

The Advocate



How to Help Kids Who Are Too Hard on Themselves

Bolstering self-critical children who tend to talk themselves down

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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.

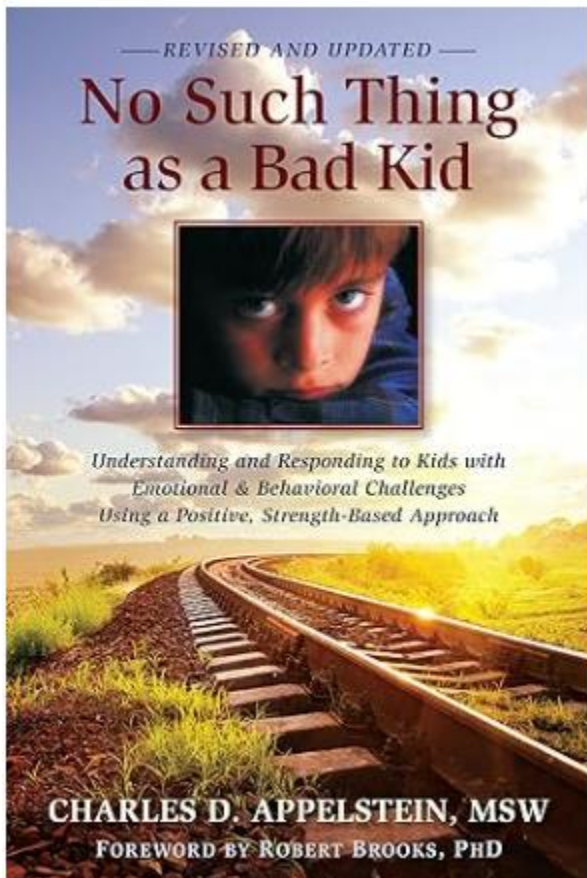
If your child keeps saying bad things about themselves, seems to be depressed or has other changes in their behavior, it makes sense to [talk to mental health professional](#).

[Learn more here.](#)

We Want to Hear From You!



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



No Such Thing as a Bad Kid

By Charles D. Appelstein

Written specifically for professionals who guide kids with emotional and behavioral challenges, the revised edition of No Such Thing as a Bad Kid is packed with positive, strength-based principles and techniques that help child-guiders to tap the greatness that exists in every young person to promote change. This empowering handbook opens by portraying misbehavior as a call for help. It then guides you through decoding the message and, via hundreds of hands-on tips, sample dialogues

and anecdotes, into science-backed approaches for revolutionizing your interactions with kids at risk. Even parents of children not at risk will benefit from this book. Available on Amazon.

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.

Friendly Reminder

Please remember, regular monthly visits with each child is essential for best interest advocacy.

If you are having issues that are keeping you from visiting your CASA child (ren), please feel free to reach out to me so that we can find an appropriate solution.

Children First!

Celebrate March Advocate Anniversaries!

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

Haigh, Janet	5
Hon, Sandra	5
Kring, Patti	3
Kruse, Malea	3
Petersen, Karen	5
Rietdorf, Brenda	5
Rollins, Christopher	3
Ulmer-Kolkman, Debra	3
Wyss, Jean	5

Join Us in Celebrating
Our
Assistant
Director
Suzanne Lange -
30 Year
Anniversary with
Allen County CASA!



CASA Connections

Autism 101:
What Volunteer Advocates Need to Know

Wednesday, March 6, 2024
12 pm – 1 pm

Join us via Zoom

<https://zoom.us/j/92276715641?pwd=d1E1RHASNWd1NDh1MEJFT2tuSXF4dz09>

Meeting ID: 922 7671 5641

Passcode: 219521





Wellness and Well-Being

Some people use complementary health approaches in an effort to promote general well-being or wellness, rather than to help manage symptoms of a health problem. For example, 2012 [national survey data](#) show that people most often use yoga and dietary supplements for wellness. Wellness has several dimensions, including emotional well-being (coping effectively with life and creating satisfying relationships) and physical well-being (recognizing the need for physical activity, healthy foods, and sleep).

Research sponsored by NCCIH suggests that people who use complementary approaches for wellness tend to have better overall health, higher rates of physical activity, and lower rates of obesity than those who use complementary approaches to help manage a health problem.

More research is needed to better understand how certain complementary health approaches can be

useful in encouraging better self-care, improving a personal sense of well-being, and promoting a greater commitment to a healthy lifestyle.

Watch our Emotional Well-Being video series:

https://youtu.be/xl9r_hOh9r4

Need Your Appointment Letter to Give to Schools, Service Providers or Others?

Log into Optima and Look Under "Documents."



Save the Date

Summit on Mental Health

Tuesday, May 21st, 2024

Training Opportunities

February 28 | Webinar - Indiana Youth Institute's 2024 State of the Child

[Register Here](#)

MAY 16, 2024 | 12:00 PM - 01:00 PM ET | Addressing the Stigma: Youth Mental Health and Substance Use - Indiana (VIRTUAL) [Register Here](#)

May 21, 2024 | Youth Vaping: Understanding the 'Why' to Curb Use - [Indiana \(VIRTUAL\)](#)

May 21, 2024 | Great Kids Summit on Mental Health—more information to come.

June 4, 2024 | Empowering Opportunity Youth: Reshaping Futures Together - Indiana (VIRTUAL) [Register Here](#)

June 11, 2024 | Exploring Diversity, Equity, Inclusion, and Belonging in Rural IN - Indiana (VIRTUAL) [Register Here](#)



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Looking for a recording of a previous training,
check www.allencountycasa.org under the "Training" tab.

Please Share With Your Network!



You can have an impact
on children's lives

Learn about volunteering as a Court Appointed
Special Advocate in our FREE webinar

[SIGN UP FOR THE WEBINAR](#)

 ALLEN COUNTY
CASA
Court Appointed Special Advocates
FOR CHILDREN

**Want to learn more about
advocating for abused
and neglected children?**

Join Us on
Monday, March 11th at
12 noon OR 6:00 pm
RSVP

Cindy.Verduce@allensuperiorcourt.us

to receive a link.

#Iam4thechild

#Youcanmakeadifference

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.

