



SRSLY

manchester

March 2021 Newsletter

WHAT HAPPENED IN FEBRUARY?

VIRTUAL MOVIE NIGHT

On February 26th we were able to have another virtual movie night! Thank you to all who joined us for Disney's Inside Out. We had a great turnout and look forward to our next movie night!



SRSLY FOCUSED ON MENTAL WELL-BEING

This last year has been challenging and the cold winter months don't help so we dedicated a whole month to mental well-being. Our social media highlighted resiliency and how we can better understand our needs and emotions.

WHAT ARE EMOTIONS?

Emotions are mental reactions marked by a strong feeling that usually causes a physical effect.

WHY ARE THEY IMPORTANT?

- Emotions can motivate us to take action
- Emotions drive behavior, especially in children
- Emotions help us survive, thrive and avoid danger
- Emotions are stored in the body; when repressed, it leads to physical and mental damage
- Emotions can help us make decisions
- Emotions allow other people to understand us
- Emotions allow us to better understand others

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HOW DO I BECOME MORE AWARE OF MY EMOTIONS?

Build your emotional vocabulary- Find and/or create a list of emotions. Make it as long as you possibly can.

Learn to recognize your emotions and name them- As you start to notice your emotions, voice your emotions to yourself and others.

Think of all the emotions that vary in intensity- Try to recognize the specific emotion that you are feeling. For example are you irritated, mad, angry, or excited?

Track one emotion- Pick a familiar emotion (joy, sadness) and track it through the day or week. Notice what you are doing and who you are with. What are the physical feelings associated with this emotion? Take notes!

Keep a feelings journal- Each day take a few moments to write about how you are feeling and why. If you aren't into writing try making art, poetry, or music.

** Information gathered from Rady Children's Hospital

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HOW DO I ADDRESS THESE EMOTIONS?

- **Find someone to talk to** (friends, family, counselor, teacher, or coach).
- **Get active** (walk, run, singing, sports, crying, or cleaning).
- **Express yourself creatively** (draw, paint, sing, scrapbook, play an instrument).
- **Try some relaxation techniques** (meditation, deep breathing, mindfulness, stretching).
- **Distract yourself** (read, play a game, talk to a friend, watch a movie or learn something new).
- **Try to soothe or comfort yourself** (cuddle a cozy blanket, have a bath, pamper yourself)

KIDSHELPLINE

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WHERE CAN I GET HELP?

WASHTENAW COMMUNITY MENTAL HEALTH
YOUTH & FAMILY SERVICE

(734) 544-0350

PSYCHIATRIC EMERGENCY SERVICES (PES)

(734) 936-5900

ST. JOSEPH HOSPITAL- CHELSEA OR ANN ARBOR

(734) 712- 2762 (Chelsea)

(734) 593-5251 (Ann Arbor)

NATION SUICIDE PREVENTION LIFELINE

1(800) 273-8255

NATIONAL HOPELINE NETWORK

1(800) 784-2433

SELF-HARM HOTLINE

1(800) 366-8288

CRISIS TEXT LINE

Text "HOME" to 741741

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WHAT IS COMING UP IN MARCH?

SRSLY STUDENTS COME TOGETHER FOR A VIRTUAL GAME MEETING

SRSLY Chelsea, SRSLY Dexter, SRSLY Manchester and SRSLY Stockbridge students are coming together for some friendly competition. Please join us via zoom and take this opportunity to join friends from another community.

REGIONAL SRSLY VIRTUAL GAME MEETING

SRSLY CHELSEA, SRSLY DEXTER, SRSLY
MANCHESTER & SRSLY STOCKBRIDGE ARE COMING
TOGETHER MONTHLY FOR FUN GAME MEETING

UPCOMING GAME DAYS:
WEDNESDAY, FEBRUARY 24 @ 3:00 PM
WEDNESDAY, MARCH 24 @ 3:00 PM
WEDNESDAY, APRIL 28 @ 3 PM

ZOOM LOG IN INFORMATION:
MEETING ID: 889 0588 9963

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SRSLY TALKS ABOUT PROPER PRESCRIPTION DISPOSAL

This month you can be sure to see information on what proper prescription disposal looks like. We also introduce you to Detera Bags, which are a safe at home medication disposal system that you can pick up for free at Acorn Market. We've also made a list of in-person contactless medication drop off locations that are near by.

Reminder to properly and safely dispose of your unused and expired medications.

WHAT IS PROPER DRUG DISPOSAL?

PROPER DRUG DISPOSAL IS A PREVENTATIVE, PROACTIVE APPROACH TO REDUCING PRESCRIPTION MISUSE AND ABUSE. BY DISPOSING OF PRESCRIPTIONS PROPERLY IT KEEPS OUR FAMILIES SAFE AND OUR ENVIROMENT CLEAN.

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WHY IS PROPER DRUG DISPOSAL IMPORTANT?

PRESCRIPTION DRUG ABUSE IS THE FASTEST-GROWING DRUG PROBLEM IN THE COUNTRY.

DISPOSING OF UNUSED MEDICATIONS PREVENTS MEDICATION THEFT, SUBSTANCE ABUSE, AND MISUSE.

PROPER DISPOSAL KEEPS CHILDREN, TEENS, AND PETS SAFE FROM ACCIDENTALLY INGESTING UNUSED OR EXPIRED MEDICINE.

DISPOSING OF MEDICATIONS SAFELY ASSURES THAT THE CHEMICALS USED IN THESE MEDICATIONS WILL NOT CONTAMINATE OUR ECOSYSTEM.

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WHAT ARE DETERRA BAGS?

Deterra is a safe, simple medication disposal system that permanently deactivates pills, patches, liquids, creams, and films. These bags are made from environmentally sound, non-toxic materials and allow for safe, convenient disposal right at home.

According to JAMA Surgery, we know that patients are 8X more likely to dispose of their medication PROPERLY when they are given a Deterra pouch.



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MEDICATION DROP OFF LOCATIONS NEARBY

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|--|---|
| CHELSEA POLICE DEPT. 311 S. Main St. Chelsea, MI 48118 734-475-9122 *Accessible 24 hours a day | DEXTER VILLAGE SHERIFF STATION 8140 Main St. Dexter, MI 48130 734-426-4500 Accessible 24 hours a day |
| MANCHESTER VILLAGE SHERIFF STATION 912 City Road Manchester, MI 48158 (734) 428-8829 Accessible 8 AM-6 PM | SALINE POLICE DEPT. 100 N. Harris St. Saline, MI 48176 734-429-7911 No liquids or sharps |
| SCIO TOWNSHIP SHERIFF STATION 1055 N. Zeeb Rd Ann Arbor, MI 48103 Email Lieutenant King kinglawashstenaw.org | CHELSEA CARE PHARMACY- ST. JOSEPH MERCY 775 S. Main St. Chelsea, MI 48118 (734) 593-5900 8:30 AM- 5:00 PM (MON-FRI) |

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Quote of the Month

"Connection is the energy between people when they feel seen, heard, and valued-- when they can give and receive without judgement" - Brene Brown



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STAY CONNECTED:

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 Follow us on **twitter**

 View on Instagram