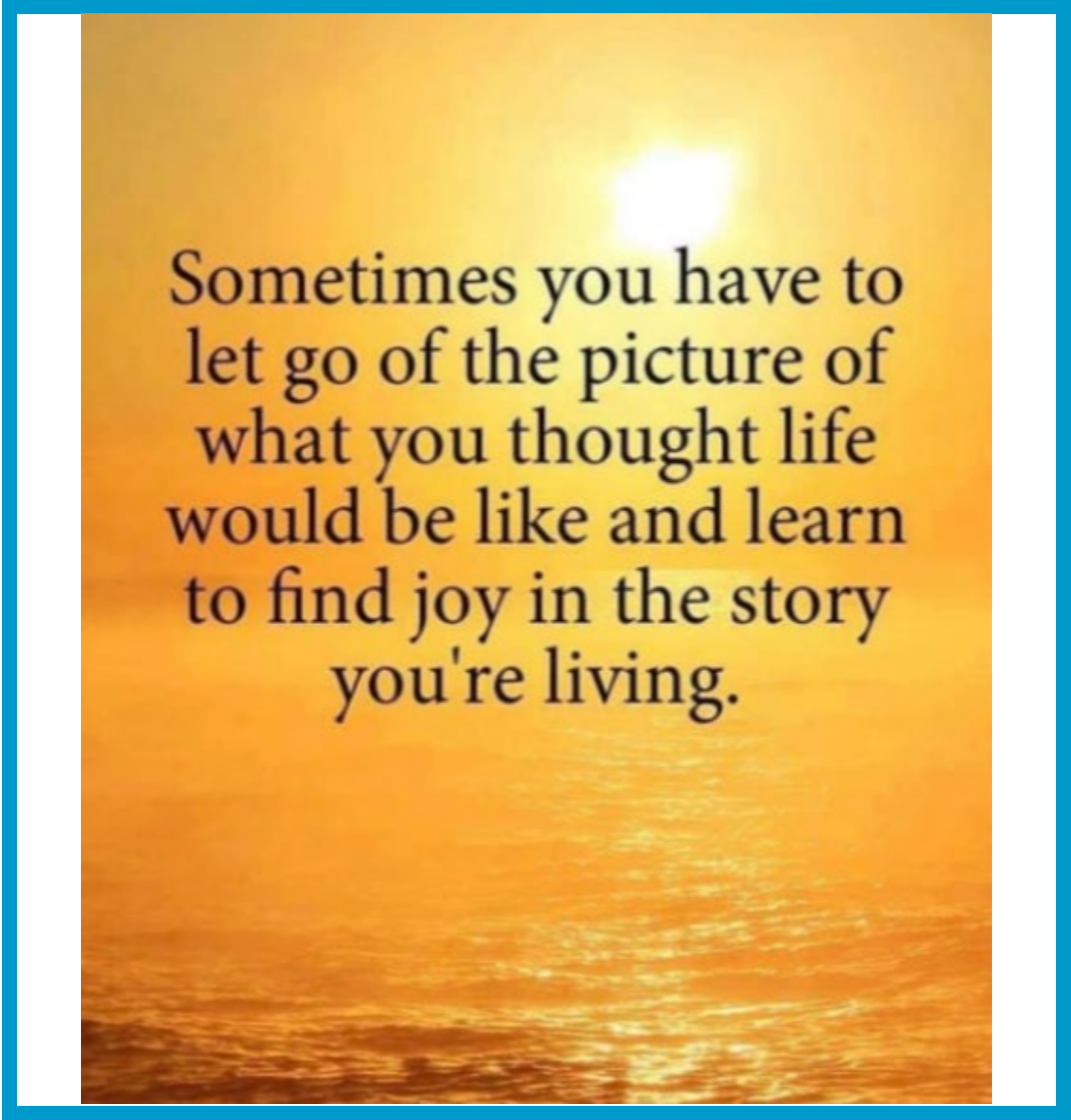


Greater Cleveland Community Health Worker Association

Heart, Body & Soul Newsletter

Caring for the Caregiver ~ Who's taking care of you?

A rectangular graphic with a blue border. The background is a warm sunset or sunrise over water, with a bright sun low on the horizon. The text is centered in a black serif font.

Sometimes you have to
let go of the picture of
what you thought life
would be like and learn
to find joy in the story
you're living.

~ submitted by Delores Collins, C-CHW

PSYCHOLOGICAL SELF-CARE

~ submitted by Chevon Matthews, Editor-in-Chief

At a young age, we are naturally curious about the strength and flexibility of our bodies. This is why children are often running, jumping and flipping at any given moment. It's a great age to introduce body-mind awareness as a valuable way for children to learn to take care of themselves and their mental health. When you are trying to teach your kids or young clients about mindfulness and its benefit, it's recommended to begin with a few guidelines:

- Make sure they are ready to give mindfulness a try; if they are full of energy and want to run and play, it may not be the best time for practicing mindfulness.
- Explain what mindfulness is and what it is not; give examples (i.e., introspection or chasing thoughts down the “rabbit hole” versus listening to our bodies).
- Say it in an age-appropriate way, with words they will understand.
- Offer to practice mindfulness with them; sometimes having a model makes a difference.
- Assure them that it's okay to get off track, and show how to gently guide themselves back to mindfulness when they realize they lost focus.
- Finish the practice by doing something they enjoy to ensure they have a positive experience.

One easy way for children to dip their toes into mindfulness is through body poses. To get your kids excited, tell them that doing fun poses can help them feel strong, brave, and happy.

1. Have the kids go somewhere quiet and familiar, a place they feel safe.

2. Next, tell them to try one of the following poses: *The Superman*: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible. *The Wonder Woman*: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips (Karen Young, 2017).
3. Ask the kids to describe how they feel after a few rounds of trying either of these poses.

Learn more [here](#) for tools that can supplement mental health interventions. It includes activities for teachers, parents, caregivers, and teenagers. There are worksheets and activities that help people learn about mental health and a huge collection of easy mindfulness exercises that children can do to learn more about mindfulness.

Community Health Worker Networking and Educational Advocacy Day

June 6, 2023 ~ 8:30am-2:30pm

Health Impact Ohio will be hosting a celebration at the Riffe Center for Community Health Workers in honor of CHW Day 2023!

More Info [Here](#)

PSYCHOLOGICAL SELF-CARE

~ submitted by Chevon Matthews, Editor-in-Chief

Mental Health and Adolescents

Poor mental health in adolescence is more than feeling blue. It can impact many areas of a teen's life. Youth with poor mental health may struggle with school,

grades, decision making, and their health.

These feelings were found to be more common among LGBTQ+ students, female students, and students across racial and ethnic groups. Nearly half (45%) of LGBTQ+ students in 2021 seriously considered attempting suicide and Black students were more likely to attempt suicide than students of other races and ethnicities.

Mental health problems in youth often go hand-in-hand with other health and behavioral risks like increased risk of drug use, experiencing violence, and higher risk sexual behaviors. Because many health behaviors and habits are established in adolescence that will carry over into adulthood, it is very important to help youth develop good mental health.

What schools can do:

Provide safe and supportive environments—whether in person or virtually

Link students to mental health services

Integrate social emotional learning

Train staff

Reviewing discipline policies to ensure equity

What parents and families can do:

Communicate openly and honestly, including about their values

Supervise their adolescent to facilitate healthy decision-making

Spend time with their adolescent enjoying shared activities.

Become engaged in school activities and help with homework

Volunteer at their adolescent's school

Communicate regularly with teachers and administrators

What healthcare providers can do:

Ask adolescents about family relationships and school experiences as a part of routine health screenings

Encourage positive parenting practices

Engage parents in discussions about their adolescents

Educate parents and youth about adolescent development and health risks

Source: CDC. "Mental Health | DASH | CDC." [Wwww.cdc.gov](https://www.cdc.gov/healthyyouth/mental-health/index.htm#:~:text=Adolescent%20Mental%20Health%20Continues%20to%20Worsen&text=In%202021%2C%20more%20than%204,10%20(10%25)%20attempted%20suicide.), 13 Feb. 2023, [https://www.cdc.gov/healthyyouth/mental-health/index.htm#:~:text=Adolescent%20Mental%20Health%20Continues%20to%20Worsen&text=In%202021%2C%20more%20than%204,10%20\(10%25\)%20attempted%20suicide.](https://www.cdc.gov/healthyyouth/mental-health/index.htm#:~:text=Adolescent%20Mental%20Health%20Continues%20to%20Worsen&text=In%202021%2C%20more%20than%204,10%20(10%25)%20attempted%20suicide.)



SPIRITUAL SELF-CARE

~submitted by Delores Collins, C-CHW

trust

that what you're going through now is destined to
bring you a brighter future.

Trust that the hard choices you have to make align
with who you are and who you want to become.

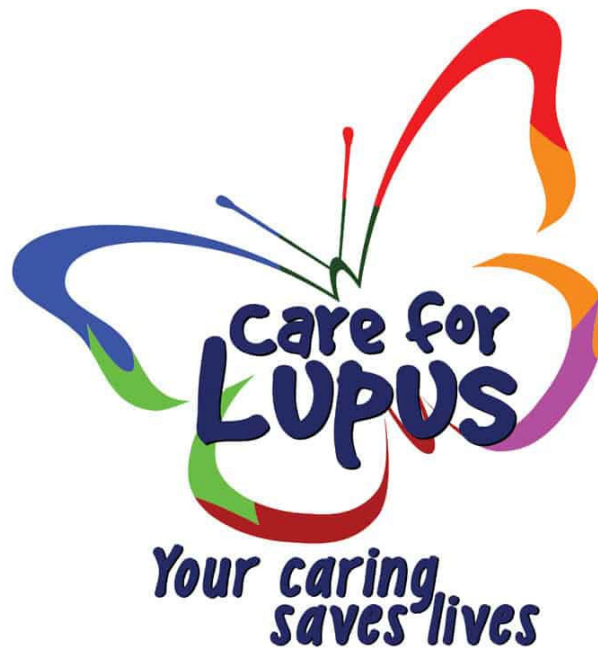
Trust that your decisions and actions will only bring
you closer to your purpose.

It may be hard to believe that life has so much to
offer you right now, but believing in yourself, your
potential, is your greatest achievement.



May is:

National Mental Health Month



May 5 ~ International Day of the Midwife

May 6 ~ National Nurses Day

May 10 ~World Lupus Day

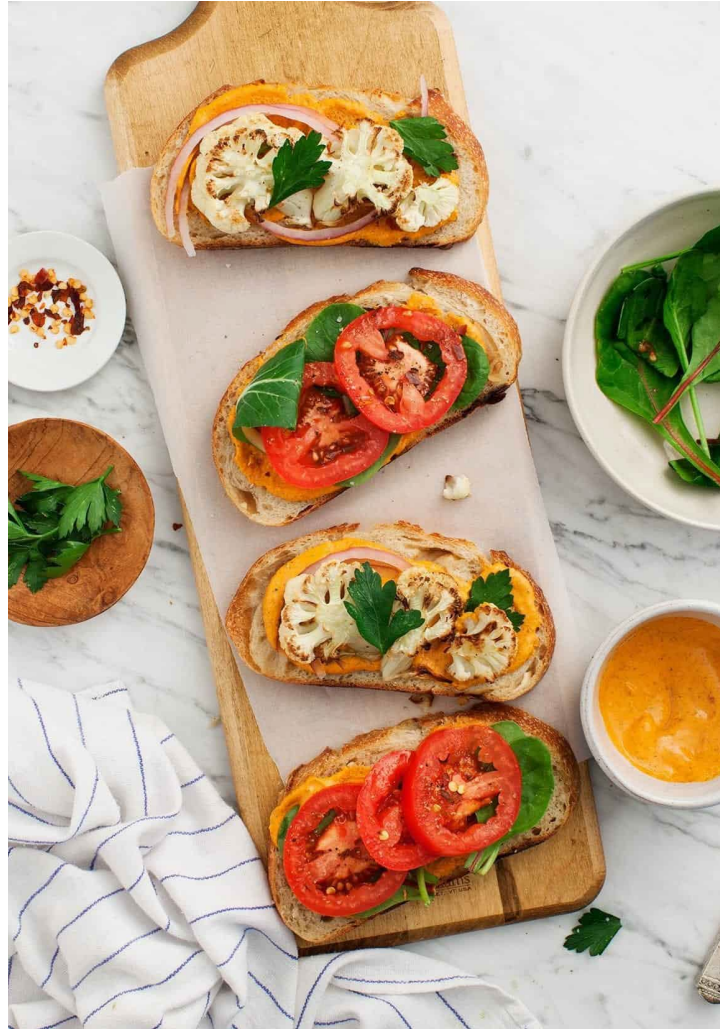
May 15 ~ International Day of Families

May 27 ~ National Sunscreen Day

May 31 ~ World No Tobacco Day

Romesco Cauliflower Sandwich

Submitted by Chevon Matthews, courtesy of Love and Lemons



Ingredients:

- 1 small head of cauliflower*
- 8 slices of ciabatta or sourdough bread
- Handful of salad greens
- Several pieces of thinly sliced red onion

2 tomatoes, sliced and seasoned with sea salt and pepper
¼ cup fresh parsley
Extra-virgin olive oil
Sea salt and freshly ground black pepper

Almond Milk Romesco Sauce (makes extra)

1 tomato, halved and cored
1 roasted red pepper, fresh or from a jar
¼ cup toasted almonds
2 garlic cloves
¼ cup extra virgin olive oil
2 tablespoons Almond milk, original unsweetened**
1 tablespoon red wine vinegar
⅛ teaspoon red pepper flakes
Sea salt and freshly ground black pepper

Directions:

1. Preheat the oven to 450°F and line a baking sheet with parchment paper.
2. Slice the cauliflower into ½-inch slabs and place onto the baking sheet. Drizzle with olive oil and pinches of salt and pepper and bake for 30 to 35 minutes or until tender in the middle and golden around the edges.
3. While that cooks, make the sauce: In a blender, combine the tomato, roasted red pepper, almonds, garlic, olive oil, almond milk, red wine vinegar, red pepper flakes, and a pinch of salt and pepper. Blend until smooth. Taste and adjust seasonings.
4. Assemble the sandwiches with the Romesco sauce, salad greens, red onions, tomato slices and roasted cauliflower and a few sprigs of parsley.

* depending on the size of your cauliflower, you may have more roasted cauliflower than you need to fill these sandwiches.

** use any brand Almond milk as long as it is unsweetened and not flavored. This recipe used Almond Breeze Original Unsweetened

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