

# The Advocate



## How to Help Kids Who Are Too Hard on Themselves

**Bolstering self-critical children who tend to talk themselves down**

**Writer:** [Katherine Martinelli](#)

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All kids say bad stuff about themselves sometimes. But when their inner voice keeps saying bad things, it can have a negative effect on them. Children who expect a lot of themselves may be prone to negative self-talk. For older kids, saying things like, "I'm so stupid" or, "I'm so fat" can be a way of protecting themselves from social pressure. They may say bad things about themselves before someone else does it. And kids who are being bullied may start to believe the bad things other kids say about them and start saying them too.

While some kids may do this as a way of getting attention, others do it because they're not good at bouncing back when something bad happens. They also might not want to try new or hard things.

Parents should take negative self-talk seriously when it starts to happen a lot and causes problems with school or friends. Also watch out if your child stops eating or sleeping well or complains about feeling sick a lot and doesn't want to go to school. This could mean your child is depressed.

Parents can help. Really listen to your child and show that you care how they feel. Try not to be overly cheery when they share a concern. When you catch yourself being negative, correct yourself. For example, if you burn something and blurt out, "I'm a terrible cook," correct that. Say, "Actually I'm a pretty good cook. Everyone makes mistakes." Check in with your child's teachers, too.

If your child keeps saying bad things about themselves, seems to be depressed or has other changes in their behavior, it makes sense to [talk to mental health professional](#).

[Learn more here.](#)

## We Want to Hear From You!



**We have a new Virtual Suggestion Box! Go to [AllenCountyCASA.org](http://AllenCountyCASA.org), hover over "Resources" and click on "Volunteer Resources." The Virtual Suggestion Box will be at the top of the page. We welcome all suggestions!**



## **Celebrating Hispanic Heritage Month: September 15 - October 15**

Hispanic Heritage Month takes place from September 15 to October 15 every year as a time to recognize and celebrate the many contributions, diverse cultures, and extensive histories of the American Latino community.

### **Why does Hispanic Heritage Month start on September 15?**

September 15 is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. Also, Día de la Raza, on October 12, celebrates the cultural fusion of indigenous American and Spanish heritage in Latin America, and falls within this 30-day period.

CASA/GAL volunteers and others working in the child welfare arena have a greater impact when they are mindful of the diverse cultural beliefs and practices among the families and communities they serve.

*Have a title you want to share? Send me an email with the title and author & I'll include in future columns.*

*In this column each month, I will share a book that has been recommended by professionals to help us better understand some of the issues that surround child abuse and neglect. Reviews are provided by Goodreads.com.*

## **Introducing Allen County CASA Book Club**

**Save the Date & Coming Soon  
CASA Book Club  
October 10th at 5:30  
Poverty, by America  
By Matthew Desmond**

<http://www.allencountycasa.org/forms/casa-bookclub>

**POVERTY,  
BY AMERICA**

#1 NEW YORK TIMES  
BESTSELLER

**MATTHEW DESMOND**  
PULITZER PRIZE-WINNING AUTHOR OF **EVICTED**

# Celebrate October

## Advocate

## Anniversaries!

Congratulations to our October Advocates with Service Anniversaries! Please join me in congratulating and thanking them for their service.

Keston Smith — 9 years

Tylisa Edwards — 5 years

**John Martin— 11 years**

Aimee Morningstar—4 years

Theresa Sell— 8 years

Shawtae Taylor - 1 year

Roxanne Tuesley—6 years

Chris Collins—2 years

**Jeanne Hanford— 11 years**

Nicole Keesling—1 year

**Gary Stetler—10 years**

**Christine Sutter—15 years**

Courtney Unrue—2 years

**Carmen Dillion—13 years**

Linda Flatley—4 years

Brooke Hoffman—2 years

**Anita Mather—11 years**

Carol Patterson—9 years

David Peppler—9 years

Joan Phillips—7 years

Pamela Stewart—1 year

Sonia Strevy—9 years

Angela Anderson—1 year

Michael Howell— 4 years

Michelle Potts—2 years

Jessica Shull—1 year

**Advocates Celebrating Anniversaries This Month**  
**Have 147 Years of Advocating for Kids!**

**Optima Monthly**  
**Computer Lab!**



**October 20th from 10 am—12 pm**

**We will have open computer lab hours in the office to assist volunteers who may need help with Optima.**

**Just one more way we want to support you in the work you do**



### Improving Your Social Health: Get Active Together

Where you live, work, or go to school can have a big impact on how much you move and even how much you weigh. Being active with others in your community can have a positive effect on your health habits and create opportunities to connect. You can help your community create ways to encourage more physical activity.

To help make a more active community:

- Start a walking group with friends, neighbors, or co-workers.
- Make the streets safer for walking by driving the speed limit and yielding to people who walk.
- Consider joining a low- or no-cost exercise group

or an office sports team such as softball or kickball, and enroll kids in community sports teams or lessons.

- Participate in local planning efforts to develop walking paths, sidewalks, and bike paths.
- Work with parents and schools to encourage kids to safely walk or ride bikes to school.
- Join other parents to ask for more physical activity at school.

Try different activities to find the ones you really enjoy, and have fun while being active!

*Taken from National Institutes of Health's Social Wellness Toolkit.*

[Click HERE for more information.](#)



**Thursday, October 5th, 2023**

**8 am - 4:14 pm | Allen County War Memorial Coliseum**

## October Training Opportunities

**Autism Symposium: Reflections on the Progress of Science and Care** Wednesday, October 4, 2023, from 9 am – 12 pm EDT. Webinar - [Register HERE.](#)

**Youth Worker Well-Being in Indiana: A New Approach**

**October 18, 2023**, from 12 pm – 1 pm EDT. Webinar— [Register HERE.](#)

**CASA Academy: Special Education: Understanding Parent's Rights and Responsibilities**, Thursday, OCTOBER 12, 2023, 1:00 pm—2:00 pm. [Register HERE.](#)

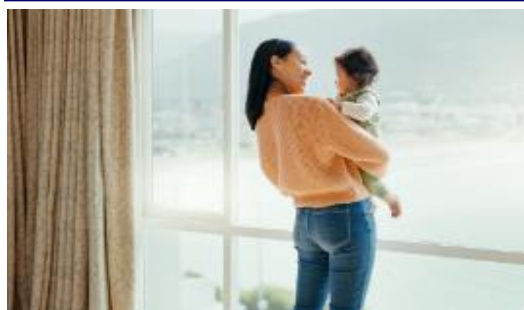
**Nico-Teen: Is Big Tobacco Hijacking Youth Well-Being?** Tuesday, October 17, 1:30 - 3:30 pm EDT. Webinar - [Register HERE.](#)



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Looking for a recording of a previous training,  
check [www.allencountycasa.org](http://www.allencountycasa.org) under the “Training” tab.

### From National CASA: Understanding Relationships and their Importance to Early Childhood Development



**October 25, 2023**

**1 pm - 2 pm EDT**

[Register HERE.](#)

Organization: Allen Co. CASA

5 Digit Program ID: 10167

Webinar participants will understand how relationships play a pivotal role in shaping the trajectory of a child's development. From the earliest moments of life, the interactions children have with caregivers and their surrounding environment form the foundation for their cognitive, social, emotional, and physical development. This webinar, tailored for CASA/GAL staff and volunteers, delves deep into the intertwined nature of relationships and development in the early years. Leveraging the considerable expertise of Zero to Three, the content ensures a comprehensive understanding and actionable insights.



## Benefits of Mindfulness & Yoga

*This post was written by Marjorie Burns, MSSW, LCSW, supervisor, Dialectical Behavioral Therapist Program, Parkview Behavioral Health Institute.*

### The benefits of practicing yoga

Yoga is an ancient practice that is used for physical, mental and spiritual well-being purposes. Through a combination of physical postures, breathing techniques and meditation, [yoga](#) focuses on bringing harmony between your mind and body. Many people, including myself, experience a number of health benefits from regularly [practicing yoga](#) including:

- Increased flexibility, muscle strength and tone
- Improved energy and vitality  
Less tension and [stress](#)
- Improved mental health and brain functioning
- Reduced inflammation  
Reduced [anxiety](#)
- Improved cardiovascular health
- Better posture and body awareness

### The benefits of practicing mindfulness

Mindfulness is the practice of being present and engaged in your thoughts, feelings and body. This involves focusing your mind on what's happening in the present moment without rushing, evaluating or judging. One of the ways

people practice mindfulness is through meditation. Studies show that mindfulness can have a positive impact on your health including:

- Reduced depression
- Reduced anxiety and [stress](#)
- Lowered blood pressure
- Improved [sleep](#)
- Reduced chronic pain
- Increased emotional regulation

### How to get started with yoga and mindfulness

Within my life, I have learned the need to become in tune with myself, including looking at the external and internal stressors that are affecting my physical and mental health. With the world around us presenting constant challenges, it's more important than ever to start a healthy life initiative. Although there are multiple ways to do this, for me, mindfulness and yoga help me meet this balancing act of internal and external care. Here's some ways you can get started on incorporating it into your life too.

- **Become aware of yourself.** To make a change in your life, it's important to be open to the idea of helping yourself grow. You can start by becoming aware of your beliefs, feelings, body sensations and thoughts. By listening to your body and considering the things that you need, you'll be more in tune with your mind, body and soul. Research shows that by doing mindfulness and/or yoga, you can reach a whole new level of self-awareness while also decreasing mental health and physical symptoms.
- **Find the type that's right for you.** There are multiple types of

mindfulness and yoga, so it's important to find one that works for you. Your body type, activity level, health issues and available time should help you decide which type of practice is best. For example, for me, mindfulness exercises such as breathing and grounding are most helpful, as well as short spurts of chair yoga with music or anything involving nature. Take the time to look up the different types of mindfulness and yoga that will work with your lifestyle.

- **Make a conscious effort.**

Mindfulness is a daily practice that can come consciously or unconsciously during our daily activities. For many, a conscious mindfulness practice involves making a choice to focus on an activity or place, or putting yourself in a pose where you are only aware of the moment. For example, you may want to sit in a quiet space, focus on breathing slowly and deeply or do light stretching. Whatever you do, ensure you make it a routine so you can reap the benefits of letting all other thoughts, judgments and worries float past.

Although I am by far no expert on yoga or mindfulness, I have seen the benefits these practices can provide in one's mental and physical health. If you're interested in learning more, I encourage you to contact Parkview's health and dietitian departments and the Community Greenhouse for more information.



**PARKVIEW**  
**HEALTH**