sharing certain information.

Start early: Parents should start the conversation around social media early.

Wellness meeting

**November 13th
5pm-6pm**

CCCS Gym

****Babysitting will
be provided**