

## Featured Articles

Seasonal Wellness  
Theme

Healthy Brain  
Initiative

Mindful Moment

Teen Wellbeing

Local Resources

## What is the Community Mental Wellbeing Program?

This program works to increase community knowledge and access to mental wellbeing resources to build community member's skills to support their own mental wellbeing!



### Meet Sofi

Sofi Thompson is the coordinator for the Community Mental Wellbeing program and the creator of this newsletter. She grew up in Redding, CA and enjoys all things outdoors.

# Community Mental Wellbeing



## Seasonal Wellness Theme: Gratitude

In the hustle and bustle of the New Year, it is easy to lose track of the good things happening in our lives. Let's start 2024 by practicing to notice those things and be mindful of them! This is called gratitude.

**Why practice gratitude?** According to research done by the Greater Good Science Center, there are many benefits to practicing gratitude for individuals and groups.

- **For Individuals:** Increases happiness and positive mood, more satisfaction in life, better physical health, better sleep, and more ([see full list here](#)).
- **For Groups:** Increases prosocial behaviors, strengthens relationships. In the work place, it increases effectiveness, and may increase job satisfaction.

**How to practice gratitude?** There are many ways to practice gratitude in your day to day life. Here are two different ways to get started:

- **Gratitude Journal:** A simple way to keep track of the good things in life that happen daily. [Here are 20 prompts to help you get started!](#)
- **Gratitude Meditation:** Taking the time to appreciate what makes us feel good. Gratitude meditations are flexible because they can be done in many settings for a short or long time. [Here is a powerful 5 minute gratitude meditation for morning or evening.](#)



# HEALTHY BRAIN INITIATIVE

## IT MAY BE CHILLY, BUT YOU CAN STILL MOVE YOUR BODY!

Physical activity is a valuable part of any wellness routine. It also reduces the risk of cognitive decline, dementia, and Alzheimer's disease. In the winter months, it is important to continue to try and reach the minimum recommended amount of physical activity, which is 150 minutes (30 mins/day for 5 days a week) of moderate intensity exercise. Although this can be difficult to achieve as the days shorten and get colder, there are still ways to participate in physical activity such as:

- **Gardening** is a year around activity, with many root vegetables growing during the winter months.
- **Winter Sports** if you enjoy the snow, many ski centers offer discounts for older adults. Snow shoeing is a great, low impact way to get exercise in the snow.
- **Move Your Way Campaign** has lots of useful information and ideas about how to stay active and get the 150 minutes of aerobic activity a week! For more ideas, [check out the Move Your Way webpage](#). Additionally, the winter is a great time to finish that home project you've been meaning to get to.

Remember, when thinking about physical activity, none is bad, some is good, and more is better!

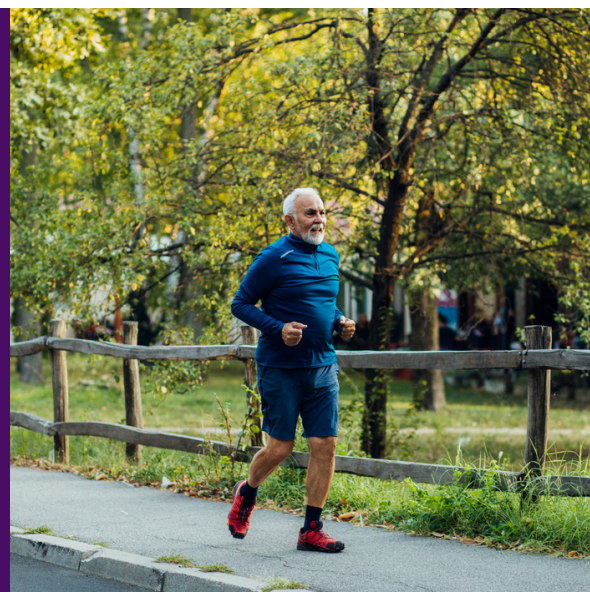
**For more information, contact Daniel Belong at [dbelong@co.shasta.ca.us](mailto:dbelong@co.shasta.ca.us) or call at (530) 299-8415.**

## Gratitude in Older Adults

Practicing gratitude is great for our health as we age. People with higher levels of gratitude tend to be more socially connected which is a protective factor for Alzheimer's disease and related disorders.

**Gratitude is also shown to:** Lower levels of depression, improve sleep quality, and improve heart health.

Check out some more information about gratitude practices in other featured articles in this newsletter.



**What is the Healthy Brain Initiative?** Through the California Department of Public Health funding, Shasta County Health and Human Services Agency is addressing the high rate of Alzheimer's and dementia in our community through the Healthy Brain Initiative (HBI). The HBI program promotes brain health through awareness and education campaigns, and addressing the needs of caregivers through local partnerships. **For more information: [Healthy Brain Initiative, State and Local Public Health Partnerships to Address Dementia: The 2023-2027 Road Map \(cdc.gov\)](#). For Shasta County's local Healthy Brain Initiative program, visit [www.shastahealthybrain.com](http://www.shastahealthybrain.com).**

# MINDFULNESS MOMENT

## GRATITUDE BINGO

Gratitude is a strength that can be increased by practice and awareness. Take this **Gratitude Quiz** by **The Greater Good Science Center** to find out what your gratitude score is. Remember: this is just a starting point! The more opportunities you express gratitude, the easier it will become.

**This bingo card can help inspire you to practice new techniques for gratitude! The tiles that are underlined have links to help you practice the technique.**

Write someone a thank you note	<u>Make a gratitude jar!</u>	Name 3 body parts you like	<u>Go for a savoring walk</u>	Remember or visit a favorite place
<u>Go for a savoring walk</u>	Write about something that made you smile today	<u>Start a gratitude journal</u>	<u>Listen to a gratitude meditation</u>	Thank someone who helps you
Remember or visit a favorite place	<u>Listen to a gratitude meditation</u>	Free Space	Text or call someone you are thankful for	<u>Start a gratitude journal</u>
Write about something that made you smile today	Text or call someone you are thankful for	<u>Listen to a gratitude meditation</u>	<u>Make a gratitude jar!</u>	<u>Go for a savoring walk</u>
Thank someone who helps you	Think about someone you feel good around and why	<u>Go for a savoring walk</u>	Write about something that made you smile today	Name 3 body parts you like

For more information, contact Sofi Thompson at [sthompson@co.shasta.ca.us](mailto:sthompson@co.shasta.ca.us) or call at (530) 245-7323.



# TEEN WELLBEING



**Teens deal with a lot of stress.** Pressure from school, work, friend drama, and thoughts of the future can be overwhelming. The Center for Disease Control (CDC) reported that in 2021, more than a third (37%) of high school students reported they experienced poor mental health during the COVID-19 pandemic, and 44% reported they persistently felt sad or hopeless during the past year. According to Kaiser Permanente, "Mindfulness offers teens a sense of control over their emotions and circumstances, and will help them experience more joy because they are more focused on the present moment instead of worrying about past or future stress." **According to a 2019**

**study**, mindfulness exercises can be used to help manage symptoms of anxiety, depression, attention deficit hyperactivity disorder (ADHD), disordered eating (e.g., binge eating and restrictive eating), chronic pain/illness, sleep issues, and stress related to playing competitive sports. **Check out the different mindfulness elements below to find a practice that could work for you!**

Article adapted from [7 Mindfulness Exercises for Teens and Tips to Get Started](#)

## Self Check-In

When you feel triggered to react instead of respond ask yourself:

1. **What are you feeling in your body—in this moment?**
2. **What are you thinking—in this moment?**
3. **What are all the feelings you are experiencing—in this moment?**

Pay attention to what is happening right now without avoiding it or judging it.

## Gratitude Journal

A gratitude journal is a tool to keep track of the good things in life, no matter how difficult life can be. Here are some inspiring prompts:

1. **Write about music you're thankful for and why.**
2. **Write about the last time you laughed uncontrollably and relive it.**
3. **What are items you use daily that you most grateful for? (ex. ear buds, stress ball, etc.).**

## Mindful Breathing Exercises

Pursed-lip breathing from [PsychCentral](#) lessens anxiety and improves lung function.

1. **Begin by inhaling slowly through your nose for about 2 seconds.**
2. **Then, purse or pucker your lips as if you're blowing out a candle.**
3. **Finally, exhale slowly through your pursed lips for approximately 4 seconds.**
4. **Set a timer to practice for 5 minutes.**

## Daily Meditation

A daily meditation practice helps decrease anxiety, worry and stress, while boosting self-esteem and self-acceptance. It also improves resiliency in hard times.

Scan this QR code for a free daily Meditation by the Calm App.



# Shasta Resiliency Project

**Self-care is an important tool for maintaining your wellbeing. The Shasta Resilience Program offers workshops and small groups to teach Shasta County residents skills for reducing stress and building resilience.**

**Our goal is to equip adults, teens and children in the north state to:**



Understand the role of stress and trauma and how they impact physical and emotional health.



Use evidence-based self-care techniques to improve health and wellbeing.



Normalize honest, open communication that respects all participants and welcomes the healthy expression of emotion.

## Find a Group to Fit Your Schedule

**Small Group Format:** 8-week small groups provide a safe, confidential space to learn skills to calm the physiological responses to stress. Learn a new skill each week and have the opportunity to share experiences, to whatever level is comfortable.

**Workshops:** Introductory workshops are a great way to quickly learn a few stress-management skills, and explore the science of mind/body medicine. Workshops can last from 1-4 hours and are offered free of charge.

**Drop In Groups:** Drop-in groups offer an opportunity for participants to try the group process without the commitment of an 8-week group.

Visit [ShastaSelfCare.org](https://ShastaSelfCare.org)  
or scan this QR code to find a group



For more information, contact Sofi Thompson at [sthompson@co.shasta.ca.us](mailto:sthompson@co.shasta.ca.us) or call at (530) 245-7323.

# RESOURCES FOR MENTAL WELLBEING

THE ACTIVITIES AND RESOURCES PROMOTED HERE WILL FOSTER INCREASED COMMUNITY CONNECTION, CONTACT WITH NATURE, AND MINDFULNESS OPPORTUNITIES TO SUPPORT YOUR MENTAL WELLBEING. ENJOY!

## LOCAL ACTIVITIES

### Wellness Recovery Action Plan (WRAP) Seminar

Identify the tools that keep you well, and create action plans to put them into practice in everyday life! WRAP is a [free seminar](#) that helps you with the process of creating the life you want.

- **Dates:** Jan 10th–March 13th
- **Time:** Wednesdays from 1pm–4pm
- **Location:** 1300 Hilltop Rd. Suite 200. Redding, CA 96003.
- **To Register:**
  - Call or email Christina Falosk:
    - Phone: (530) 618-5630.
    - Email: [cfalosk@kingsview.org](mailto:cfalosk@kingsview.org)
  - Register in person
    - Office hours are Mon–Fri: 8am–4:30pm.

### 2024 Healthy Shasta Walks Passport

Get motivated with the fun challenges on the new 2024 Healthy Shasta Walks Passport! Complete 10 different walks and be entered into a prize drawing! OR, black out the passport (complete all 25 walks) and be entered into a separate drawing for a sporting goods store gift card.

- **2024 Challenge Begins:** January 1– February 29, 2024.
- **Challenge Ends:** March 1, 2024, all passports must be submitted to [admin@healthyshasta.org](mailto:admin@healthyshasta.org), or postmarked to Healthy Shasta, 2650 Breslauer Way, Redding, CA 96001.
- [Get the passport here!](#)

## ONLINE RESOURCES

### Wisdo App

Wisdo is an award-winning safe and welcoming support community, where you can connect with and meet people going through similar life challenges as you. No matter what you are facing, Wisdo has a community of supportive people waiting and excited to support you in your journey towards social health.

- [Find Out More and Download Here](#)

### 7 Feel Good Podcasts to Give You a Boost

One quick way to boost your day is to listen to a podcast. These seven podcasts will lighten your load and give you that little lift you've been craving!

- [Check out Happify's list of Feel Good Podcasts!](#)

### Mental Health American–Mental Health Screener Test

Take a Mental Health Test! Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. After your mental health test, you will see information, resources, and tools to help you understand and improve your mental health.

- [Mental Health Screener Tests](#)

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Thank you!