



HILLCREST

NEWSLETTER

3rd Week of January | 2025

School-Based

Mental Health Tips

January is Mental Wellness Month, a time to focus on prioritizing your mental health and challenging the stigma surrounding mental illness. Here are some effective ways to improve mental wellness:

- Practice Mindfulness: Engage in mindfulness techniques like meditation or deep breathing.
- Stay Connected: Maintain supportive relationships with friends, family, or colleagues.
- Stay Active and Healthy: Engage in enjoyable exercise, prioritize 7-9 hours of sleep, and maintain a balanced diet for overall well-being.
- Limit Stressors: Identify and reduce stress triggers when possible.
- Seek Support: Reach out to a therapist or counselor if needed.
- Practice Gratitude: Reflect daily on things you're grateful for.
- Set Boundaries: Learn to say no and avoid feeling overwhelmed
- Engage in Hobbies: Do activities that bring you joy and relaxation.
- Express Yourself: Use writing, talking, or art



This Week in the DMV

- 01-17-01/31-CHEC Visual Art Department Showcase- Mt. Pleasant library- **ALL DAY**
- 01/22-Know Your Power with Imagination Stage-Shaw Library-**4-5pm**
- 01/23-Bully Prevention-Rosedale Library-**1:30-2:30pm**
- 01/23-Congressional Holocaust Commemoration-45 Independence Ave SW, Congressional Gold Rm-**6-7:30pm (online at Shindc.org/CHEC2025)**
- 01/24- Pandas debut!- National Zoo
- 01/25- Winter Blast: A Family Day of Native Games- American Indian Museum-**10am-5pm**
- 01/25-Open Studio: Make a Statement Hirshhorn Museum-**10:30am-2pm**
- 01/25- 2025 Lunar New Year Celebration-277 S Washington St., Alexandria VA- **12-4pm**
- 01/26- Community Day: The People's Holiday: A Love of Literacy-African American History and Culture Museum-**11am-3PM**



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Mentally reset for the new year

New Year's resolutions are often seen as the perfect opportunity to set goals for the year ahead, but any time is a great time to embrace positive change. Consider it a mental wellness "reset." Take a moment to reflect on the positive changes you desire and create a plan to make them a reality.

- **Tackle Life Goals**- Take small steps today toward long-term goals, working backward from your desired outcome to build momentum and balance.
- **Set SMART Goals**- Use the SMART framework for better goal success:
 - Specific: Call mom weekly, not just "improve relationship"
 - Measurable: Walk three times a week, not just "get more exercise"
 - Attainable: Lose 2 pounds a week, not 10 by the weekend
 - Relevant: Save 5% per paycheck, not "become a millionaire"
 - Time-Specific: Stop drinking sodas by March 1, not just "cut down on sugar"
- **Get Work/Life Perspective**- Your job finances your life, but it's not everything. Engage in weekly non-work activities to prevent burnout and gain perspective.
- **Beware the 'Perfect Holiday' Illusion**- Forget the perfect holiday. Focus on one thing you're proud of and grateful for daily, and keep the list as a year-round reminder.



- **Overcome Procrastination**-Break tasks into small daily steps, post your to-do list in visible spots, and relax once completed.
- **Accentuate the Positive**-Counter negative self-talk with a keyword like "enough!" and refocus on positivity.
- **Pay Attention to Depression**-Depression affects the whole body, not just the mind. It can be caused by genetics, environment, or lifestyle. If you're struggling, see a doctor to get help.
- **Stay Active**-Exercise boosts well-being. Set small goals, move daily, and find an exercise buddy for motivation.
- **The Body's Response to Alcohol**-Alcohol affects people differently, especially with a family history. If you notice signs of addiction, seek help.