

KSU TRIO PROGRAMS

April Newsletter!

Mental Health Awareness

Maintaining your mental health is equally, if not more important than maintaining your physical health, especially as a teenager. According to the National Alliance on Mental Illness, "50% of all lifetime mental illnesses develop by age 14 and 75% develop by age 24." Mental health conditions are not you or your family's fault. Mental health conditions develop for complicated reasons that many researchers are only just beginning to understand. However, you have the power to improve your mental health, all it takes is starting one conversation.

Mental health symptoms can be scary and confusing. Speaking up and asking for help is a sign of strength. Even if you do not know what to say, reaching out and talking to someone you trust can begin the process of you receiving the care that you need.



Getting the Right Start

Student Guide to Mental Health

Know the warning signs...

- 1 Feeling sad or withdrawn for more than two weeks
- 2 Seriously trying to harm or kill oneself or making plans to do so
- 3 Severe out-of-control, risk-taking behaviors
- 4 Sudden overwhelming fear for no reason
- 5 Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain
- 6 Seeing, hearing or believing things that are not real
- 7 Repeatedly using substances like drugs or alcohol
- 8 Drastic changes in mood, behavior, personality, or sleeping habits
- 9 Extreme difficulty in concentrating or staying still
- 10 Intense worries or fears that get in the way of daily activities

Worried? Tell someone.

Things you can say -

- ✓ **A Family Member**
- ✓ **Close friend**
- ✓ **Teacher or Professor**
- ✓ **Counselor or Coach**
- ✓ **Faith Leader**
- ✓ **TRIO Staff**

I haven't felt right lately and I don't know what to do. Can I talk to you about it?

I'm having a really hard time lately, will you go with me to see someone?

I'm worried about stuff that's going on right now, do you have time to talk?

What to do:

Getting help early for mental health matters in keeping your life on track.

First, go to your primary care doctor to rule out other health conditions.

Be honest about what you're feeling and be clear about what you want.

Ask for help finding the therapist or mental health specialist for you

You can connect with others and find resources at OK2Talk.org.

Covid-19 Self-Care Tips



1 Eat Healthy Foods

Healthy eating is a major key in maintaining your wellness especially during the COVID-19 global pandemic. Try eating more whole foods such as fruits, nuts, and vegetables and less processed foods such as chips and candies. For more information on healthy eating click [here](#).

2 Stay physically active

Exercising will help in lowering your stress levels, help you regulate your emotions, and improve your sleep. Try going on a 30 minute walk each day to simply clear your mind and get some fresh air. If being outside agitates your allergies due to the high pollen count, there are a variety of fitness videos on YouTube, ranging from yoga to Zumba fitness.

3 Get regular sleep and rest

Regular sleep and rest will also aid in lowering your stress levels. Practice good sleep hygiene by limiting daytime naps to 30 minutes, avoiding caffeine close to bedtime, and by making your bedroom quiet and relaxing. For more information on how to practice good sleep hygiene click [here](#).

4 Create a sense of structure and routine in daily life

Having a routine is an excellent way to combat mounting anxiety. Create clear boundaries between work and non-work time, ideally in both your workspace and your head space. Try completing academic work in short bursts with clear breaks to help maintain your clarity of thought.

5 Connect socially with friends and family

Social distancing does NOT mean social isolation. Even if you identify as an introvert, we all need some sense of connection to others for our mental as well as our physical health. Group FaceTime is your friend! There are even ways to watch a Netflix movie with your friends! Check out this link [here](#) to find out how.

Creative Corner

Student Work During Social Distancing

Asia Turner

Student Journal Entry

The past week has been a very unusual one. At first I was angry because my whole senior year was just flushed down the drain. I was looking forward to prom and I was planning on going prom dress shopping that Saturday until this virus started spreading rapidly. The first couple of days just sitting in the house not able to drive anywhere was terrible. If you know me I like to go places and I just like being able to do something, but I thought maybe this is the rest I needed.

After this first week, I have been able to spend more time with my family and just actually slow down. I was pretty upset in the beginning, but our lives are more important than going to a senior prom. A valuable lesson I have learned in all of this is to just trust in God. Yes, I feel as if there is a reason why we are going through this, but if we all just obey our leaders and stay in the house this could be over sooner rather than later. The one thing that is keeping me sane is being able to reflect my thoughts in my prayer journal. We are all in this together!

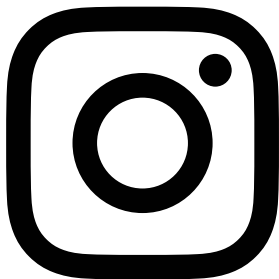
Anonymous

Student Journal Entry

Spring break is not the same
If you have had your break congratulations
It sucks being stuck at home all day
If you're about to go on a break
Do try your best to survive and stay safe
Choose wisely where you want to hang out
Avoid large crowds, but please get food and shelter
Rain, Snow or sunshine, whichever weather you get
Just Decide to make it a great and safe day.

Haley Harris

Student Photography



Instagram Challenge

We miss you! During this time of social distancing, while we are not together in person, we are together in spirit and goals. On the bright side, we also have more time to be creative! When you post pictures of the cool stuff you're doing or your schoolwork, use the hashtag #ksutriottogether

Student Spotlight



**Ayisha Bukar,
EPHS UBMS**

Ayisha is a graduating senior who has been involved with the UBMS Program from its start in 2017. Ayisha is a remarkable student- did we mention she will be graduating in May as a 16-year-old? Ayisha was granted acceptance into one of her top choice universities, Georgia State to pursue a Biology degree to fulfill her dream of becoming a doctor. In addition to her high school accomplishments, she is also one of KSU TRIO's 2020 Summer Bridge participants where she will start off her college career at Georgia Highlands.



**Asia Turner,
Polk Upward Bound**

Asia Turner is a 4.0 student at Cedartown High School, who has accepted her admission to Alabama State University and will attend in the Fall of 2020. After college, she plans to pursue graduate school to become a Physical Therapist. Asia is a dedicated and hardworking student, in addition to maintaining her perfect GPA, while taking challenging AP and Dual Enrollment courses, Asia is part of multiple extracurricular activities and has received multiple scholarships. This summer, she will be completing our Summer Bridge program as well as helping out the Upward Bound staff in daily duties. She never fails to be a leader within our program, and always has a smile on her face.



**Jayla Lucas,
Hiram Upward Bound**

Jayla Lucas is a junior and a year three member of Hiram Upward Bound. Jayla is incredibly hardworking and manages to balance numerous sports, clubs, and activities in addition to being a full time member of Hiram Upward Bound. In addition to her continued dedication to community service through her incredible work in KSU TRIO's T shirt workshop, Jayla has completed all test prep boot camps since the kickoff last year and has recently been accepted to KSU's dual enrollment for the fall!