



FOCUS on Youth

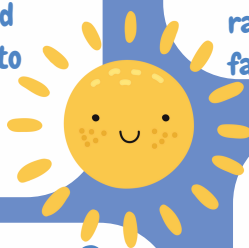
Behavioral Health Newsletter April 2025



Information Center

15 MINUTES OF SUNSHINE IMPROVES MENTAL HEALTH

- Being in nature helps activate the body's relaxation response, reducing stress and promoting feelings of calm.
- Time spent outdoors can help clear mental fog, which is particularly beneficial for people who feel mentally fatigued.
- Natural light exposure, especially in the morning, helps regulate the body's circadian rhythms, improving sleep patterns.
- Nature encourages mindfulness, as the sights, sounds, and smells of nature can anchor you in the present, helping to quiet the mind



Caregiver Corner



- **Create:** Each family member can find 5 nature items and then work as a family to use all items to create a work of art!



- **Scavenger Hunt:** find something in nature for each color in the rainbow of for each letter in your family's last name(s).

Connection Question

Try using these conversation starters in the car or during meal time

What is your favorite outdoor/nature experience?



Did you know?

Playing together outdoors fosters bonding between parents and kids. These moments provide quality time that strengthens relationships and creates lasting memories.

Staff Spotlight

Ms. Tracy

Clinical Director



Q: What is your favorite way to play?

I love to be in nature! I grew up near the Smoky Mountains and discovered a love of hiking, camping, and backpacking. Sitting out by a campfire or taking a hike fills me with so much peace. My family is working on a goal to visit a different Ohio State Park each year!



Resource of the Month

Butler County Metro Parks has 14 parks- how many have you visited?

www.yourmetroparks.net



Important Dates

Focus on Youth 5K CARE Walk/Run

April 5, 2025

8:00 am-11:00 am

UC Fieldhouse in Voice of America Metropark

