



NEWSLETTER

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NOVEMBER 2024

STRESS AWARENESS DAY, NATIONAL GRATITUDE MONTH, AND NATIONAL RUNAWAY PREVENTION MONTH

LOCAL RESOURCES IN NORTHWEST KANSAS

High Plains Mental Health Center: Offers a range of mental health services including counseling, crisis intervention, and stress management workshops.

KSRE (Kansas State Research and Extension) Stress Management Resources: Provides educational resources and workshops on stress management.



Welcome to our November newsletter! This month, we shine a light on several important themes: Stress Awareness Day, National Gratitude Month, and National Runaway Prevention Month.

NATIONAL STRESS AWARENESS DAY

What is it?

The first Wednesday in November is National Stress Awareness Day. This day highlights the importance of stress management for maintaining overall health and well-being. It is a reminder to take a moment to relax and de-stress.

Why it matters.

Chronic stress can lead to serious health problems including heart disease, diabetes, and mental health issues. This day encourages individuals to identify stressors and take proactive steps to manage stress.

Stress Management Techniques:

- **Deep Breathing:** Practice deep breathing exercises to calm the mind.
- **Exercise:** Engage in regular physical activity to release endorphins.
- **Time Management:** Prioritize tasks and break them into

manageable steps.

- **Healthy Eating:** Maintain a balanced diet to support overall well-being.

Mindfulness Practices:

- **Meditation:** Spend a few minutes each day meditating to stay grounded.
- **Gratitude Journaling:** Write down three things you are grateful for each day.
- **Nature Walks:** Take a walk in nature to clear your mind and reduce stress.

Tips for Maintaining Mental Well-Being:

- **Stay Connected:** Maintain social connections with friends and family.
- **Set Boundaries:** Learn to say no to avoid overcommitting yourself.
- **Take Breaks:** Ensure you have regular breaks throughout the day.
- **Seek Help:** Do not hesitate to reach out to a mental health professional if needed.

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NATIONAL GRATITUDE MONTH

November is National Gratitude Month, a perfect time to reflect on the positive aspects of our lives. Expressing gratitude can significantly boost our mental well-being. We will explore fun activities and exercises that can help cultivate a grateful mindset.

DAILY GRATITUDE PROMPTS

- Morning Reflection: "What am I looking forward to today?"
- Evening Reflection: "What are three positive things that happened today?"
- Weekly Reflection: "Who made a positive impact on my life this week?"

GRATITUDE CHALLENGE

- Week 1: Send a thank you note to someone who has made a difference in your life.
- Week 2: Keep a daily gratitude journal, noting three things you are grateful for.
- Week 3: Perform a random act of kindness each day.
- Week 4: Reflect on the positive changes you have noticed from practicing gratitude.

MENTAL HEALTH BENEFITS OF GRATITUDE

- Improves Mood: Regular practice of gratitude can enhance overall happiness.
- Reduces Stress: Focusing on positive aspects can lower stress levels.
- Strengthens Relationships: Expressing gratitude can deepen connections with others.
- Enhances Resilience: Gratitude helps build a positive outlook, making it easier to cope with challenges.

Newsletter Question:
**What is one thing you are grateful
for this month?**

Email your answer
to efaulkender@nkesc.org
for a chance to win a prize!



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National Runaway Prevention Month is a vital initiative to raise awareness about runaway youth and provide resources to prevent such situations. We will discuss ways to support at-risk youth and ensure they have the help they need.

Survival and Support Story:

Sarah's story is a testament to resilience and the incredible impact of community support. At just 16 years old, Sarah found herself homeless after a series of family challenges. With nowhere to turn, she spent nights on friends' couches and, at times, on the streets. The uncertainty and danger of her situation took a toll on her mental health, leading her to feel hopeless and alone. One day, Sarah discovered the National Runaway Safeline through a school counselor. They connected her with a local shelter run by Covenant House, an organization dedicated to helping homeless youth. At Covenant House, Sarah found not only a safe place to stay but also access to counseling, education programs, and life skills workshops. With the support of Covenant House staff and her newfound friends, Sarah began to rebuild her life. She enrolled in a GED program and, with hard work and determination, earned her diploma. Sarah's counselors helped her apply for college, and she received a scholarship to study social work. Today, Sarah is a proud college graduate and works as a youth advocate, helping other young people who face similar challenges. She often shares her story to inspire others and promote the importance of community support for runaway and homeless youth. Sarah's journey from homelessness to hope is a powerful reminder that with the right support and resources, young people can overcome even the most difficult circumstances and build a brighter future.

RESOURCES FOR AT-RISK YOUTH IN NORTHWEST KANSAS

- **National Runaway Safeline:** Provides 24/7 support for runaway youth. Call 1-800-RUNAWAY.
- **High Plains Mental Health Center:** Offers counseling and support services for at-risk youth.

PREVENTION STRATEGIES

- **Education Programs:** Promote educational programs that teach life skills and resilience.
- **Family Support:** Encourage open communication and support within families.
- **School Involvement:** Advocate for school programs that identify and support at-risk students.
- **Community Engagement:** Foster a community network that provides resources and support for vulnerable youth.



CLOSING NOTE

As we move through November, let's focus on recognizing and managing stress, practicing gratitude, and supporting our at-risk youth. Together, we can create a healthier and more supportive community for everyone.