



EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

A COMPLEX PUZZLE - RESILIENCE

Psychologists differ in what resilience really is, but APA (American Psychologist Association) agrees that it is a process of dealing well in the face of adversity, trauma, tragedy, threats or significant sources of stress, such as family and relationship problems, serious health problems or workplace and financial stressors.

For adults, resilience is made up of five pillars:

- 1) self-awareness,
- 2) mindfulness,
- 3) self-care,
- 4) purpose and
- 5) positive relationships

The APA offers ten ways to build resilience:

- 1) Make connections
- 2) Avoid seeing crisis as insurmountable problems
- 3) Accept that change is part of living
- 4) Move towards goals
- 5) Take decisive actions
- 6) Look for opportunity for self-discovery
- 7) Nurture a positive view of yourself
- 8) Keep things in perspective
- 9) Maintain a hopeful outlook
- 10) Take care of yourself

Now, when you look at this list, how many of the ten do you believe you do? Be honest. Some of us may say, depends on what day it is. Some may say, depends on many variables. And yes, this is true and working on the five pillars is a life-long journey. Like all great efforts, it's best to break it into "baby steps." For even if we are responsible, caring and strong adults (most days), does not necessarily mean that we are resilient.

For this issue, let us focus on one of the pillars: self-care. (We will cover some more of the pillars in upcoming issues.)

Self-care is somewhat illusive, isn't it? Is that maybe in part due to the fact that we kid ourselves about this crucial aspect of our busy lives? Is it because we all have different definitions of self-care? Is it because we do not really take it serious? Do we actually schedule self-care with equal importance as that committee meeting or binge watching some mindless TV series.

Maybe, self-care if illusive, but it is a huge piece of the resilience puzzle. So back to those "baby steps" Below are some suggestions that will help us become more resilient.

- 1) Exercise/30 minutes at least five times a week.
- 2) Make healthy food choices; minimize sugar and carbs'.
- 3) Get enough sleep regularly (8 hours best.) NO screen time one hour prior to bedtime. Screen time stimulates the brain.
- 4) Time management reduces stress so:
 - a) Create a balance schedule.
 - b) Delegate responsibilities "LET GO" of that need to control.
- 5) Establish healthy boundaries

Now if the above feels like a New Year's Resolution list, it's not. Those goals often are somewhat unrealistic. Not sure about anyone else, but I yet have to lose weight in January or February...just too much chocolate left over from Christmas and then re-appearing in mid-February. Likewise, starting a rigid exercise program works better for me in June than January mid a winter blizzard.

Working on any one of the "pillars" are resilient building – even if you do not reach those goals that we often set at the end of the year.

Quote of the Week

"When we learn how to become resilient, we learn how to embrace the beautifully broad spectrum of the human experience." (Jaeda Dewalt)

MEET CENTENNIAL'S EARLY CHILDHOOD CONSULTATION TEAM



AMY NATION, MA, IMH-E® INFANT FAMILY SPECIALIST

EARLY CHILDHOOD MENTAL HEALTH CONSULTANT

821 E Railroad Ave
Fort Morgan, CO 80701
Phone (970) 867-4924 Ext.2231
Cell (970) 571-2174
amyn@centennialmhc.org

Ages 0-5

Covers the following counties:
Logan, Morgan



CHERYL BILLS, BSSW, MS EARLY CHILDHOOD MENTAL HEALTH CONSULTANT

211 W Main St
Sterling, CO 80751
Phone (970) 522-4549 Ext.291
Cell (970) 762-8044
cherylbi@centennialmhc.org

Ages 0-5

Covers the following counties:
Logan, Phillips, Sedgwick

LAUNCHING ZOOM SECURE TELEHEALTH SERVICES!

Our ECMH team is excited to announce that consultation services are now available using Zoom Secure Telehealth Services. These services are available to client families, schools, childcare centers and community partners with group and individual meetings available. All services will be provided using this private, secure video platform, and can be accessed using most electronic devices. For more information or to set up a consultation appointment, please contact our ECMH team or your local Centennial Mental Health Center office.

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the COVID-19 Pandemic you
can call Centennial's
**COMMUNITY
SUPPORT LINE**

You can do this by calling your
nearest Centennial office:

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ERIN POUNDS, MS, IMH-E® INFANT FAMILY SPECIALIST

EARLY CHILDHOOD MENTAL HEALTH CONSULTANT

821 E Railroad Ave
Fort Morgan, CO 80701
Phone (970) 867-4924 Ext.1152
Cell (970) 520-3320
erinp@centennialmhc.org

Ages 0-8

Covers the following counties:
Morgan, Washington
& Yuma



SHANNON PARKER, MA ECE/ECSE IMH-E® INFANT FAMILY SPECIALIST

MATERNAL MENTAL HEALTH CONSULTANT

211 W Main St
Sterling, CO 80751
Phone (970) 522-4549
Cell (970) 571-5966
shannonp@centennialmhc.org

Ages Prenatal-5

Covers Cheyenne, Elbert, Kit Carson,
Lincoln, Logan, Morgan, Phillips,
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