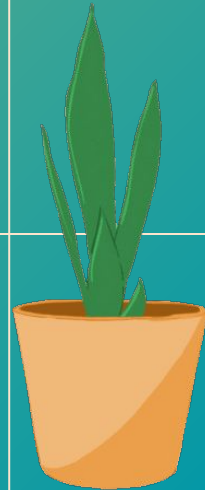


BTE YLC Outreach Session

CHILL WITH US



MEET OUR COUNCIL!

- Danielle Caruso (North Plainfield, New Jersey, USA)
- Yeina Castro (Yumbo, Colombia)
- Simamkele Faltein (East London, South Africa)
- Viridiana Herrera (New Brunswick, New Jersey, USA)
 - Translator
- Brenda Martinez Briones (Mexico City, Mexico)
- Miracle Moore (Trenton, New Jersey, USA)
- Luis Parker (Norristown, Pennsylvania, USA)
- Aliyah Saleem (Bound Brook, New Jersey, USA)

****Disclaimer: We are not professionals, but these are some of the great lessons we've learned!***



AGENDA

Topics:

- Positivity
- Maintaining Life
(Health & Nutrition)
- Mental Health & Self-Care



SELF
CARE

stay
positive

At the end of our presentation, we will hold a raffle in which two lucky participants will receive a prize!!

Here's how to enter:

1. Participate in discussion questions and activities during the presentations
2. Include your name and BTE site in the chat box



Quick Tips!



Before we begin, we kindly ask that you:

- Mute your mic
- Use our Chatbox
- Use the reactions
- We'll be moving a little today- make sure you have some room!

**We will also be recording the session*



On behalf of the Bridge To Employment Youth Leadership Council...





BY: ALIYAH SALEEM (BOUND BROOK, NJ, USA)
MIRACLE (TRENTON, NJ, USA)
YEINA CASTRO (YUMBO, COLOMBIA)

WHAT IS POSITIVITY?

¹pos·i·tive  *adjective* \ˈpā-zē-tiv, ˈpāz-tiv\

: good or useful

: thinking about the good qualities of someone or something : thinking that a good result will happen : hopeful or optimistic

What is positivity?

Positivity is a state of mind that allows you to observe all events in a pleasant way.



*Why is it important to
be positive?*



Being positive has many benefits, including
providing with the emotional energy you
need to be more effective in your goals.

*How can I start being a
positive person?*



Start getting rid of
excess worry

WHAT DOES POSITIVITY LEAD TO?

Positivity can help us achieve our goals, maintain happiness, and grasp a better understanding of the ups and downs of life.



What does positivity lead to?

.Being positive will make it easier for you to
continue and you will not give up on your dreams
when circumstances change.

How can improving your health be positive?

When negative feelings afflict you, it is usual that you feel low, without spirits, and even your head or stomach hurts. In addition, being positive helps to avoid possible future diseases



We live in moments full of bad news, in which there are many occasions when sadness and despair invade us. But, in the middle of everything.

We must try, by all means, to maintain a positive attitude, so that we do not constantly fall into discouragement. Fear and anxiety

How to apply it to our current situation?



Daily activities to have a positive attitude

JANUARY						
SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	2	3	4	5	6	
8	9	10	11	12	13	
15	16	17	18	19	20	
22	23	24	25	26	27	
29	30	31				

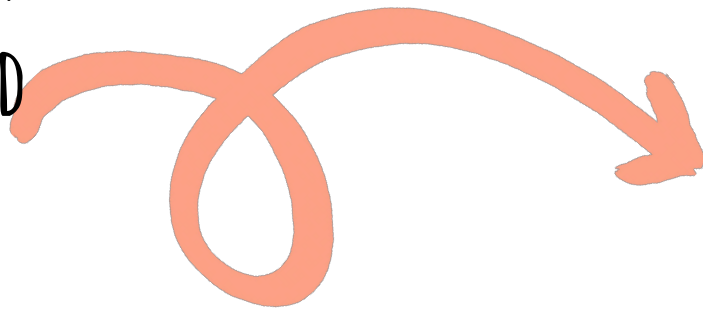
FEBRUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				8	9	10
4	5	6	7	15	16	17
11	12	13	14	22	23	24
18	19	20	21			
25	26	27	28			

.We must accept and understand the reality we live in and, above all, understand that we are facing a temporary situation. The key to better manage this situation is to try to find the positive side of this isolation, for example, that we can finally interact more with our partner or our family, that we have more time for activities that we had forgotten.

Daily rituals to help us stay positive:

- Practice mindfulness
 - Try meditating, going for a walk, or working out. Anything that can help *you* focus on the moment.
- Reach out to friends and family
 - Everyone's going through similar difficulties lately, hearing from a familiar voice or "seeing" a familiar face will always uplift you.
- Treat yourself
 - Engage in something that you know will fulfill you like a hobby. A few of my examples are reading, gaming, working out, or baking!

PLEASE HEAD ON OVER
TO OUR CHAT BOX AND
PLEASE LIST ANY
TECHNIQUES YOU USE
TO REMAIN POSITIVE!



A woman with brown hair tied in a bun is kneeling on a purple patterned mat, facing left in a meditative pose with her hands pressed together in front of her chest. She is wearing a light pink sports bra and dark blue leggings. To her left is a large green potted plant in a tan pot. In the foreground, there are two lit candles, one in a black holder and one in a white holder, and a small book or notebook. The background features a wall with a light-colored marble pattern and a window with multiple panes on the left.

MEDITATION



HOBBIES



EXERCISE





ENTERTAINMENT



HEALTHY THOUGHTS

"What if it goes wrong
and I don't get it?"

"It won't go wrong and
I'll get it

What will others think
of me?"

I can do it



ADDITIONAL TIPS



- Learn to enjoy simple things.
- Live in the here and now.
- Separate from negative people.
- Show others the love you feel for them.
- Fight for your dreams
- Look at problems such as goals to overcome and opportunities to learn.

AND

Discussion question:

How have YOU practiced positivity?





Maintaining Life

(HEALTH & NUTRITION)

Danielle Caruso & Luis Parker

INTRODUCTION

I am Danielle Caruso and here is a little about me

- From the North Plainfield BTE site
- Graduate from Monmouth University
- I love to paint

It is very important to stay active and healthy, especially during a time like this. Developing some type of routine will help you organize your tasks and maintain a lifestyle that is suitable for you. I personally love to use a mini agenda because it helps me stay productive!

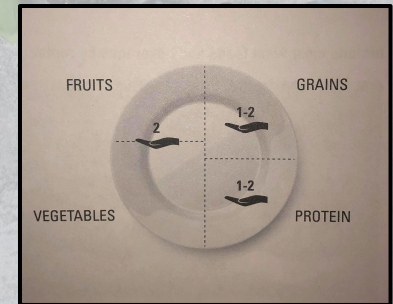
I'm Luis Parker and here's a little about me

- From the Norristown BTE site
- Senior at NAHS
- I'm a busy body

I think it's important to have a schedule so that you stay on top of your life. Being organized can help you get more activities done and cause less stress. Having a schedule is what allows me to do things that I need to do, along with the things I want to do.

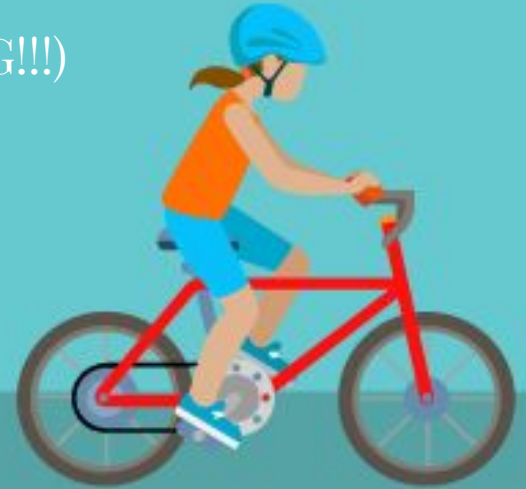
NUTRITION

- 80/20 rule
 - If 80% of the food you consume in a day provides the necessary nutrients for health and function, then the other 20% can be whatever foods you want
- Strategic snacks
 - Maximum of 100 - 150 calories
 - Follow the glycemic index
 - LOW: almonds, MEDIUM: banana, HIGH: pretzels
- Eat something within two hours of exercising (before and after)
 - Avoid exercising on an empty stomach
- Portion control & Awareness
 - Eat only what you will need for the next 2 - 3 hours of the day
- Stay hydrated!



Staying Active

- Stretch throughout the day
 - Increases performance in physical activities
 - Great for stress relief
 - Can calm your mind
- Go out for a walk/jog (FOLLOW SOCIAL DISTANCING!!!)
 - Walking/running is exercise, you'll burn some calories.
 - Increases your stamina, you'll feel less fatigued.
 - Allows you to see your neighborhood at your own pace.
- Do some Yoga
 - Improves respiration, energy, and vitality
 - Protection from injuries
 - Increases muscle strength and tone



MOVEMENT

Benefits

- Improved blood circulation
- Increased metabolism
- Increased engagement
- Improve cognitive function
- Increased energy levels
- Enhanced feeling of wellbeing
- Decreased muscular tension/discomfort
- Release of hormones prolonging effects

Consequences

- Impaired blood circulation
- Decreased metabolism
- Disengagement
- Decreased alertness and concentration
- Decreased energy levels
- Moodiness
- Increased muscular tension/discomfort

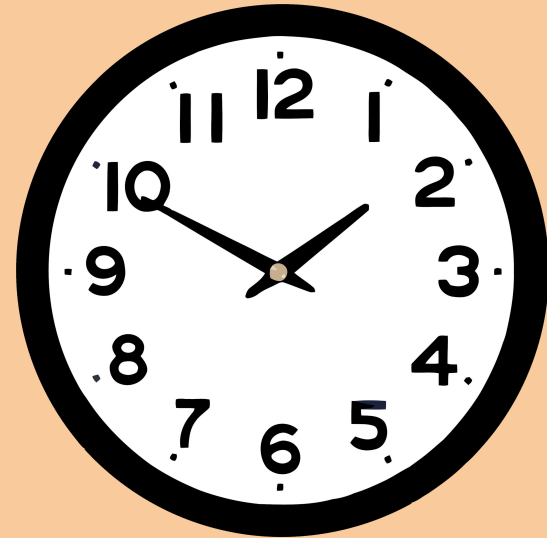
STRATEGIC MOVEMENT

- SOME MOVEMENT IS BETTER THAN NO MOVEMENT!

When & What

(About 5 - 15 minutes each)

- Every 30 - 45 minutes
 - Stretching & small movements
- Every 90 - 120 minutes
 - Large movements
- Low - moderate intensity



Being Productive

- Having a routine
 - Easier to stay organized
 - Creates a balance
 - Better time management
- Finding new activities/skills
 - Use this time to learn a valuable skill
 - Finally do that thing you always wanted to do
 - Dive into an interest you have
- Maintain your social life
 - Interact with family more
 - Find new ways to stay close to friends
 - Make new friends



Session Activity

Create your own schedule and add one (or more) goal(s) you want to reach

Optional: Set a time frame to accomplish your set goal

Ex.

- **Hygiene**
- **Get some schoolwork done**
- **Meditate**
- **Try to make that recipe (goal)**
- **Reward yourself**
- **Night time routine**

(2 minutes)

HEALTHY SLEEP HABITS

- Try to get 7 - 8 hours of sleep every night
- Create a bedtime ritual
- Limit fluid intake before you go to bed
- Practice deep breathing exercises to help you relax
- Avoid naps close to night time
- Try to wake up and go to sleep around the same time



Things To Do In The Meantime

- Work out
 - If you have gym equipment, use it
 - If you don't have gym equipment, do simple exercises (Push-Ups, Sit-Ups, etc)
 - Keep up with your progress, it'll motivate you
- Find work
 - Get a job to have something to do
 - Save money while you're not tempted
 - Earn money and buy the things you wanted
- Do some work
 - If you have homework you're putting off, just do it
 - If you have a project to do or want to do, just do it
 - If there is anything you wanted to do that you haven't, just do it

QUESTIONS?

PRACTICE WHAT YOU
PREACH!

(Movement Exercise)

MENTAL HEALTH



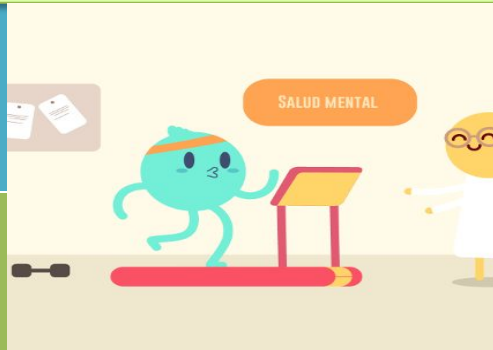
Viridiana Herrera - New Brunswick, New Jersey, USA
Brenda Martinez Briones - Mexico City, Mexico
Simamkele Faltein - East London, South Africa

What Is Mental Health?

Mental Health: Includes our emotional, psychological, and social well-being. It affects how we think, feel and act.



THE ROAD TO WELLNESS



Mental health is an important part of your life. Well, it allows us to fulfill our full potential. Working and being productive and dealing with the stresses everyday life. It helps you work with other people and contribute to society.

RECOMMENDATIONS

**Carry out social,
recreational, cultural
and sports activities**

**Keep good
interpersonal
relationships**

**Meditate and
exercise
regularly**

**Find purpose
and meaning**

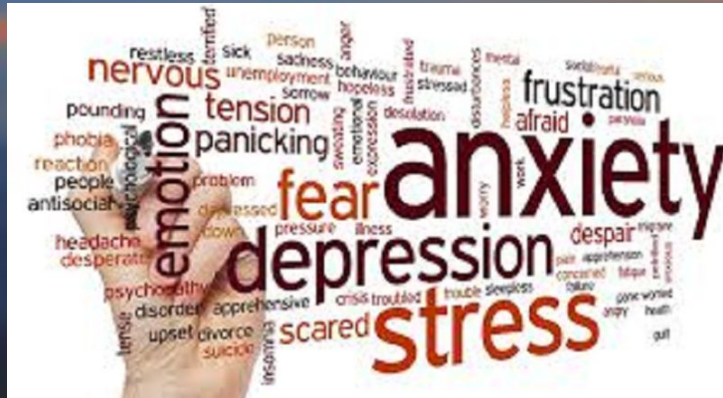
**Stay
positive**

**Maintain
good
eating
habits**

**Find
balance**

How To Reduce Depression, Stress And Anxiety?

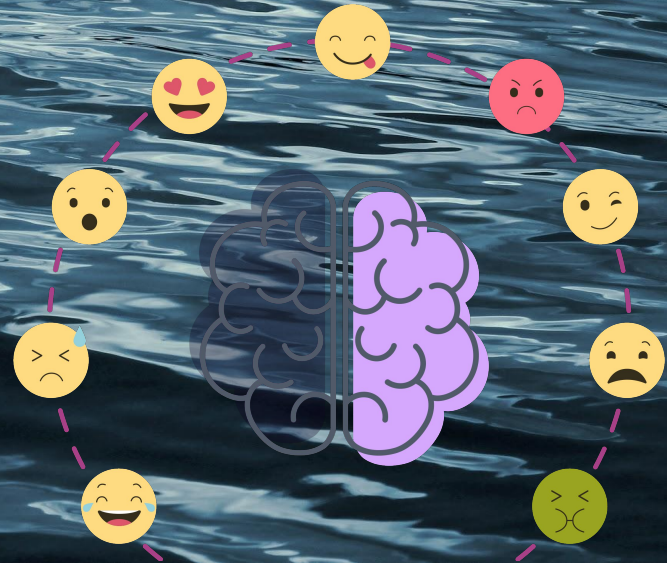
- Walk Around To Reduce Your Depression
- Smile To Decrease Your Physical Pain
- Take Deep Breaths To Improve Your Attention Span
- Do Some Yoga To Reduce Your Stress



Emotional Self-Care

Besides being physically active, a person needs to take care of their emotions. So during these times, it is crucial that you take time to process your emotions. For instance, if you have been feeling sad and overwhelmed that can take a toll on you. It can lead you to not wanting to do anything which only hurts your health more. So to allow yourself to take care of your emotions, you can:

- Write three good things that you did each day
- Talk to your friends and ask how they are
- Watch your favorite movie or show
- Eat food that you enjoy
- Do something creative! Whether it is cooking, drawing, dancing, etc. Just do something that you enjoy



Workplace/Professional Self-Care

For many of us, it is still hard to get used to online classes. Although many believe that self-care can't be done while working, they are wrong. In fact, it's important to be healthy as you work or else you will lose energy.

So you can:

- Be proactive to reduce your stress. If you have the time, feel free to do things that you have been putting off. So instead of stressing over an assignment try doing it sooner so that you don't have to stress about it.
- Get up and walk around. Do not stay at your laptop screen for hours straight. Try working for an hour and give yourself a break to refresh your mind.
- Create a healthy place to work at. So this means to go to a spot where you feel as if you can be productive. It can be your living room, kitchen, your own room, etc.
- Develop a short list (2-3 items) of top priorities each day.



PROFESSIONAL SUPPORT

Through different social networks, with the number,
#ContigoEnLaDistancia (#TogetherInTheDistance)

They are a group of expert volunteers who offer free professional help and share tools to help manage thoughts and emotions.

National Suicide Prevention Hotline: 1-800-273-8255



"See change as a positive challenge, not a threat"

Psychological Self-Care

During these times it can be hard to clear your head. But it is important that you try to do so in order to keep yourself less stressed.

In order to keep yourself calm, you can:

- Keep a journal. Write about anything that you want that has been bothering you.
- Talk to a friend
- Minimize your social media use
- Keep your mind sharp! Do a puzzle or learn more about a subject that fascinates you
- Find a book to read
- Do some coloring to alleviate stress and anxiety
- Regulate your sleep schedule





COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

1 Make a plan to help you keep calm and stay in contact

2 Enjoy washing your hands. Remember all they do for you!

3 Write down ten things you feel grateful for in life and why

4 Stay hydrated, eat healthy food and boost your immune system

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS



www.actionforhappiness.org

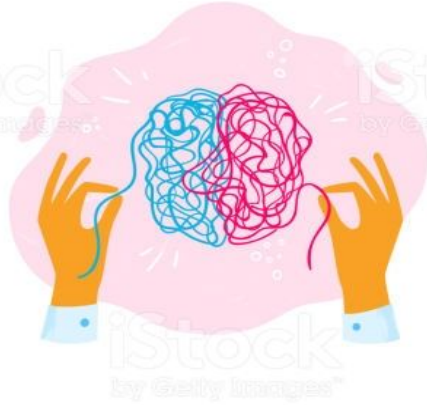
Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

Things To Remember

- Talk about your feelings
- Stay active
- Eat well
- Ask for help
- Do something you're good at
- Be productive
- Try something new
- Accept who you are



ACTIVITY



Mind and Body Relaxation

✓ Breathing

- Maintain a comfortable position.
 - Place one hand on the abdomen just below the ribs and the other hand on the chest.
 - Breathe deeply and slowly
 - Hold your breath and count silently from 1 to 7.
 - Exhale slowly completely
- Notice how you feel at the end of the exercise.



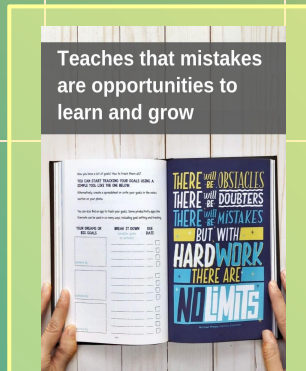
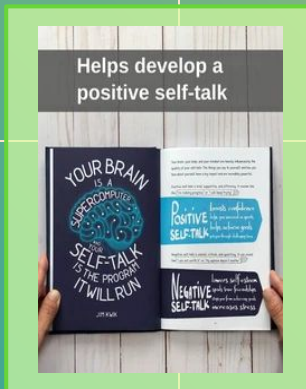
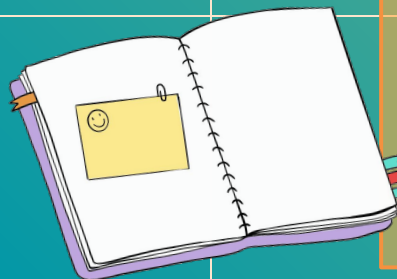
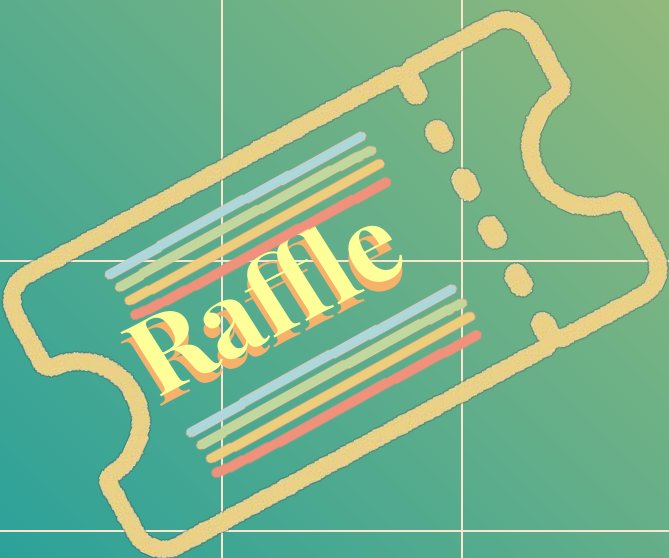
✓ Progressive relaxation of the muscles

- Inhale and tense the first muscle group
 - Exhale and relax the muscle group
 - Make slow circular movements
- Muscle group: hands, shoulders, neck, etc.



ASK YOURSELF...





Thank You For Your Time !

SO LONG
STAY STRONG
STAY TRUE
AND BE YOU

