

CBTS NEWSLETTER

August 2018

COPING WITH STRESS

According to the APA Stress in America report, forty-two percent of teens indicated not doing anything to cope with their stress or not knowing what to do to manage it. This is a significant concern given the impact stress can have on our lives. With school starting again, stress can also start to increase. Here are some suggestions for coping with stress provided by the APA,

Get some sleep Between homework, activities and hanging with friends, it can be hard to get enough sleep, especially during the school week. Ideally, adolescents should get nine hours a night. To maximize your chance of sleeping soundly, cut back on watching TV or engaging in a lot of screen time in the late evening hours. Don't drink caffeine late in the day and try not to do stimulating activities too close to bedtime.

Focus on your strengths Spend some time really thinking about the things you're good at, and find ways to do more of those things. If you're a math ace, you might tutor a younger neighbor who's having trouble with the subject. If you are a spiritual person, you might volunteer at your church. If you're artistic, take a photography class. Focusing on your strengths will help you keep your stresses in perspective.

Engage in physical activity Physical activity is one of the most effective stress busters. That doesn't mean you have to go for a jog if you hate running. Find activities you enjoy and build them into your routine such as yoga, hiking, biking, skateboarding or walking. The best types of physical activities are those that have a social component. Whether you're into team sports, or prefer rollerblading with a friend or two, you're more likely to have fun — and keep at it — if you're being active with friends.

Do things that make you happy Besides physical activities, find other hobbies or activities that bring you joy. That might be listening to music, going to the movies or drawing. Make a point to keep doing these things even when you're stressed and busy.

Talk to someone It's so much easier to manage stress when you let others lend a hand. Talk to a parent, teacher or other trusted adult. They may be able to help you find new ways to manage stress. Or they may help put you in touch with a psychologist who is trained in helping people make healthy choices and manage stress.



COPING SKILLS

Looking for some healthy coping skills for your teen? Following are some ideas for things your teen can do whenever stressed or depressed.

- Go for a walk
- Listen to music
- Take a warm bath or shower
- Color
- Meditate
- Laugh and then laugh some more
- Watch a movie
- Call a friend
- Do some deep breathing
- Work a puzzle
- Read a book
- Eat a piece of dark chocolate
- Play a word game
- Journal
- Doodle
- Pray
- Write a letter
- Read a magazine
- Be with other people
- Make a meal
- Dance to fun music
- Paint your nails
- Give yourself a facial
- Talk to someone you love
- Look at pictures
- Make a scrapbook
- Create a gratitude list
- Be creative—paint, draw, color, write
- Sit in the sun
- Stretch/do a few yoga moves
- Play with an animal

Whatever your teen does whenever stressed or depressed, encourage them to do it offline whenever possible. The internet is full of interesting things, but much of what teens are exposed to online, especially via social media, can actually increase their stress

NEGATIVE COPING SKILLS

- ❖ Procrastination
- ❖ Abusing drugs or alcohol
- ❖ Wasting time on unimportant tasks
- ❖ Blaming
- ❖ Isolating/withdrawing
- ❖ Gossiping
- ❖ Criticizing others
- ❖ Refusing help from others
- ❖ Lying
- ❖ Provoking violence
- ❖ Enabling others to take advantage of you
- ❖ Denying any problem
- ❖ Stubbornness
- ❖ All or nothing thinking
- ❖ Tantrums
- ❖ Throwing things
- ❖ Hitting
- ❖ Yelling
- ❖ Destroying property
- ❖ Self-harm
- ❖ Making fun of yourself
- ❖ Self-sabotaging behaviors
- ❖ Spending too much money
- ❖ Eating too much
- ❖ Continually crying
- ❖ Suicide



We always in search of 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!

Please have them contact Lori to get the process started!!



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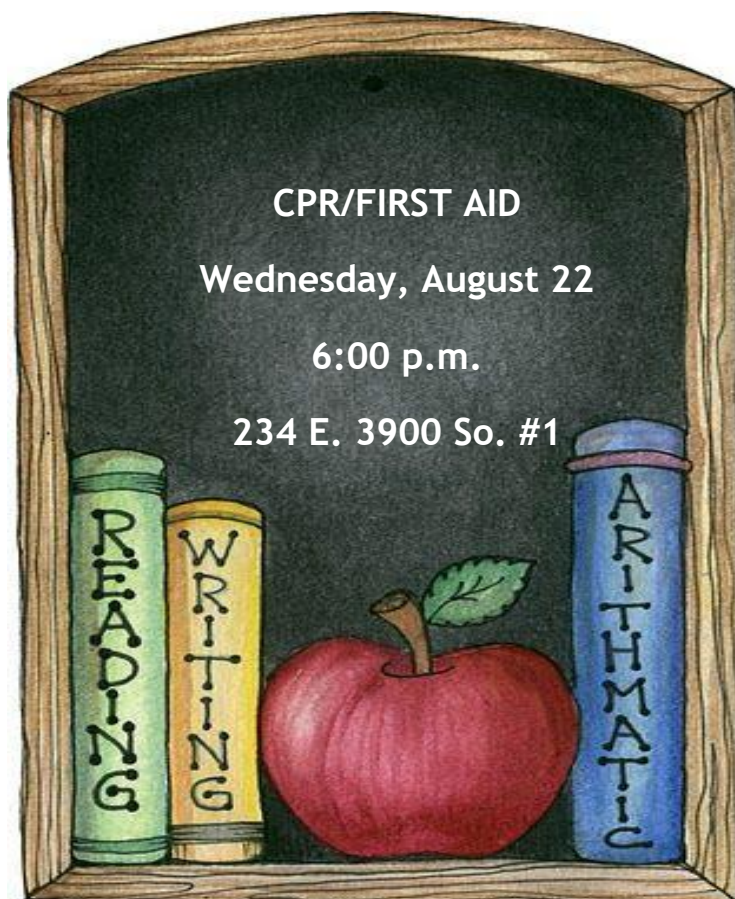
Specialist

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Brittani Neto, LCSW

Clinical Supervisor



FREE AUGUST EVENTS

August 1 Wasatch International Food Festival Utah Cultural Celebration Center 1355 W. 3100 S.
12:00 – 8:00 p.m. Activities for kids, demonstrations, music

August 1 Community Heroes Celebration 2810 W. 3590 So. 5:30 – 8:30 p.m.
Youth activities, entertainment, WVC police demonstrations, emergency vehicles on display

August 3 Movie in the Park “Ferdinand” Centennial Park 5415 W. 3100 So. Dusk
Bring your own blankets or chairs

August 4 Back to School Closet Blue Peaks High School 211 So. Tooele Blvd.
9:00 a.m. – 2:00 p.m. Free haircuts, vision screenings, backpacks, gently used clothing

August 6 Worldstage Concert Series Utah Cultural Celebration Center 1355 W. 3100 S.
7:30 – 9:30 p.m.

August 6 Family Fun Days 239 So. Main Street 11:00 a.m. – 2:00 p.m.
Prizes, entertainment, face painting, petting zoo, inflatables

August 9-10 Salt Lake County Fair 11400 So. 2100 W. 5:00 - 9:00 p.m. on August 9
1:00 – 9:00 p.m. on August 10 wagon rides, family activities, movie in the park

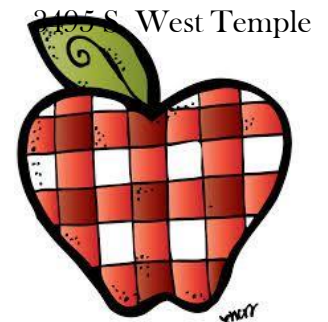
August 9 Saratoga Springs Outdoor Movie “Cars 3” Neptune Park 473 W. 400 N.
Dusk Bring your own blankets and chairs

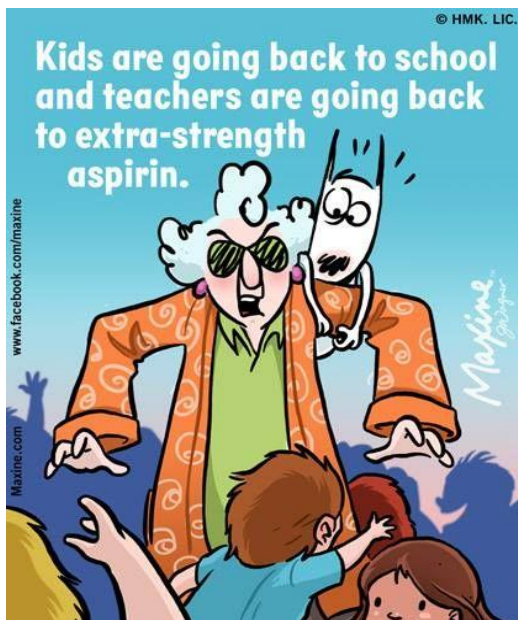
August 10 Venture Out Big Cottonwood Park 4300 So. 1300 E.
6:00 – 10:00 p.m. Music, classic car show, activities, movie



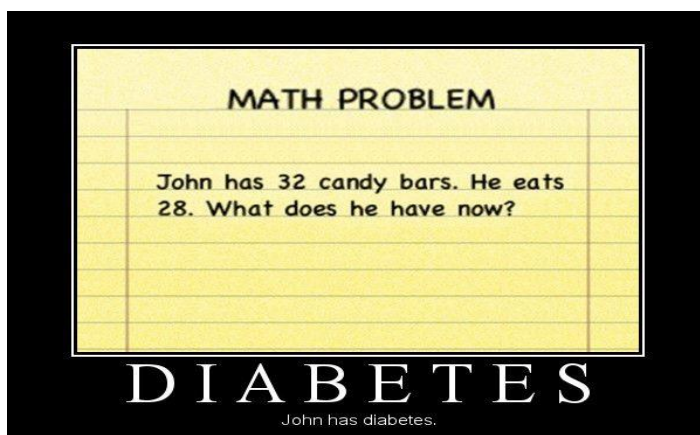
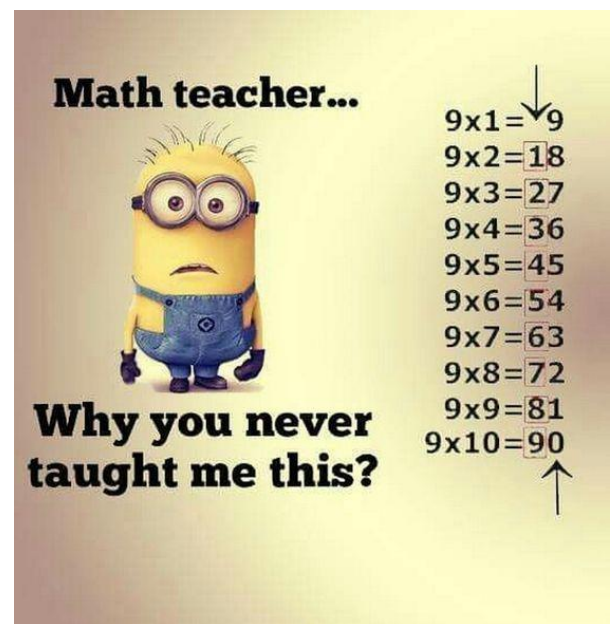
MORE FREE AUGUST EVENTS

- August 10-11 Summer International Art & Folk Festival 200 W. 400 No. 5:00 – 10:00 p.m.
Performers from around the world will share their music, dances & culture, children's art yard
- August 10,11 Sandy Hot Air Balloon Festival 10000 So. Centennial Parkway 7:00 – 11:00 p.m.
Bounce houses, music
- August 11 Timpanogos Big Band Viridian Center 8030 So. 1825 W. 8:30 p.m.
- August 13 Saratoga Springs End of Summer Luau Neptune Park 473 W. 400 No. 5:00-9:00 p.m.
- August 13 Family Safety Health Fair WVC Fitness Center 5415 W. 3100 So. 4:30-6:30 p.m.
20 booths, youth activities
- August 17 Movie in the Park "Road to ElDorado" Centennial Park 5415 W. 3100 So. Dusk
Bring your own blankets and chairs
- August 18 Troubadour 77 4580 So. 2300 E. 7:00 – 10:00 p.m.
Bring your own chair or blanket This group is composed of Grammy award winning singers/
Songwriters
- August 18 Party in the Park 8275 So. 1300 W. 4:00 – 7:00 p.m.
Bands, kids craft area, scavenger hunt, educational exhibits
- August 18 Utah Summer Dance Festival Columbus Community Center 2495 S. West Temple
11:00 a.m. – 9:00 p.m.
- August 25 Blue Moon Festival 4580 So. 2300 E. 3:00 – 10:00 p.m.





Arts,
crafts, music,
entertainment



In bed, it's 6AM you close your eyes for 5 minutes, it's 7:45.
At school it's 1:30, close your eyes for 5 minutes, it's 1:31.

