



FOCUS on
Youth



Behavioral Health Newsletter October

Information Center

SELF CARE IS NOT SELFISH

1. Self care is an investment in wellness of self and those we care about and for. It should be proactive, not just reactive, which means we should practice it whether we're feeling amazing, burned out, or somewhere in between.
2. Everyone needs it and everyone benefits. It helps us show up as our best selves in and for our environments (the people, places, and things that make up our world). In turn, when we are brave enough to care for ourselves, we silently inspire and give others permission to do the same.
3. Self care is NOT:
 - Always easy, comfortable, or luxurious.
 - One-size-fits-all.
4. Self care IS:
 - Prevention (i.e., can help prevent or manage physical and mental illness).
 - A long-term strategy for success. Investing in wellness now can save resources tomorrow (i.e., time, money, energy).

Caregiver Corner

TRICKS TO TREAT YOURSELF

Self care is for both you and your children. None of us can pour from an empty bucket, so here are a few tricks to treat yourself.

- **Physical:** Aim for 7-9 hours of sleep each night to boost your mood, increase your mental clarity, and decrease your likelihood of getting sick.
- **Mental:** Learn to say, "no." It's a complete sentence!
- **Emotional:** Notice and name your emotions.
- **Relational:** Spend quality time with those important to you. *Remember: quality > quantity*
- **Spiritual:** Pray, meditate, reflect, and practice gratitude.

Connection Question

Try using this conversation starter in the car or during mealtime.

Candy is a sweet treat! What are some other ways you like to treat yourself (i.e., what gives you energy, brings you peace, ect.)?

Did you know?

About **600 million pounds** of Halloween candy are sold in the U.S. every year!



Resource of the Month

The Great Pumpkin Fest

This free, family-friendly fall festival will include a petting zoo, face painting, food, games, and more!

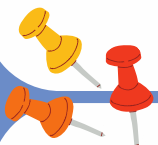
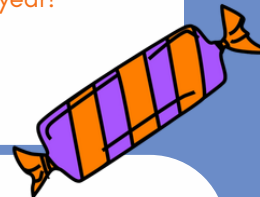
Date and Time: 10/03/2026 from 2:00 PM - 6:00 PM

Location:

Keehner Park

7211 Barret Road, 7411 Barret Road

West Chester, Ohio 45069



Important Dates

Fall Virtual Conference: Hope for the Journey

This virtual conference is dedicated to deepening your understanding of Trust-Based Relational Intervention® (TBRI®).

Book Now!

Staff Spotlight

Miss Tayler

Youth and Family Therapist



Q: What are some of your favorite coping skills?

Listening and singing to music
Watching comedies
Quality time with my fiancé, family, and friends
Praying
Playing with my dog, Prince Charming
Making crafts