

Promotion of Self-Wellness

El Dorado County Youth Commission

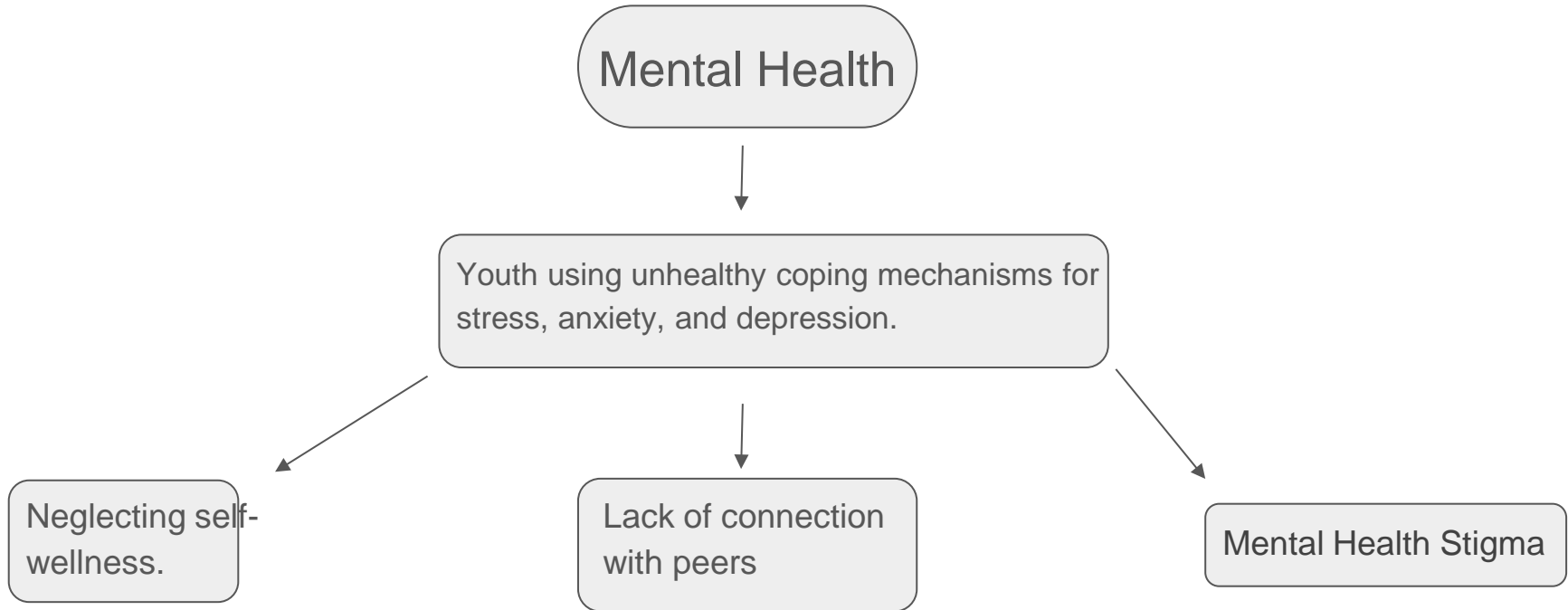




What We Did Last Year: 2017-18

- Established Mental Health as a prevalent concern for county wide youth.
 - Gathered relevant statistics on mental health issues
- Website detailing mental health issues of suicide, substance abuse, domestic abuse, and technology addiction.
 - Included resources and links to helpful websites and information.
- Designed and printed 500 bookmarks with website URL to promote and share website.

What is the Issue Affecting CountyWide Youth?



2018/2019 Focus

- Promote Self-Wellness
- Improve current Youth Commission website
- Outreach to El Dorado County Students
 - Promote wellness in a relatable and encouraging way
 - Video about self-wellness options (healthy coping mechanisms)



Spirituality and Community Service

Religion helps initiate social connections with others and creates a sense of community.

Faith and prayer promotes hope and happiness.



“Only by giving are you able to receive more than you have.” - Jim Rohn



Physical Activity

Frequent exercise leads to better cognitive health.

It can also improve an individual's mood.



“Training gives us an outlet for suppressed energies created by stress, and thus tones the spirit just as exercise conditions the body.”- Arnold Schwarzenegger



Music

Music helps with stress and anxiety.

It promotes creativity and concentration, especially when playing an instrument.



“Music can change the world because it can change people.” - Bono



Art and Writing

Writing about stress related matters and traumatic events is an easier way to express thoughts, feelings, and emotions.



Journaling can help you gain control of your emotions and improve your mental health.

"You can't always control what goes on outside, but you can always control what goes on inside." - Wayne Dyer



Animals

Animals help reduce stress,
anxiety, and depression in people.

Animal Assisted Therapy can help
one's physical and mental health.



“Animals are such agreeable friends - they ask no questions; they pass no criticisms.” -George Eliot



Website

ychealth.org



Informative



Positive



Inviting

Video

El Dorado County Youth Commission A Personal Approach to Health + Wellness April, 2019

**El Dorado County
Youth Commission**



El Dorado County Youth Commission is collaboratively supported by the El Dorado County Board of Supervisors and EDCOE.



Looking Ahead

- Where are we headed...
 - Submitted proposal for Student Wellness Week to EDCOE. We may be returning for your support of this in late summer.

Thank you for all your time and support in our plans!

Resources

SLIDE 5

National Alliance for Mental Illness

<https://www.nami.org/Blogs/NAMI-Blog/December-2016/The-Mental-Health-Benefits-of-Religion-Spiritual>

SLIDE 6

<https://www.muhealth.org/conditions-treatments/pediatrics/adolescent-medicine/benefits-of-sports>

<https://www.cdc.gov/healthyschools/physicalactivity/facts.htm>

https://www.youtube.com/watch?v=hmFQqjMF_f0

“Your Brain on Exercise.” *YouTube*, 14 Nov. 2018, youtu.be/xRHt5xHo8m0.

The Mental Health Benefits of Exercise.” *HelpGuide.org*, 21 Mar. 2019, www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm/.

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<https://psychcentral.com/lib/the-power-of-music-to-reduce-stress/>

<https://psychcentral.com/lib/the-power-of-music-to-reduce-stress> (discusses stress reduction by way of music)

<https://www.mcgill.ca/newsroom/channels/news/major-health-benefits-music-uncovered-225589>

<https://www.nursingtimes.net/Journals/2014/08/01/11/o/060814-Music-therapy-to-reduce-agitation-in-dementia.pdf>

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<https://www.alive.com/lifestyle/draw-your-stress-out/>

<https://www.verywellmind.com/the-benefits-of-journaling-for-stress-management-3144611>

<https://www.everydayhealth.com/longevity/journal-for-stress-relief.aspx>

<https://journaltherapy.com/journal-cafe-3/journal-course/>

<https://www.health.harvard.edu/healthbeat/writing-about-emotions-may-ease-stress-and-trauma>

<https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentID=4552&ContentTypeID=1>

Resources

SLIDE 9

Woolman, Lindsay. "Pets That Help Humans Reduce Stress." *LoveToKnow*, LoveToKnow Corp, stress.lovetoknow.com/Pets_That_Help_Humans_Reduce_Stress.

"REDUCTION OF STATE-ANXIETY BY PETTING ANIMALS IN A CONTROLLED LABORATORY EXPERIMENT."

Taylor & Francis, www.tandfonline.com/doi/abs/10.1080/1061580031000091582.

"Animal-Assisted Therapy Research Findings." UCLA People-Animal Connection, www.uclahealth.org/pac/animal-assisted-therapy. ; "Mood-Boosting Power of Pets." HelpGuide.org, 26 Mar. 2019,

www.helpguide.org/articles/mental-health/mood-boosting-power-of-dogs.htm/. ; Dickson, Casey. "How Dogs Can Help with Depression, Stress, and Anxiety: the Complete Guide." *The Dog People by Rover.com*, 29 May 2018 - - -

www.rover.com/blog/dogs-can-help-depression-stress-anxiety-complete-guide/.