



Dare to Care: Enhancing Emotional & Physical Well-Being

Feeling Very February



By Barbara J. Green, PhD
Medical Director Youth Health Connection

[Barbara J Green PhD | Health Psychology Services Hingham MA \(bjgreenphd.com\)](#)

With February now upon us, I want to encourage we turn our attention to ways we can “Feel February” and how we might enjoy being in the moment each day.

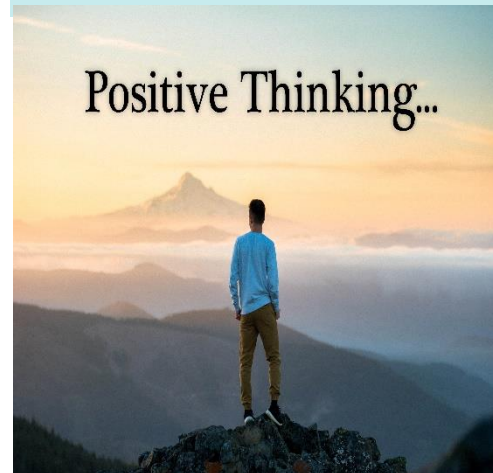
Take a moment and consider what focus and attention you can bring to living each day well during the month. What does February represent to you? Is it a time to enjoy the school break? Is it a month that makes you yearn for winter yielding to spring?

I am advocating that a daily practice of attentional focus to discovering what makes you happy and brings contentment and glow and captures a sense of awe!

William James, American philosopher is quoted “The greatest discovery of any generation is that a human being can alter his life by altering his attitude”. Author Shawn Achor writes “It’s not necessarily the reality that shapes us, but the lens through which your brain views the world that shapes your reality”.

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Feeling Very February, cont'd

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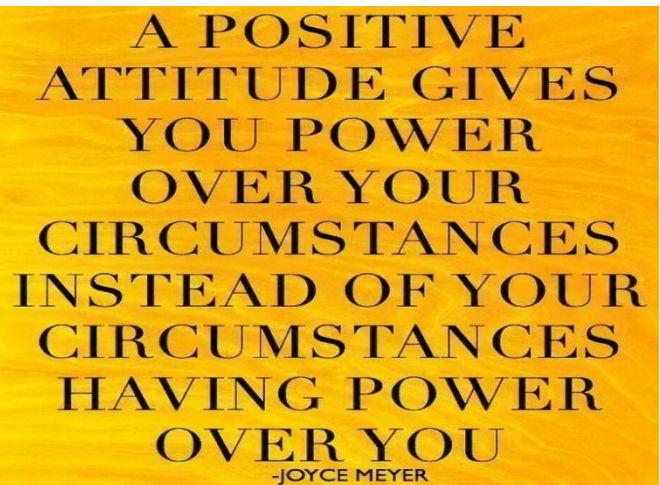
We may not all be privileged to travel during school breaks, we may not all have love in our life from a primary partner, and we may feel dulled by winter and gray skies but we all do have the capacity to alter our life lens, thinking and attitude. By doing so we shift from a negative perspective to one that reaches for happiness and joy.

Happiness can be found in the smallest things. Happiness brings a sense of glow and wonder. Happiness quite literally makes us feel better physically, not just mentally.

So think about how children find happiness in playing with a cardboard box, not an expensive toy, how they love dandelions as much as roses, how time spent snuggling gives them security. As adults we can benefit from a focus directed to the little things that matter and add them deliberately to our “emotional savings accounts”, to know that “travel and adventure” can be enjoyed in our own community, that love can be felt with friends, pets, and nature.

So, let yourselves create habits that turn your mental energy to accentuating the positive in your lives, in the moment, and to what matters to help us feel happiness and contentment.

Click [HERE](#) for some winter mindfulness tips from positivepsychology.com.



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Taking a Toke: The Documentary
*a documentary on the impact of vaping
on teen health & families*



By Lori Tobin: Executive Producer & Director

Lori is a resident of Hull, MA. An anti-vaping activist and a proponent of children's health, she's also the founder of SporTobin, a Hull-based apparel company with custom-made workout clothes.

While most moms are busy taking their kids to hockey and other sports, many other moms are waking up to a 21st century nightmare. Their teens' health is deteriorating, their grades are going down, sports activities are canceled, and their relationships are souring. It's not cancer. It's vaping!

Taking a Toke is a documentary that takes viewers into the challenging journey of many moms fighting a battle for their children. It explores how vaping was introduced as a safe alternative to smoking with ads targeting children, and how it destroyed their health, their families, and peace of mind.

By interviewing leading pediatricians, activists, and other experts in the area, this film is intended to inform parents and policymakers on the hidden harms of underage vaping.

Click [HERE](#) for more information on vaping and to watch the trailer for "Taking a Toke"



Click for Real
Life Stories

[FDA For Schools: My Vaping
Mistake, Peer Pressure & Strained
Relationships - YouTube](#)

NEDA WEEK

National Eating Disorders Awareness Week

NEDA Week 2022 will take place during the week of February 21 - 27, 2022

National Eating Disorders Awareness Week (NEDA Week) is an annual campaign to educate the public about the realities of eating disorders, and to provide hope, support, and visibility to individuals and families affected by eating disorders.

Contact the Helpline



ONLINE CHAT

Monday–Thursday 9am–9pm ET
Friday 9am–5pm ET



CALL

(800) 931-2237
Monday–Thursday 11am–9pm ET
Friday 11am–5pm ET

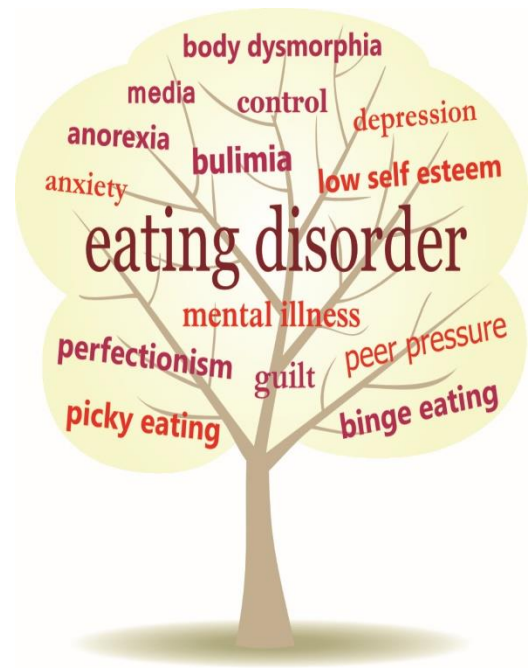
Translation services are available on the phone.



TEXT

(800) 931-2237
Monday–Thursday 3pm–6pm ET
Friday 1pm–5pm ET

Standard text messaging rates may apply.



[Parent Toolkit
\(nationaleatingdisorders.org\)](https://nationaleatingdisorders.org)

[Eating Disorders Screening Tool |
Help & Support | NEDA
\(nationaleatingdisorders.org\)](https://nationaleatingdisorders.org)



Ways to start a discussion with a loved one who might have an eating disorder

The following guidance presumes that the situation is serious, that it is not immediately life threatening, and that it does not require emergency medical care or a call to 911.

- Learn all you can about eating disorders Then, prepare yourself to listen with compassion and no judgment.
- Have a list handy of the resources to offer if asked. Remember that even though you are informed about the eating disorder, only a professional trained in diagnosing eating disorders can make a diagnosis
- Avoid using your knowledge to nag or scare the person. The goal of a discussion should be to express your concerns about what you've observed and persuade, but not force, the person to accept help.
- Plan a private, uninterrupted time and place to start a discussion Be calm, caring, and nonjudgmental.
- Directly express, in a caring way, your observations and concerns about the person's behavior. Use a formula like "I am concerned about you and what's going on for you when I see you [fill in the blank]."
- Cite specific days/times, situations, and behaviors that have raised your concern. Share your wonder about whether the behavior might indicate an eating disorder that requires treatment.
- Share what you've observed about the person's mood, depression, health, addiction recovery, or relationships.
- Avoid words and body language that could imply blame.
- Avoid discussing food and eating behavior, which can lead to power struggles. Leave those issues for the therapist to handle. Comments like "You're putting on weight" or "You look thinner," may be perceived as encouraging disordered eating.



Ways to start a discussion with a loved one who might have an eating disorder, cont'd

Click [HERE](#) for the full article and more tools and resources

- Explain the reasons for your concerns, without mentioning eating behavior as the person may deny the situation because of overwhelming feelings, such as shame and guilt.
- Avoid expressing frustration with the person. Stay calm. Be gently persistent as you go on expressing your concerns.
- Ask, “Are you willing to consider the possibility that something is wrong?”
- Be prepared with resources to offer if the person seems to be listening— or leave a list of resources behind for the person to look at on his/her own
- Expressing your concerns may be awkward at first, but such efforts can provide the bridge to help the person. Even if the person does not acknowledge a problem during your discussion, you have raised awareness that you are paying attention, are concerned, and want to be a support.
- Ask if he/she is willing to explore these concerns with a healthcare professional who understands eating disorders. Remember that only appropriately trained professionals can offer appropriate options and guide treatment.
- Your job is to express concern and offer support. Ask if he/she will share the feelings that come from the behavior you’ve observed. Does it provide a sense of control, relief, satisfaction, or pleasure?
- Let your loved one know there are other ways to feel better that don’t take such a physical and emotional toll.
- Remind your loved one that many people have successfully recovered from an eating disorder
- Offer to help find a treatment center and offer to go along to a therapist or intake appointment.
- Offer encouragement and support, but, understand that in the long run, recovery is up to the person

Take the First Step toward a Nicotine-Free Life for the New Year!

With the New Year approaching, make a resolution for a healthier life for you and your family.

If you want to quit smoking, vaping or using other tobacco products, don't give up. Many say quitting is the hardest thing they've done. Help is available, so take the first step now!

1-800-QUIT NOW (1-800-784-8669), the Massachusetts Quitline for tobacco/nicotine is available for FREE coaching 24 hours each day, seven days a week (except Thanksgiving and Christmas) to support you through quitting. No lectures. No judgments.

You can connect with the Quitline online, too, at mass.gov/quitting [mass.gov].

For more information, visit mass.gov/quitting [mass.gov], or contact Colleen Kennedy-Mello at 774.634.3955 or ckennedy@sevenhills.org

Make the holidays and New Year the start of your quit journey.

YHC Contact Information

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SouthShoreHealth.org/YHC

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781-624-7423

Youth Health Connection is a community benefits program of South Shore Health dedicated to the positive mental health and physical well-being of youth. Our programs collaborate with schools, families and community providers to help young people deal with the various challenges they face and the decisions they must make as they grow and mature. By combining efforts, we can ensure that local youth have access to the health-related knowledge, skills and resources they need to make healthy decisions throughout their lifetime.

Youth Health Connection:

Builds and sustains community connections through healthy dialogue and sharing knowledge to keep our youth safe today and moving forward.

To subscribe, please visit:
<http://bit.ly/2CJppKj>

Connect with us:

