



AICA BI-WEEKLY NEWSLETTER

FRIDAY, JULY 12TH, 2024

A Moment of Mindfulness



Resource: developgoodhabits.com

Do you ever find yourself feeling stressed or frustrated throughout the day? Have you noticed that you ignore your emotions and do not find ways to improve your mood? If you answered yes to either, or both of these questions, then maybe it is time to work on *tuning into your moods*. We are all guilty of being so busy during the day that we do not pay much attention to ourselves - emotionally, mentally, or physically. In the last newsletter the challenge was to try and get your body moving and not sit as much. This time, add on to your personal wellness journey by focusing on your moods and emotions. Not only can your mood affect your work, but it can make you less productive and cause you to have a negative outlook. When you notice your mood shifting, or you start to feel frustrated, take a few minutes to tune into your mood. Try and evaluate your feelings and work to change them. Maybe even try practicing some breathwork or meditation! You can also try journaling or downloading an app on your phone to track your moods and what triggers them. When you know what is making you frustrated, or sad, then you will learn how to change the narrative and elevate your mood, spirit, and thoughts.

Upcoming Events

- ✦ SUMMER YOUTH PROGRAM
JULY 15TH, 2024
2:00 PM - 4:00 PM
- ✦ CHAIR YOGA
JULY 16TH, 2024
4:00 PM - 5:00 PM
- ✦ LEVEL 1 YOGA
JULY 16TH, 2024
5:30 PM - 6:30 PM
- ✦ BROTHERHOOD
JULY 16TH, 2024
7:00 PM - 8:00 PM
- ✦ GENTLE YOGA
JULY 17TH, 2024
10:00 AM - 11:00 AM
- ✦ SUMMER YOUTH PROGRAM
JULY 17TH, 2024
2:00 PM - 4:00 PM



Navigating the Challenges of the Digital World

SETTING HEALTHY BOUNDARIES AND EXAMPLES

Resource: <https://www.wellspan.org/>

Although social media (ex: Tik Tok, Facebook, Instagram) can be entertaining and fun to say the least, it can also be dangerous. Just like anything else, too much social media use is not healthy. Not only have studies shown that *teens* who spend 3 hours a day on social media double their risk of depression, but the studies also show that teens are spending around 5+ hours on social media daily! Experts recommend no more than 30 minutes - 2 hours a day.

The threat that social media poses to children's health is so alarming, that Surgeon General Dr. Vivek H. Murthy (the U.S. Surgeon General), recently asked Congress to place a warning like you see on the side of a pack of cigarettes, warning that the use of *social media can be harmful to your health*.

There are ways to set healthy boundaries with technology and social media though; it all starts with us adults. Just like adolescents and teens, adults also find it hard to restrict their social media use, but there are ways to navigate the digital world within your family. Adults need to set a healthy example and not always be on their phones while around their family. It could even help to make some activities, "phone free." This can be as simple as everyone putting their cell phone away before sitting down for dinner.

Try putting your phone in the kitchen or out of the bedroom an hour before going to bed. This allows downtime before trying to sleep. There are also daily use limits for social media that can be set on cell phones. This may be a good way to monitor your own social media use, and your family's. You may not realize how much time you are truly spending on social media until you reach your daily limit! It is shocking how quickly each minute adds up!

There are other dangers of social media that everyone should also be aware of too. Excessive social media use can lead to cyberbullying, sleep interference, obesity, delayed social skills, behavior problems, and the more common ones: depression and anxiety.

Adults have an important role in protecting children and their families from the horrors lurking behind social media, and we are all guilty of focusing too much on what we are reading on our phones. Children deserve the right to have balance, and live a full and happy life. Setting boundaries with cell phones and social media use may seem hard at first, but taking those steps will benefit the whole family in the long run.

TODAY'S LITTLE CHUCKLE

In memory of Shirley LaFleur 1941-2022

Q: WHY DID THE CANTALOUPE JUMP INTO THE POOL?



A: IT WANTED TO BECOME A WATERMELON!