



CBTS NEWSLETTER

July 2017

HELPING TEENS HANDLE STRESS

Like adults, teens can get stressed out without knowing it is happening. One minute all is well, and then things start to back up. They get behind in homework, projects are due all at once, a family faces a crisis, or a boyfriend breaks up with them – there is no end to what can go wrong. However, unlike adults, teens may not have experienced this new level of stress. Many teens may not know how much these events affect their behavior. Below are some tips to help you and your teen identify the signs of – and cope with – stress in his or her life.

1. *Be a role model.*

- ❖ Try to remain calm when dealing with stressful situations.
- ❖ When stressed, demonstrate coping strategies.
- ❖ Get enough rest, eat well, and seek support.
- ❖ If you know a particularly stressful event is coming, talk with your teen about how to prepare and avoid getting stressed out.

2. *Focus on the process instead of the outcome.*

- ❖ How hard a child tries is more important than the grade they receive.

3. *Help teens monitor their activities in order to prevent "over scheduling".*

- ❖ Talk with your teen about their motivations.
- ❖ Help your teen understand how to balance extracurricular activities, sports, and schoolwork with time for friends, family, and relaxation.
- ❖

TIPS FOR ADDRESSING STRESS IN TEENS

1. *Help teens identify signs of stress.*

- ❖ Signs of stress include a fast heartbeat, butterflies in the stomach, chest tightness, obsessive thoughts about being ready for things, inability to enjoy restful activities, etc.

2. *Teach teens ways to relax and cope with stress.*

- ❖ Some methods include: taking a bath, exercising, yoga or deep breathing & meditation, listening to or making music, etc.

3. *Remind teens that they are in control of some things in their lives.*

- ❖ Encourage them to make decisions and prioritize activities when possible.

4. *Encourage teens to talk about what is causing stress in their lives and identify healthy ways of dealing with it.*
 5. *Identify perceived "unhealthy" ways of coping with stress.*
- ❖ For example: using alcohol or drugs, ignoring a problem, watching too much TV or playing too many video games, getting irritable and cranky, etc

5 Ways to Deal With Anxiety

Everyone has feelings of anxiety, nervousness, tension, and stress from time to time. Here are 5 ways to help manage them:

1. **Become a relaxation expert.** We all *think* we know how to relax. But chilling out in front of the TV or computer isn't true relaxation. The same is true for alcohol, drugs, or tobacco. They may seem to relieve anxiety or stress, but it's a false state of relaxation that's only temporary. What the body really needs is daily practice of a relaxation technique that has a physical effect on the mind. For example, deep breathing helps to relax a major nerve that runs from the diaphragm to the brain, sending a message to the entire body to let go and loosen up.
2. **Get enough sleep, nourishment, and exercise.** Want your mind and body to feel peaceful and strong enough to handle life's ups and downs? Get the right amount of sleep for your needs — not too much or too little. Eat well: And exercise to send oxygen to every cell in the body so your brain and body can operate at their best.
3. **Connect with others.** Spend time with friends or family. Organized activities are great, but just hanging out works too. Doing things with those we feel close to deepens our bonds, allowing us to feel supported and secure. If you feel worried or nervous about something, talking about it with someone who listens and cares can help you feel more understood and better able to cope. You'll be reminded that everyone has these feelings sometimes. You're not alone.
4. **Connect with nature.** Heading out for a walk in the park or a hike in the woods can help anyone feel peaceful and grounded. Invite a friend or two — or a family member — along and enjoy feeling connected to people as well.
5. **Pay attention to the good things.** A great way to keep our minds off the worry track is to focus our thoughts on things that are good, beautiful, and positive. Appreciate the small, everyday things of life. Allow yourself to dream, wish, and imagine the best that could happen





EARN EXTRA MONEY!!

We NEED more proctor parents (individuals, couples and families) throughout various parts of the Salt Lake Valley, Davis County and Tooele. We are offering the following referral incentive:

If you refer someone, and they come in for the initial interview, you will receive **\$25.00**.

If they complete the initial licensing process, and are approved, you will receive an additional **\$25.00**.

After they have remained with CBTS for three months (while taking placements), you will receive a **\$300.00** bonus check. That's an extra **\$350.00** per referral!



CBTS

234 East 3900 South #1

SLC UT 84107

(801) 268-4044

Fax (801) 263-0926

www.cbtsutah.com

Lori Nadeau

Owner

Mobile: 801-634-5379

cbts@xmission.com

Liz Mavor

Proctor Program Supervisor

Mobile: 801-558-5668

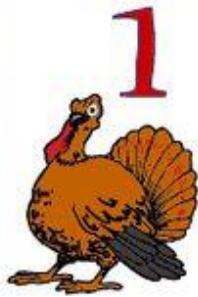
emavor@xmission.com

Brittani Neto, LCSW

Clinical Supervisor

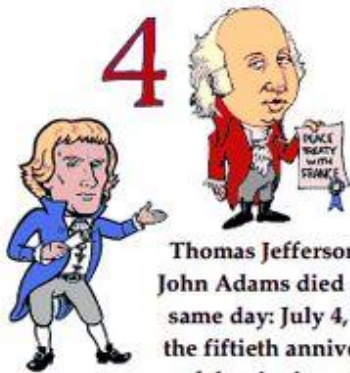
801-268-4044

10 AMAZING Facts for the 4TH OF JULY



Benjamin Franklin wanted the turkey to be the national animal but was out-voted when John Adams and Thomas Jefferson chose the bald eagle.

2 The stars on the original American flag were arranged in a circle to ensure that all colonies were represented equally.



Thomas Jefferson and John Adams died on the same day: July 4, 1826, the fiftieth anniversary of the signing of the Declaration of Independence.



John Hancock was the only person to actually sign the Declaration of Independence on July 4, 1776. The other 55 signers did not sign it until later.



History's first submarine attack took place in New York Harbor in 1776.



There were no fireworks on July 4, 1776, but there were fireworks 1 year later, on July 4, 1777. This was still 6 years before Americans knew whether the new nation would survive the war.



George Washington was the best spymaster in American History! He ran espionage rings in British-held areas and he was a genius at misinformation. He constantly befuddled the British by leaking, through double agents, inflated reports of the strength of his army.



Washington was robust man with a seeming immunity to disease and bullets. In one encounter in the French and Indian War, he absorbed 4 bullets in his coat and hat and had 2 horses shot from under him without any injury to himself.



The United States of America won its independence despite the fact that the British Army was established, experienced, disciplined, and trained and the American army was not. In addition to this, the British Army had ample quantities of powder, guns, and clothing and the American Army was not well supplied.

10 The song "Yankee Doodle" was sung originally by British officers making fun of backwoods Americans.



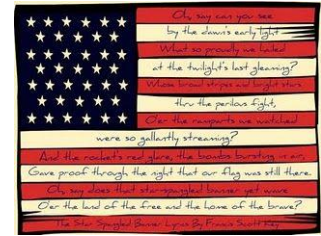


FREE JULY EVENTS

July 1	Utah National Guard Army Band	LDS Assembly Hall	50 W. No. Temple	7:30 p.m.
July 3-4	No. SLC Celebration	Legacy Park	1120 W. 1100 No.	4:00 – 11:00 p.m.
	Car show, games, sky divers, music fireworks			
July 3-4	Bountiful Independence Day Celebration	500 W. 1600 No	6:00 – 10:00 p.m. (3 rd)	
	7:00 – 3:00 p.m. (4 th)	Safety fair, music, parade, games, fireworks		
July 4	Independence Day Concert	West Jordan City Band	8030 So. 1825 W.	1:30 p.m.
July 4	Murray Fun Days	296 E. Murray Park Ave.	12:00 – 10:00 p.m.	
	Entertainment, games, music, fireworks			
July 5	Summer Film Series	Red Butte Garden	300 Wakara Way	9:00 p.m.
	“Napoleon Dynamite”			
June 7, 14, 21, 28	Summer Concert Series	455 W. 7500 So.	6:30 p.m.	
July 8	Jazz & Swing by the Night Orchestra	Viridian Center	8030 So. 1825 W.	
	7:30 p.m.			
July 10	Worldstage Summer Concert	Utah Cultural Celebration Center	1355 W. 3100 So.	
	7:00 p.m.	West Valley Symphony		



MORE FREE JULY EVENTS



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|---------|---|----------------------------------|--|--|
| July 14 | “Moana” | Kearns Oquirrh Park | 5624 So. Cougar Lane (4800 W.) | 9:00 p.m. |
| July 14 | Bountiful Music in the Park | 400 No. 200 W. | 7:00 p.m. | Music of Simon & Garfunkel |
| July 15 | Songs & Stories with Sam Payne | Sandy Amphitheatre | 9400 So. 1300 E. | 8:00 p.m. |
| July 17 | Worldstage Summer Concert | Utah Cultural Celebration Center | 1355 W. 3100 So. | 7:00 p.m. Utah Swing Orchestra |
| July 24 | Days of '47 Parade | 9:00 a.m. | Route starts at So. Temple & State Street then runs East to 200 East then turns South to 900 South then turns East to Liberty Park | |
| July 28 | Music in the Park - Malibu Revue | Bountiful City Park | 7:00 p.m. | Music from the 50's & 60's |
| July 28 | “Fantastic Beasts & Where to Find Them” | Kearns Oquirrh Park | 5624 So. Cougar Lane | 9:00 p.m. |
| July 31 | Worldstage Summer Concert | Utah Cultural Celebration Center | 1355 W. 3100 So. | 7:00 p.m. Imagine - Beatles Tribute Band |



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7-4-10



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of
JULY!

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