



# With You Here Wellness

MARCH 2024

MONTHLY NEWSLETTER

#withyouhere

*Welcome to March's release of the LIBWYH Monthly Newsletter!* March is the month when we welcome in spring and many new beginnings.

*In this month's newsletter, we will be highlighting what's happening in the mental health world, celebrating Women's History month, providing the latest release of our podcast, asking you to share your story, and more.*

*Continue reading for more insight !*

MARCH

# March

## *What's Happening in the World and in Mental Health*



### **WOMAN'S HISTORY MONTH**

MONTH OF MARCH

Women's history month takes place throughout the month of March to observe, and celebrate the contributions of women throughout history.

Self-Injury Awareness Day (a.k.a. Self-Harm Awareness Day) is a day dedicated to spread awareness and lift the stigma around self-harming practices. On this day, people are more open to sharing their self-harm stories to inform individuals with self harming behaviors and professionals about how they manage and/or overcame this condition. **Orange is often worn on this day.**

### **Self-Injury Awareness Day**

MARCH 1ST

### **WORLD TEEN MENTAL WELLNESS DAY**

MARCH 2ND

World Teen Mental Wellness Day was established to raise awareness around mental health in teens worldwide. This day highlights the importance of sharing and acknowledging mental health and wellness for teens while educating the parents and family members of teens.

World bipolar day was established to empower living with bipolar disorder, as well as educate and breakdown the stigma associated with this disorder.

### **WORLD BIPOLAR DAY**

MARCH 30TH

## What is Bipolar Disorder?

Explore the medical condition known as bipolar disorder, and learn about its symptoms, causes, and

treatments.

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Watch Now







# WOMAN'S HISTORY MONTH

*Highlight*

**DR. CHIVONNA CHILDS, PHD**

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Dr. Childs has over 25 years' experience in counseling. She received her Bachelor's degree in Sociology and Master's degree in Rehabilitation Counseling from Bowling Green State University. She received her Doctorate in Counseling Psychology from Cleveland State University. She has worked in multiple clinical settings to include community mental health centers, nursing homes, private practices, and hospital systems.

Childs has given multiple presentations on mental health and focuses on the treatment of Depression, Anxiety, PTSD, African American Women, and Postpartum anxiety and depression. She has been featured in multiple news articles in Cleveland.com, on Facebook, and WKYC television interview.

Currently Dr. Childs works at the Cleveland Clinic Foundation as a Staff Psychologist where she also serves as the Associate Program Director for the Health Psychology Fellowship Program.

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## LIBWYH PODCAST

Join us in this episode of the Life is Better With You Here Podcast as Dr. Childs talks about “Adolescence & Teens, Mental Health”. She’ll go over statistics for black and brown youth, signs to look out for, and what to do if you or someone you love is suffering from “un-aliving” ideation.

And always remember no matter what your mental health journey is Life is always better With You Here.

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Watch Now

# ACTIVITY: JOURNAL AND REFLECT

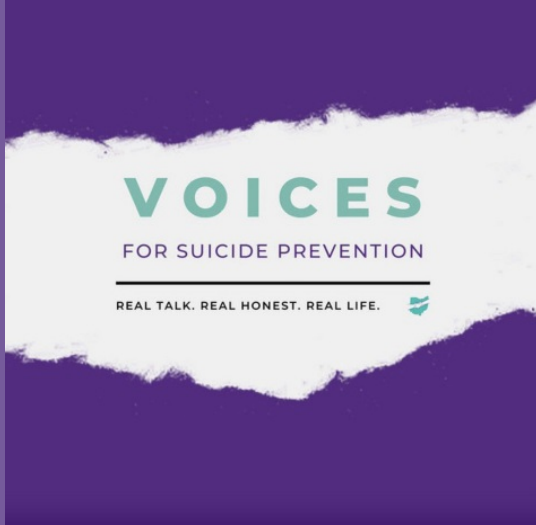
DEVELOPING A JOURNALING HABIT PROVIDES A REFLECTIVE SANCTUARY WHERE INDIVIDUALS CAN EXPLORE THEIR THOUGHTS, EMOTIONS, AND EXPERIENCES. PUTTING PEN TO PAPER HELPS CLARIFY COMPLEX FEELINGS, INCREASING SELF-AWARENESS AND INSIGHT. BY DOCUMENTING DAILY OCCURRENCES, CHALLENGES, AND TRIUMPHS, INDIVIDUALS GAIN A DEEPER UNDERSTANDING OF THEIR MOTIVATIONS AND PATTERNS. JOURNALING SERVES AS A NON-JUDGMENTAL CONFIDANT, ALLOWING FOR HONEST SELF-EXPRESSION AND THE IDENTIFICATION OF RECURRING THEMES. OVER TIME,

THIS PRACTICE UNVEILS PERSONAL GROWTH OPPORTUNITIES, ENHANCES EMOTIONAL INTELLIGENCE, AND PROVIDES A TANGIBLE RECORD OF ONE'S JOURNEY. ULTIMATELY, JOURNALING EMPOWERS INDIVIDUALS TO NAVIGATE LIFE'S COMPLEXITIES WITH GREATER SELF-UNDERSTANDING AND RESILIENCE.



1. **GRATITUDE JOURNALING:** LIST THREE THINGS YOU'RE GRATEFUL FOR TODAY AND REFLECT ON WHY THEY BRING POSITIVITY INTO YOUR LIFE.
2. **GOAL REFLECTION:** WRITE ABOUT PROGRESS TOWARD A PERSONAL OR PROFESSIONAL GOAL. WHAT STEPS DID YOU TAKE TODAY, AND WHAT CHALLENGES OR SUCCESSES DID YOU ENCOUNTER?
3. **MINDFUL OBSERVATION:** DESCRIBE A SPECIFIC MOMENT IN YOUR DAY WITH MINDFUL DETAIL, ENGAGING ALL YOUR SENSES. WHAT DID YOU SEE, HEAR, SMELL, TASTE, AND FEEL?
4. **SELF-COMPASSION CHECK-IN:** BE KIND TO YOURSELF. WRITE A SUPPORTIVE AND UNDERSTANDING NOTE TO YOURSELF AS IF YOU WERE COMFORTING A FRIEND GOING THROUGH A SIMILAR SITUATION OR FEELING.

## LATEST EPISODE



NBC 4 journalist, advocate and  
CEO on her faith-based journey to  
better mental health

[LISTEN NOW](#)

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Just about everytime Jordyn Peaks speaks out about her suicide attempt, she breaks stigmas, which is why we're so grateful she shared her story with us and with you for our February episode.

She's heard this in one form or another many times, 'You're on TV, you're smart, beautiful and so driven, how could you have a suicide scare?' Truth is, anyone can. Jordyn talks openly about her journey: the darkness, the tears and the lights that finally shone through and led the way for her to achieve so much. Those lights are many: her family, friends and faith just to name a few.

Speaking of, Jordyn's mother, Alicia, joins the episode to share her perspective from a parent's point of view. We're also honored to have such two powerful guests to reflect on February's designation as Black History Month.

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# BLACK MENTAL HEALTH DIGITAL RESOURCES



***Children & Teens***



***Young Adults***



***Adults***



***Elders***



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RESOURCES



And remember, if you  
need extra support right now,  
call or text the National  
Suicide and Crisis Lifeline at

**988**





we want to  hear your story!

Your story may help others realize  
Life is Better With You Here  
Because it is!



Email your story to us at [info@lifeisbetterwithyouhere.org](mailto:info@lifeisbetterwithyouhere.org)



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