

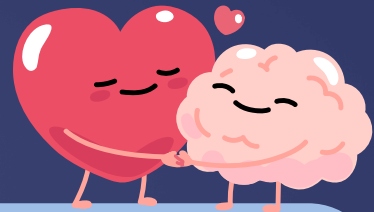


# Pennington & Red Lake Counties Wellness Newsletter

## May 2025



## Mental Health Awareness



May is Mental Health Awareness Month! Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

Mental and physical health are equally important components of overall health. For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness.

Furthermore, mental illnesses are among the most common health conditions in the United States.

- More than 1 in 5 US adults live with a mental illness.
- Over 1 in 5 youth (ages 13-18) either currently or at some point during their life, have had a seriously debilitating mental illness.
- About 1 in 25 U.S. adults lives with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.

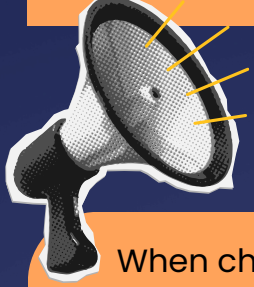
<https://www.cdc.gov/mentalhealth/index.htm>

With this information in mind, it is important to be kind to others and yourself. Many of us are facing challenges that can be stressful and overwhelming. Learning to cope with stress in a healthy way will help you, the people you care about, and those around you become more resilient.



Here are some ways you can manage stress, anxiety, grief, or worry:

- Take breaks from news stories and social media.
- Take care of your body! Eat healthy, get enough sleep, and get active.
- Take time to unwind and connect with others.



# Parenting Tips on Child Behavior Management

When children struggle with their behavior, it can have a negative impact on everyone in the family. Parents know they need to respond, but they often aren't sure what's the best strategy, especially if a child is frequently acting out and nothing seems to work.

## SOME KIDS STRUGGLE

When children have frequent emotional outbursts, it can be a sign that they haven't yet developed the skills they need to cope with feelings like frustration, anxiety and anger. Handling big emotions in a healthy, mature way requires a variety of skills, including: impulse control, emotional self-regulation, problem solving, negotiating, communicating wishes or needs, and knowing what's appropriate or expected in a given situation.

## RESPONDING

When kids are acting out parents often feel powerless. By using strategies that are informed by child psychologists who specialize in behavior management, you can begin to improve kids' behavior and even improve the parent-child relationship. Here are a few tips to remember when responding in the moment:

- Don't give in.
- Remain calm.
- Ignore negative behavior and praise positive behavior.
- Use consistent consequences.
- Don't try to reason with a child who is upset.

## AFTER BEHAVIOR OCCURS

What happens after a behavior occurs is important because consequences can affect the likelihood of a behavior recurring. Some consequences are more effective than others. Ideally consequences create structure and help kids understand the difference between acceptable and unacceptable behaviors. However, consequences can also do more harm than good when they are sending the wrong message. Understanding how to use smart and consistent consequences makes all the difference.

## INEFFECTIVE

- Giving negative attention
- Delayed consequences
- Disproportionate consequences
- Consequences that are accommodating

## EFFECTIVE

- Positive attention for positive behaviors
- Actively ignore poor behavior
- Reward menus
- Time outs

