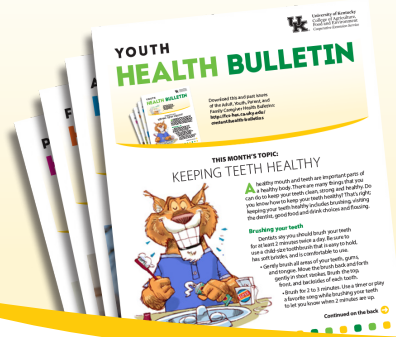


YOUTH

HEALTH BULLETIN



MAY 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

MENTAL HEALTH MATTERS!

a **GOOD TALK** always makes me **FEEL BETTER!**



The first week in May is Children's Mental Health Awareness Week in the United States. What is mental health? You may have heard these words before and wondered what they meant. Mental health is how your brain turns your thoughts into feelings and actions.

As you grow, you experience many new things. Sometimes, those things are great, wonderful, and exciting! Other times, they can be scary, worrisome, or upsetting. All people have emotions. No emotion is bad or wrong to feel. However, we have to learn how to deal with our emotions. We have to learn how to express our feelings in a way that helps us feel better without hurting someone else. How we process our emotions is part of our mental health.

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Labeling our emotions helps us to deal with them. For example, you may feel both angry and sad at the same time. That is OK!

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Can you think of a time when you had BIG feelings, and were not sure how to handle them? Most people end up in a similar situation at some point. There are things you can do when you have big feelings to help you feel better.

Label your feelings

When you start to feel too much all at once, try to stop and think about all of the ways you feel. Labeling our emotions helps us to deal with them. For example, you may feel both angry and sad at the same time. That is OK!



Identify a cause

Next think about why you feel that way. Was there a reason you started to feel a certain emotion? Try to connect a reason to each of the emotions you feel. It is OK if you can't. Sometimes our brains send confusing messages, and you may need help to figure out why you feel a certain way.



SHEESH...
WHAT A DAY
I'VE HAD.
can we
TALK?

Talk about your feelings

A lot of times, telling someone about how we feel and why can help us to feel better. Grown-ups such as your parents, teacher, caregivers, or coaches can be a great resource to talk to about your feelings. If you are having a hard time figuring out how you feel or knowing how to deal with difficult feelings, your doctor might be able to help. Just like other parts of your body, they are trained to help your brain feel better, too!

How you think, feel, and act are all important parts of your mental health! Just like you are learning how to identify and respond to your feelings, so are your friends, siblings, and classmates. You can be a help to others when they are having a difficult time with their feelings by being kind, understanding that everyone has hard days, and pointing them to a grown-up who can help, if needed.

REFERENCE:

<https://kidshealth.org/en/kids/talk-feelings.html>

ADULT
HEALTH BULLETIN

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