

# Inspiring *Healthy* Teens Guide

2023



We are excited to present the 2nd annual Inspiring Healthy Teens Guide. In Lynnfield, healthy kids and healthy families are the cornerstones of a healthy community. The guide is designed to provide information and resources for teens and families on a variety of health-related topics. A Healthy Lynnfield worked with experts and members of the community to bring these articles to you. This guide is made possible through the advertising support of local businesses and organizations that provide valuable services for youth and families. We thank them and hope you will recognize their commitment to our community.

In addition to this guide, A Healthy Lynnfield provides resources at our website – [www.AHealthyLynnfield.org](http://www.AHealthyLynnfield.org) and offers a variety of programming throughout the year to keep our community informed and engaged. We look forward to continuing the conversations. Until then, we hope you enjoy this guide!

## *In Good Health,*

**Phil Crawford**  
*Chair, A Healthy Lynnfield*

**Diana LeLeo**  
*Community Outreach &  
Engagement Coordinator*

**Peg Sallade**  
*Substance Use Prevention Coordinator*

**Lydia Sweetser**  
*Program Coordinator*

Beth Israel Lahey Health   
Lahey Hospital & Medical Center



Massachusetts  
Center for  
Adolescent  
Wellness

## Above And Beyond

The Massachusetts Center for Adolescent Wellness is a premier provider for adolescent mental health treatment. We offer accessible and inclusive treatment that combines group, individual, family, art and music therapies in a warm and welcoming environment. At MCAW, we strive to create the platform upon which teens and their families can find true healing.

## Now Enrolling

Now accepting referrals for our after-school Intensive Outpatient Program (IOP). Enrolling new clients ages 13-17 seeking treatment to manage mental health disorders co-occurring with substance use. MCAW will also offer Partial Hospitalization Programming (PHP), Monday - Friday.

## We Make Accessing Treatment Easy

### Call Us At 781-206-2828



Immediate  
insurance  
verification



Coordination  
of Intake  
Appointment



Family  
and Teen  
consultation



Evaluation



Admission

At MCAW, our team is always available to discuss our program in detail with a family or provider and help with recommendations to a higher level of care for any teen when needed.



### Tiffany Leyne

Director of Family and Community Relations



617-874-6327



tleyne@masscenters.com

Scan To Learn More!





**Ellen Rubbico Crawford**  
**Premier Realtor®**

Ellen.Crawford@Raveis.com  
617.599.8090



continuously recognized as...

**TOP** *listing agent*

**TOP** *selling agent*

**TOP** *producing agent*

**THE REALTOR THAT GIVES BACK.**

A percentage of every transaction is donated back to the community.

**WILLIAM RAVEIS**

WILLIAM RAVEIS REAL ESTATE | 1 POST OFFICE SQUARE, LYNNFIELD, MA 01940 | RAVEIS.COM

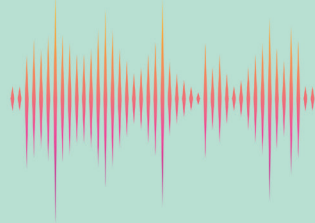
# CONCERNED ABOUT A FRIEND? HERE'S WHAT YOU CAN DO.

## CHECK IN:



Check in with your friend, but hold back from asking too many questions or lecturing.

## LISTEN:



Listen carefully and acknowledge the pain or sadness they are suffering. Never dismiss feelings.

## OFFER SUPPORT:



Offer unconditional emotional support, understanding, patience, and encouragement.

## BE PERSISTENT:



Depression can be hard to talk about for young people. Continue to check in and offer resources, even if you are shut out initially.

## DON'T IGNORE:



Never ignore comments about suicide. Share your concern with a school counselor, teacher, nurse or another trusted adult.

## INVOLVE OTHERS:



Remind them how much you care for them and involve others for added support. Never worry alone.

The NAN Project is an initiative which seeks to promote mental health awareness and suicide prevention programs in classrooms across Massachusetts. The core of our work is our peer-to-peer model, where our peer mentors, young adults aged 18-25 with lived experience, present their comeback stories to students with the goal of opening up the conversation around mental health issues and reducing the stigma.



Scan QR Code or visit  
[https://linktr.ee/The\\_NAN\\_Project](https://linktr.ee/The_NAN_Project)



# Help Your Teen Quit Vaping or Using Tobacco

By Ashley Hall, Northeast Tobacco-Free Community Partnership

## Is my teen hooked on nicotine?

Nicotine is addictive and it impacts the brain and body. If your teen experiences one or more of the following, they likely are hooked:

- Having strong cravings to vape/use tobacco
- Feeling nervous, anxious, angry or restless when they can't vape/use tobacco
- Having trouble concentrating
- Feeling the need to vape/use tobacco to feel better

## I think my teen is addicted to nicotine. What should I do?

Try to have a positive conversation with your teen:

- **Ask questions and listen.** Find out what they know about vaping and tobacco use, why they started, what products they are using, and what's been stressing them. It could take several brief conversations to build up trust.
- **Get the facts.** Learn what you can about the products your teen is using at [mass.gov/get-outraged](http://mass.gov/get-outraged) and [bit.ly/CDCvapes](http://bit.ly/CDCvapes).
- **Offer your help and support.** Tell your teen you are concerned about them and suggest they try to stop. If your teen is willing to quit, help them seek support. See sidebar for resources and support for both parents and teens.

## How can I help my teen quit for good?

Offer your teen extra support and patience to help them quit nicotine for good. It may take many tries to quit. Relapses are common and can help teens learn and prepare for their next attempt. Be positive and provide your teen with information and reasons for quitting.

When someone who is dependent on nicotine quits using it, their body needs to adjust to not having it. The physical and mental symptoms that result are called withdrawal symptoms. For most people, these symptoms are short-lived. Check with your teen's healthcare provider if you are concerned about any of these withdrawal symptoms:

- Having cravings to vape/use tobacco
- Feeling down or sad; having trouble sleeping
- Having trouble thinking clearly and concentrating
- Feeling restless and jumpy or irritable, or grouchy
- Having stomach pain, headaches, or dizziness



## RESOURCES

### Help for Teens:

This is Quitting powered by truth®

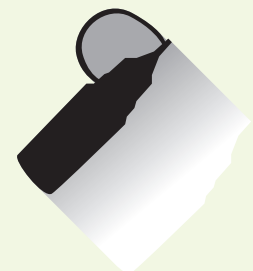
- Text VapeFreeMass to **88709** to enroll.
- Once enrolled, they can text COPE, SLIP, STRESS, or MORE at any time for instant automated support; or MASSINFO for information specific to Massachusetts.

### Help for Parents:

- Text QUIT to **202-899-7550** to sign up to receive text messages designed specifically for parents of youth who vape.

### Additional online resources include:

[mylifemyquit.com](http://mylifemyquit.com)  
[teen.smokefree.gov](http://teen.smokefree.gov)  
[smokefree.gov/help-others-quit](http://smokefree.gov/help-others-quit)





Lynnfield  
**Rotary**



# Inspire

Lynnfield Rotary has been serving our community since 1963. We provide scholarships for Lynnfield High School seniors, host Concerts on the Common, promote service activities for seniors and youth (Rotary ElderAct and Rotary InterAct), and contribute to many philanthropic initiatives.

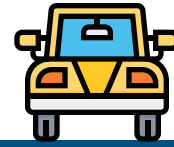
Join us in camaraderie and service!  
Visit <https://lynnfieldrotary.com/>



**Lynnfield  
Athletic  
Association  
supports Healthy  
Athletes and  
Healthy Kids**

# Advice to Incoming Freshmen

*A Healthy Lynnfield Youth Council Members*



Lynnfield High School upperclassmen from A Healthy Lynnfield Youth Council wish to share advice to incoming high school students to help them feel better prepared for a successful high school transition. Here's what they have to say:



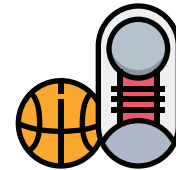
Don't be afraid to ask teachers for help! Almost every teacher can either stay after school or come in early to help with extra review and they are happy to help out. Whether it is to prepare for an exam or just reinforce a lesson, asking for a teacher's help is always beneficial because it helps you understand and shows your teacher that you care.



Try out all different clubs and activities to discover what you enjoy learning about! Once you find something you care about you can focus your attention there! This makes your college search in the future a lot easier.



Try your best with all your work because if teachers see you trying they will be more likely to help. Stay on top of work and don't save it all for right before the quarter ends.



Plan out your time in regard to homework, projects, tests, and quizzes. Make sure that you spend the right amount of time on work, and do not go overboard. Take time for self care as well. Also get yourself involved through clubs or sports early in your high school career; you can explore a new interest or hobby, and even create some special friendships.





# JOIN TODAY

Families thrive at the Y. Children 26 and under are FREE with a Family Membership.

**ENJOY  
A WEEK FREE**  
Use Code: YTRYFREE

**ENJOY  
NO JOINER'S FEE**  
Use Code: NOJOINFEE

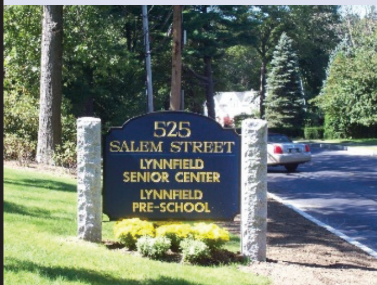
*New members only. Cannot be used with existing membership. Expires December 31, 2023. One free trial per person, per year. 18 plus only.*

Free Group Exercise Classes, Swimming, Events and Family Time,  
Court Times for Basketball, Pickleball, and more.

Torigian Family YMCA | 259 Lynnfield St., Peabody, MA 01960 | ymcametronorth.org | 978-977-9622

## The Lynnfield Senior Center serves seniors 60 and older offering the following:

- Exercise Classes
- SHINE – Medicare Help
- Van Rides
- Art Classes
- Dance Classes
- Hair Salon
- Manicures
- Meal Program



For more information, contact the center at 781-598-1078 • 525 Salem Street, Lynnfield, MA 01940



**LITTLEFIELD REAL ESTATE**

**FOR SALE**

Call Me For All of Your Real Estate Needs!



**Danielle Ventre**  
REALTOR, Notary  
Licensed in MA & NH

- ☎ 978-987-9535
- ✉ dventre427@gmail.com
- 🌐 www.littlefieldre.com
- 📍 Offices in Lynnfield & Saugus



# Why Self-Care is Important for Teens

By Tiffany Leyne, Director of Family and Community Relations  
Massachusetts Center for Adolescent Wellness



## Self-Care for Teens

As children and young people transition into adulthood, they inevitably go through varying levels of stress and pressure related to relationships, school, social media, appearance, and social standing. When these issues are not tackled effectively, they may lead to emotional, mental, or behavioral disorders.

Self-care can be an effective solution to help teens cope with the many stressors they face each day. Taking care of one's self helps maintain physical, emotional, and mental reserves, thereby preventing and managing stress and anxiety.

## What is Self-Care?

Self-care involves anything a person may do to meet basic needs to maintain and promote physical and mental health. This includes personal hygiene, exercise, nutrition, and seeking medical care when needed. When a teen feels stressed, overwhelmed, or burnt out, they can easily neglect these self-care activities.

For this reason, it is crucial to practice self-care, especially when one is struggling with mental health issues. Self-care activities empower teens to accomplish all they want and need to in a day without feeling overwhelmed or stressed.

## Self-Care Activities for Teens

The following are practical and effective self-care activities to help teens improve their physical, mental, and emotional health.

### Exercise

Any form of physical exercise, whether playing a sport, taking a walk, or going for a run, can help teens de-stress.

### Meditation

In teens, meditation can reduce stress, manage anxiety, and minimize feelings of depression. Meditation can involve guided exercises or listening to calming music.

### Participate in Hobbies

Practicing a hobby is a beneficial part of a self-care routine in teens. According to research, people who participate in hobbies are less prone to stress, unstable moods, and depression.

## Practice Gratitude

Another great self-care habit that teens should develop is practicing gratitude. Studies show gratitude has a strong and consistent relationship with happiness. People who practice gratitude enjoy more positive emotions, good experiences, improved health, and strong relationships.

## Eat Nutritious Foods

Nutritious food can help prevent chronic diseases, thereby improving physical health. A vital part of self-care for teens is eating a balanced and nourishing meal.

## Create Supportive Friendships

Relationships are vital to a person's emotional well-being. Prioritizing friendships is integral to teen self-care plans. Spending time with friends is not only fun, but it also yields several long-term physical and emotional health benefits.

Here are some ways good friends help boost a teen's self-care:

- ✓ Friendship promotes a sense of belonging
- ✓ Friendship boosts self-esteem
- ✓ Friendship offers strong social connections
- ✓ Friendship helps cognitive health
- ✓ Friendship can encourage healthy behaviors

## Get Enough Sleep

Good sleep can promote a healthy outlook on life, elevate mood and energy levels and boost concentration and productivity. Teens can improve their sleep by turning off their phones a few hours before bed and intentionally scheduling their sleeping hours. Setting daily routines can help teens stay on a regular sleep schedule.

Learn more about the  
Massachusetts Center for  
Adolescent's self-care  
resources and programs  
to help teenagers lead  
healthier, happier lives.  
<https://masscenters.com/>



# Your Child Has A Smartphone...Now What?

By Dr. Elizabeth Englander, Founder and Director of the Massachusetts Aggression Reduction Center



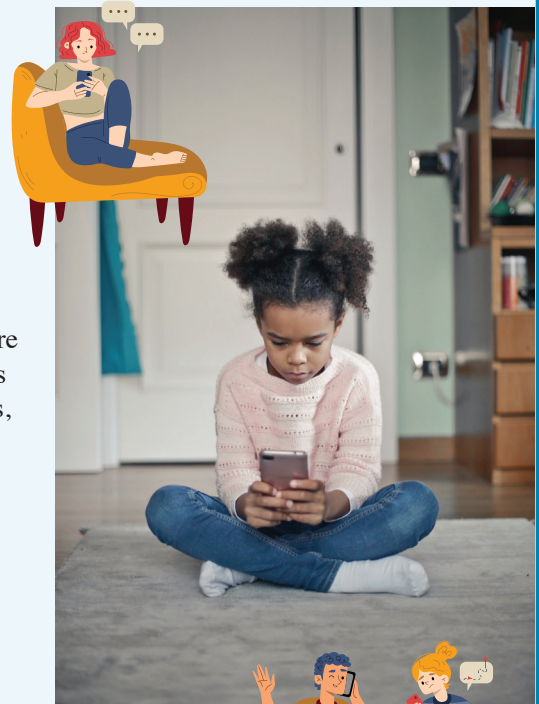
**Each year, more parents send their young child to elementary school equipped with a smartphone.**

For instance, the percentage of third graders who reported having their own cellphone more than doubled from 19 percent in 2013 to 45 percent in 2017. About half of fourth graders and 70 percent of fifth graders went to school with a phone in 2017.

Parents often cite the ability to easily reach their child as the major advantage of giving them a device, which they view as a safety issue. “Stranger danger” and sexual predators are often the first risks that occur to parents. But bullying and cyberbullying are more common concerns, and in my 2017 research, I found that that giving a young child a cellphone increases the likelihood that the child will either become a victim of bullying or a bully themselves.

Kids can learn to use cellphones safely, and there are practical steps that parents can take to minimize their young child’s odds of involvement in bullying and cyberbullying, along with cellphone practices that can help ensure the overall well-being of their child.

1. **Establish ownership.** The phone is not your child’s – it’s yours. Thus, you always have the right to look at it.
2. **Take cellphones out of dinnertime.** Family dinnertime has been shown to protect kids against bullying. Dinnertime can be a time to connect emotionally, even when no conversations of deep importance take place. It can also be a time to discuss challenges and difficulties, and to debate solutions and strategies, with input from the people who love you.
3. **Limit use during homework.** Listening to music can be OK, but watching videos and TV shows or playing games shouldn’t happen while homework is being completed. Studies that look at multi-tasking agree that it degrades memory, learning and cognitive performance.
4. **Don’t allow use before bedtime.** Looking at a cellphone just before bed can disrupt sleep. It’s been well documented that bright screens right before bed can delay or interrupt sleep patterns. Sleep problems, in turn, have been linked to becoming involved in bullying.
5. **Set a good example as a driver.** Texting is a leading cause of distracted driving. Encouraging kids to put down the phone when they are in a car can literally be a lifesaving habit that can begin in elementary school. Parents can teach young children to not use their device in the front seat of the car; it can be a place to talk, instead of a place to text.
6. **Instill responsibility.** Carrying a cellphone isn’t a right – it’s a privilege. As a parent, encourage responsible cellphone use by linking digital privileges with responsibilities. Show children how to budget internet time with apps like unGlue. Teach your kids that discussing social problems is part of being mature enough to carry a cellphone. And consider having your kids pitch in around the house to “earn” their digital privileges.



# A Letter To My Parents – What I Wish I Could Have Said at 16

By Brooke Bridges


Brook Bridges is a mental health speaker, a wellness coach, and entrepreneur. She is a former actress best known for her childhood roles on *The Young and The Restless* and *Ned's Declassified School Survival Guide*. After acting, modeling, and working as a personal chef, Bridges experienced a challenging mental health crisis. After overcoming her crisis Bridges wanted to help other young people. Below is a letter she wrote to her parents in retrospect that describes what a mental health crisis can be like for a young person.

## From Brook Bridges

I wish I'd been able to send this letter to my parents at 16. Everything is much clearer in retrospect; I didn't know how to express that the pain I was feeling was not only real, but weighing on me. I didn't know how to relay how scared I was about simple things, or how worried I was that I wasn't living up to the expectations they, or the world, held of me.

Although teenagers are by nature melodramatic, the melodrama doesn't mean the pain isn't real. The feelings can be real, even when the expression of those feelings seems "over the top." We must remember how different we all are and how children are not simply extensions of us, but are unique beings with a vast array of thoughts, feelings, and beliefs.

## Mom and Dad,



**I know I've been acting strange lately.** Please stop reminding me. I feel uncomfortable in my body. Nothing I do is right yet I can't put my finger on what's wrong. I know you think I've been lying to you and I'll be honest... I have. I've lied because every time I tried to tell you what's wrong you shut me down. I can't talk about my pain. You think my feelings are "normal teenage drama." I know it's more than that... and if you won't believe me when I tell you, why would I keep on telling you?

**I don't know how to cope.** All I know are the things I'm doing. If you want me to do something else, please teach me. Don't yell at me or call me bad. That doesn't work, it makes me want to keep doing things you dislike. Not because I want to hurt you but because if you think I'm "bad," maybe I just am.

Remember when I was heartbroken and you said, "No one ends up with their high school sweetheart?" Or when I told you about that mean girl and you asked me what I did to provoke her? You don't listen. When I'm scared I don't run to you, I run away. I'm saying this because I think it's easy for us to make judgments about what other people feel. We have ideas of what it means to be human, to be a teenager, or a woman, or daughter. Sometimes we need to pause and listen to each other.

**If I have one request it's this: listen.** Tell me it's okay to feel something other than happy or angry. Those emotions seem to be the most comfortable for our family. Tell me that there's room for the gray in between; the sadness, fear, frustration, worry, the disappointment, the hopelessness. Tell me that it's okay to feel those things and that feeling them can help me through them. I want you to understand me and if you can't understand me, I'd really like it if you tried.

# Come in for your Financial Checkup!



**Max M. Barror**  
Lynnfield & South Lynnfield  
Branch Manager  
mbarror@tsbawake24.com  
781-486-5430

We've been helping people since 1869 and continue to provide quality products and service today. We're here to help you in any way we can.

So come on in and meet Max. He'll help you find the products and services that will meet your needs.



**The Savings Bank**  
Local. Innovative. Trusted.

584 Main Street | 1105 Summer Street | Lynnfield, MA 01940  
tsbawake24.com | 800-246-2009 | Member FDIC/ Member DIF | Equal Housing Lender

## At First Financial Trust, Your best interest is our only interest.®

- Fiduciary Services
- Investment Management
- Trust Administration
- Real Estate Management
- Financial Planning

Call Janice for your complimentary  
consultation today!



**Janice Casoli**  
Senior Vice President & Trust Officer  
jcasoli@firstfinancialtrust.com  
617-658-7631



A SUBSIDIARY OF THE SAVINGS BANK

**FIRST FINANCIAL TRUST**

*Your best interest is our only interest.®*

351 Main Street, Wakefield, MA | [www.firstfinancialtrust.com](http://www.firstfinancialtrust.com)

\*Securities and advisory services offered through First Financial Trust are not insured by FDIC or DIF; are not deposits of or other obligations or guaranteed by the Bank, and are subject to investment risks including the possible loss of principal invested.



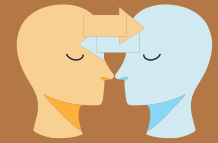
**As a patient at Beth Israel Lahey Health Behavioral Services, you have access to a full range of mental health and addiction treatment services.**

Our team of experts is well-versed in treating a variety of behavioral health conditions affecting children and adults of all ages, including depression, anxiety, trauma, substance use disorder and more. Services we offer include in-home emergency evaluations for those experiencing a behavioral health crisis, inpatient and outpatient psychiatric and addiction services, in-home counseling for individuals and families and community residential programming. Additionally, we offer medication for persons with opioid use disorders. Many of our services are available in Spanish, as well as other languages.

**Visit [bilh.org/system/behavioral](http://bilh.org/system/behavioral) to view a complete list of our offerings. If you'd like to discuss which treatments might be right for you or a loved one, call us at 978-968-1700 or email us at [info@nebhealth.org](mailto:info@nebhealth.org).**



# Understanding The Importance of Social Emotional Learning and Adult Connection



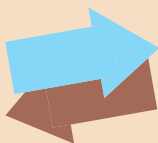
By Taylor Riedl (School Psychologist)

Claire Lenihan (School Adjustment Counselor)

**I**f you have a child in school today, you probably have seen or heard the term “Social Emotional Learning” or the more commonly used abbreviation, “SEL.” This is a newer term that has increased in popularity and use in the last several years and we want to make sure you understand what it is and why it is important.

SEL creates classroom environments that allow for developing positive attitudes, higher-order thinking skills, and growth mindsets that help students to succeed both in school and in life. These include attitudes to develop healthy identities, developing and achieving personal goals, understanding and showing empathy for others, finding supportive relationships and positive social connections, and using thoughtful decision making. Supporting these needs leads to higher academic achievement and a positive sense of self-worth in students. Research defines SEL as a crucial part of education and individual development. In fact, SEL has proven to be a stronger predictor of postsecondary success than academic grades.

While different aspects of SEL vary with age, teachers are incorporating strategies into their teacher practice and lessons to promote SEL from pre-k through high school. Some ways SEL has been incorporated in classrooms at the high school level include:

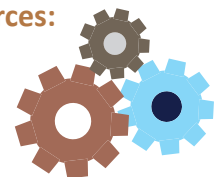


- **Mindfulness:** Some teachers practice starting their class with mindful breathing before an exam. The purpose of mindful breathing is to focus solely on our breath and let stressful thoughts pass by.
- **“Mood-checks”:** Having students check in on their mood increases their vocabulary knowledge of emotions and helps students recognize the impact their emotions have on their thoughts and behaviors in which they can then handle their emotions productively.
- **Reflection:** Reflecting at the end of the week helps students consider ways to turn something negative into a positive. Students can name something they did well on in class, something they are looking forward to, and something they may need help with next class.
- **Goal Setting:** At the beginning of a new unit or term, teachers have asked students to set a goal on what they hope to accomplish, and monitor their progress on these goals throughout the term. These discussions include how the student will feel when they accomplish the goal, and what emotions may stand in the way of making progress.
- **Meditation:** Meditation has been proven to improve physical and mental health as well as cognitive performance. Several apps have been used by teachers for guided meditations including Headspace and Insight Timer.
- **COMPASS Program:** Lynnfield High School incorporates a COMPASS program to foster positive social connections with other students and also helps connect students to teachers on a different level that is not related to academics. Compass groups take place for one hour once per month and include team-building activities, board games, music, book groups/discussions, and 21st-century film discussions. Students can choose their group based on their interests.

SEL should be integrated with academic content and everyday teaching. Furthermore, our schools are focused on creating a culture that fosters meaningful relationships and a sense of belonging. Through continued support and providing different opportunities for learning, teachers show students they care about them which helps students thrive. Connecting on a different level, such as through personal interests (books, movies, sports/activities) and providing different modes of learning helps build connection and respect. When students are in a positive emotional space through SEL and they feel good about themselves and their teacher, that opens up opportunities for more learning.

## Helpful Resources:

Childmind.org  
Mindful Schools  
Headspace





# Random Acts of Kindness

By Rev. Lori Anne Wyckoff, Senior Pastor, Centre Congregational Church, UCC,  
and A Healthy Lynnfield Coalition Member

I'm writing this post on "National Handwriting Day" and my personal favorite, "National Pie Day." Pie? YUM! It seems there is something to celebrate every day, some more serious than others. Each year, Random Acts of Kindness day is celebrated in February, but I suggest being kind is something that we can focus on every single day with benefits not only to the recipients of our acts of kindness but to ourselves as well.

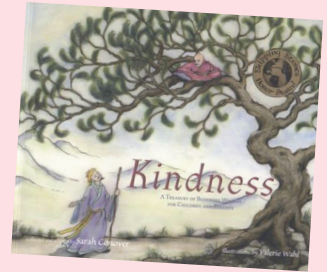
The Random Acts of Kindness Foundation is an organization that encourages and celebrates acts of kindness in the hopes of creating a world where kindness is the norm. I have a bumper sticker on my car that says, "Humankind. Be Both." The message is this: kindness honors the inherent dignity and worth, the very humanity of both the giver and the receiver and fosters connection between them. As actor Morgan Freeman said, "How do we change the world? One random act of kindness at a time."

*Here's what I love about random acts of kindness:*

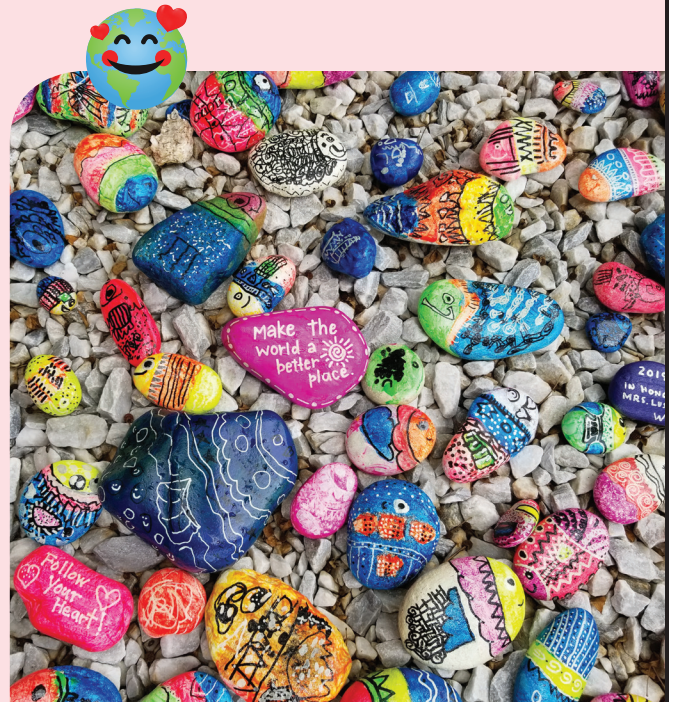
- 1) Anybody and everybody can get in on the act!** No matter who you are or how you identify (age, race, gender, ability, ethnicity, etc.), what you believe or don't, or your financial situation, you are qualified to participate. No special resources are required!
- 2) Kindness fosters community and connection.** Connection is a vital human need and important for our mental and physical well-being at every age. More kindness leads to more connection which in turn improves our life in the community.
- 3) Reading, or learning to play a musical instrument.** The more we do any of these things, the more they become habits and then eventually, second nature. By practicing random acts of kindness, "kind" will be one wonderful way we are known in the world.

I hope you'll join me in spreading kindness in Lynnfield. For more information go to <https://www.randomactsofkindness.org/> Together we can #MakeKindnesstheNorm here in Lynnfield and watch the benefits ripple out through our community and beyond.

Our Kindness book suggestion, brought to you by the Lynnfield Public Library: "Kindness: a treasury of Buddhist wisdom for children and parents" by Sarah Conover.



Additional book suggestions from the Random Act of Kindness Foundation can be found here: [https://www.randomactsofkindness.org/additional-resources/Kindness\\_book\\_list.pdf](https://www.randomactsofkindness.org/additional-resources/Kindness_book_list.pdf)



# Healthy Living



Co-Hosted by A Healthy Lynnfield and the Wakefield Lynnfield Chamber of Commerce



A Healthy Lynnfield and the Wakefield-Lynnfield Chamber of Commerce are proud to host the second annual **Healthy Living EXPO!**

If your business is focused on **health, wellness, fitness, or lifestyle change** this is a great opportunity to showcase your product and services. Increase your visibility and outreach to the community of Lynnfield, make new face-to-face connections, and build your business.

We are anticipating 200 attendees will attend this free community event with family fun, interactive and complimentary health screenings, fitness and healthy living information, give-aways, prize drawings and more.

Throughout this event, we will feature all of our exhibitors and promote visitors to your table. Advertising for this event will include press releases, event signage, email marketing, website and social media promotion and more!

**Saturday, May 20, 2023**

**10:00 am to 1:00 pm**

**Lynnfield Town Common, Lynnfield, MA**

**Rain Location: Lynnfield Middle School Gymnasium**

[ahealthylynnfield.org/about-the-expo](http://ahealthylynnfield.org/about-the-expo)

- 🍎 Community Visibility & Promotion for Exhibitors & Sponsors
- 🍎 Health Screenings
- 🍎 Giveaways



**CHILDREN'S FRIEND & FAMILY SERVICES**  
A DIVISION OF SJRI



**SOBELLA**  
SKIN & BEAUTY

7 Kimball Lane, B, Lynnfield  
**(781) 587-1983**

*Advanced Skincare, Brows, Lashes, Cryoskin  
Slimming/Toning, Hydrafacials, Microchanneling & More...*

**COMING SOON**

A Healthy Lynnfield presents



**Summer Outdoor Movie Nights**  
**July 18th & August 1st**  
**Lynnfield Town Common**

Details	Coming	Soon!
---------	--------	-------

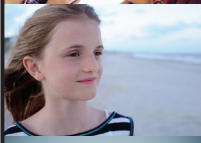
*Follow us on Facebook, Instagram & Twitter for updates and a chance to vote on movie titles!*



# MANAGING STRESS FOR A HAPPIER TEENAGE LIFE

By Lorelei Eckhardt

Lynnfield Girl Scout, Lynnfield High School 9th Grader,  
A Healthy Lynnfield Youth Council Member



**G**oing into high school, balancing the workload on top of after-school sports and maintaining friendships can be stressful. Being stressed is not fun and can take a toll on your mental health. Knowing how to manage this stress and how to stay positive is key to having a happy life. Motivational speaker, Tony Robbins, once said, “Ten years from now you’ll laugh at whatever’s stressing you out today. So why not laugh now?” Laughing over the little, non-important things is better than beating yourself up about them when it will not matter in a year, a month, or even a week.

**Sometimes, all you need is a hug from a friend to make your day 1,000 times better.**

Spending time with my close friends takes my mind off of everything stressful and makes me happy. Having positive friendships is important to your mental health. Being in a toxic friendship will cause unnecessary stress and destroy your happiness and mental health. Sometimes, it’s hard to communicate what is bothering you, but getting yourself out of a bad friendship feels like a huge weight has been lifted. Studies have shown that teens with close friendships over their teenage years have a lower rate of depression or anxiety later in life. Healthy and close friendships promote positive mental health and well-being. Friends can celebrate with you through the good times in life and be there for you through the tougher times.

**Another mood booster is listening to music.** I especially love listening to songs that I know all the lyrics to and can sing along to. I listen to Christmas music year round because it is cheery and good for those days when you wake up on the wrong side of the bed. Research suggests that a good mood generally improves your learning outcomes. You’ll likely have more success with studying and learning new material when you’re in a good mood. Studying can be stressful, especially when you don’t entirely understand the subject material. If you ever feel overwhelmed or upset, putting on some music can help you relax and work more effectively.

**Sometimes all you need is some self-care or self-love.** I love it when I can stay in my Pj’s all day and relax. Some of my personal favorite self-care things are: working out, taking a hot shower/bath, baking cookies, dancing, FaceTiming my friends, and sleeping. Also, eating healthy is a good way to be kind to your body. To me, eating healthy isn’t eating all salads and no sweet treats at all; it is having that balance between eating foods that are nutritious and fuel my body and in moderation, eating sweet treats that I enjoy. Loving yourself helps with self-confidence, self-worth, and in general, you feel more positive. If you can learn to love yourself, you will feel happier. Engaging in a self-care routine has been proven to reduce or eliminate anxiety and depression, reduce stress, improve concentration, minimize frustration and anger, increase happiness, improve energy, and lots more. Healthy habits like working out and eating healthy will make your body feel much better and will make you feel happier.

***Finding a balance is important to living a stress-free life.***

# EATING DISORDERS



By Risa Ferrara, Lynnfield High School Nurse, and Toni Rebelo, Lynnfield Public Schools Nurse Coordinator

**E**ating disorders are serious and potentially life-threatening conditions that affect as many as 30 million people in the United States. The personal impact – and most effective treatment – is rarely the same between two individuals. Most cases of eating disorders involve co-existing conditions which may include anxiety disorders, depression, obsessive-compulsive disorder, bipolar disorder or post-traumatic stress disorder – or alcohol or drug abuse.

*Most eating disorders are mental health illnesses.*

*There are 4 main types:*

**1. Anorexia nervosa:** A serious, potentially life-threatening eating disorder marked by self-starvation and excessive weight loss. It is often driven by an intense fear of gaining weight, in addition to several genetic, biological, and environmental factors.

**2. Bulimia nervosa:** is a serious eating disorder marked by recurrent episodes of bingeing – consumption of excessive amounts of food in a short period of time – followed by compensatory behavior designed to “undo” the impact of the binge episode. Bulimia can be difficult to recognize, since bingeing and purging behavior often takes place in secrecy. Unlike those with anorexia, individuals with bulimia usually maintain a weight that is relative to their height.



**3. Binge eating disorder:** a serious eating disorder in which you frequently consume unusually large amounts of food and feel unable to stop eating. Almost everyone overeats on occasion, such as having seconds or thirds of a holiday meal. But for some people, excessive overeating that feels out of control and becomes a regular occurrence crosses the line to binge-eating disorder. When you have binge-eating disorder, you may be embarrassed about overeating and vow to stop. But you feel such a compulsion that you can't resist the urges and continue binge eating. If you have binge-eating disorder, treatment can help.

**4. Avoidant restrictive food intake disorder:** This disorder is characterized by failing to meet your minimum daily nutrition requirements because you don't have an interest in eating; you avoid food with certain sensory characteristics, such as color, texture, smell or taste; or you're concerned about the consequences of eating, such as fear of choking. Food is not avoided because of fear of gaining weight. The disorder can result in significant weight loss or failure to gain weight in childhood, as well as nutritional deficiencies that can cause health problems.

There are other specified feeding or eating disorders so it is important to be alert for eating patterns and beliefs that may signal unhealthy behavior, as well as peer pressure that may trigger eating disorders.

*Red flags that may indicate an eating disorder include:*

- Skipping meals or making excuses for not eating
- Adopting an overly restrictive vegetarian diet
- Excessive focus on healthy eating
- Making own meals rather than eating what the family eats
- Withdrawing from normal social activities
- Persistent worry or complaining about being fat and talk of losing weight
- Frequent checking in the mirror for perceived flaws
- Repeatedly eating large amounts of sweets or high-fat foods
- Use of dietary supplements, laxatives or herbal products for weight loss

*continued on next page*



- Excessive exercise
- Calluses on the knuckles from inducing vomiting
- Problems with loss of tooth enamel that may be a sign of repeated vomiting
- Leaving during meals to use the toilet
- Eating much more food in a meal or snack than is considered normal
- Expressing depression, disgust, shame or guilt about eating habits
- Eating in secret

If you're worried that your child may have an eating disorder, contact his or her doctor to discuss your concerns. If needed, you can get a referral to a qualified mental health professional with expertise in eating disorders, or if your insurance permits it, contact an expert directly.



**For more information:**

- [www.childmind.org](http://www.childmind.org)
- [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)
- [www.mayoclinic.org](http://www.mayoclinic.org)

**Important phone numbers:**

- National Eating Disorders Association: 1-800-931-2337
- Walden Behavioral Care: 1-781-647-6727

# WE'RE HERE FOR YOU

Feeling depressed? Anxious?  
Need someone to talk to?  
Riverside can help.

*Offering therapy appointments via telehealth or in person.*



**Riverside Community Care**

Leading the Way in Behavioral Healthcare & Human Services

Riverside Outpatient Center • 6 Kimball Lane, Suite 310 • Lynnfield, MA • 781-246-2010 • [riversidecc.org](http://riversidecc.org)

# Tips for A Successful Transition from Middle to High School

By Kristen Dee, School Adjustment Counselor, LHS  
Kathi Moody, Department Head, School Counseling, LHS



**T**he transition from middle school to high school can seem daunting for both students and families alike. We are here to put your mind at ease! It is natural for there to be apprehension and some anxiety about this next step but here are 5 tips that we think can make it easier:

- **Ask yourself “Can my student do this on their own?”** before jumping in to help. This includes problem solving and developing self advocacy skills. The goal is to support your student in becoming increasingly independent throughout their high school years.
- **Get to know the resources available in the building including school counselors, special education liaisons, teachers, coaches and the like.** Encourage your student to develop relationships with these people as they are all here to provide support on many different levels.
- **Get involved in the school community!** Making connections through activities, clubs and sports provides opportunities for students to enjoy their day outside of the academic realm. It can balance and add fun to what can sometimes be a stressful day.
- **It’s okay to stumble...students will have many ups and downs during their high school career.** We recognize this can be challenging to witness as a parent/guardian but it is an essential part of their development to experience challenges and to learn how to bounce back from them. Know that the school staff is always there to help during these times.
- **Make home a safe space.** High school can be an emotional time and sometimes students may come home and vent/meltdown. Try to discern what is truly an issue versus just needing to blow off steam.



## Some resources to check out:

<https://childmind.org/>

<https://yourteenmag.com/>

*The Gift of Failure*, Jessica Lahey

*Anxious Kids, Anxious Parents*, Lynn Lyons

# FREEDOM checking

enjoy life with all the perks

## FREEDOM checking is available to ages 16 through 25\*\* and offers all the perks:

- > No Wakefield Co-operative Bank ATM withdrawal fees at any ATM, anywhere in the U.S.
- > We'll reimburse you up to \$20 (per statement cycle) for ATM charges from other banks (plus you'll have access to thousands of ATMs free-of-charge on the SUM® Network!)



- > Earns a higher interest rate on balances up to \$500\*\*\*
- > Mastercard® debit card with chip technology for added security
- > Free online banking with eStatements
- > Mobile banking & mobile check deposit
- > Monthly fee of \$20 waived with enrollment in online banking

\*Fees may reduce earnings

\*\*Parental co-signer required under age 18. Account will automatically switch to Free Checking at age 26.

\*\*\*Balances over \$500 will earn the standard NOW Checking interest rate.

Wakefield Co-operative Bank is proud to be a long-time supporter of A Healthy Lynnfield

WAKEFIELD  
Co-operative  
BANK



Bringing *life* to banking



Find us on Main Street: Lynnfield • Melrose • Wakefield • 781-334-4050

[wakefieldcoop.com/freedom](http://wakefieldcoop.com/freedom)

Member FDIC / Member DIF

# Resources

## INTERFACE

Free mental health resource and referral service for Lynnfield residents.

Non-crisis referral.

9 am to 5 pm.

☎ 1-888-244-6843

<https://interface.williamjames.edu/>

## Suicide & Crisis Lifeline:

☎ Dial 988

Call, text, or chat 988 anytime 24/7 and be connected to trained counselors that are part of the national Lifeline network. These trained counselors will listen, provide support, and connect you to resources if necessary. For suicidal crisis or emotional distress.

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

## MINDWISE

Anonymous screening to determine if you or someone you care about should connect with a behavioral health professional.

[www.ahealthylynnfield.org/mental-health-1](http://www.ahealthylynnfield.org/mental-health-1)



These resources are intended to be a quick list of emergency, treatment, and support options for Lynnfield residents. For a complete listing that includes further breakouts by level and type of treatment service, please visit [www.ahealthylynnfield.org](http://www.ahealthylynnfield.org).

**Always call 911 for life-threatening emergencies!**

## National Alliance on Mental Health (NAMI):

COMPASS Helpline provides resources and support to help navigate the mental health system.

☎ 617-704-6264

[www.namimass.org](http://www.namimass.org)

## Eliot Community Human Services:

Provides 24-hour psychiatric emergency services and crisis stabilization, outpatient counseling, addiction services, in-home therapy, therapeutic mentoring, and early intervention services for children.

## Eliot Psychiatric Emergency Services:

☎ 800-988-1111

For appointments in Lynn:

☎ 781-581-4402

[www.eliotchs.org](http://www.eliotchs.org)

## Riverside Outpatient Center:

Serving people in need of behavioral healthcare and human services.

☎ 781-246-2010

[www.riversidecc.org](http://www.riversidecc.org)

## Beth Israel Lahey Health Behavioral Services:

Offers access to a full range of mental health and addiction treatment services.

☎ 978-968-1700

[www.bilhbehavioral.org](http://www.bilhbehavioral.org)

## Massachusetts Center for Adolescent Wellness (MCAW):

Intensive Outpatient Program for ages 13 to 17

☎ 855-940-6229

<https://masscenters.com/>

## Massachusetts Substance Use Helpline:

Helps you locate the right type of substance use treatment program in Massachusetts.

☎ 1-800-327-5050

[www.helplinema.org](http://www.helplinema.org)

## Trevor Project Crisis Line:

For LGBTQ+ Youth:

☎ 1-866-488-7386

Text 678 678

[www.trevorproject.org](http://www.trevorproject.org)

## Veterans Crisis Line:

☎ Dial 988 Press 1

[www.Veteranscrisisline.net](http://www.Veteranscrisisline.net)

## Local Emergency Numbers:

Lynnfield Police: ☎ 781-334-3132

Lynnfield Fire: ☎ 781-334-5152

These resources are intended to be a quick list of emergency, treatment, and support options for Lynnfield residents. For a complete listing that includes further breakouts by level and type of treatment service, please visit [www.ahealthylynnfield.org](http://www.ahealthylynnfield.org).



*A Healthy Lynnfield*  
Substance Use  
Prevention Coalition



# The Think of Michael Foundation

**Proud to support A Healthy Lynnfield in its  
commitment to make a real difference  
in our community's well-being.**

“The Think of Michael Foundation’s mission is twofold.  
Firstly, we are committed to helping those individuals and families dealing  
with substance use disorder. Secondly, we are dedicated to making a tangible impact  
on our community and its views towards issues of substance use disorder.”

*Carmela Dalton, President*

## Save the Date

Trivia Night is scheduled for Friday evening, May 19th, 2023  
Four Points by Sheraton Wakefield Boston Hotel & Conference Center

Please visit our website:  
[www.thinkofmichael.org](http://www.thinkofmichael.org) to learn more about our organization.

# When it's not an emergency, but it's urgent

## Urgent Care Lynnfield



**Open daily,  
weekends  
and holidays**



**Walk-ins  
always  
welcome**



**Average wait  
time under  
one hour**



**Most  
insurances  
accepted**

### Treatment and services:

- Allergic reactions and rashes
- Cold, flu and cough
- Cuts and minor burns
- EKG testing
- Flu shots and vaccines
- Minor eye injuries
- On-site X-rays and lab
- Pregnancy and STI testing
- Sports and workplace injuries
- Sprains and minor breaks
- Sore throat and earaches
- TB testing
- ...and more

Monday – Friday: 8 a.m. – 7 p.m.  
Saturday – Sunday: 8 a.m. – 4 p.m.

**1350 Market Street  
Lynnfield, MA 01940  
781-213-4050  
[lahey.org/urgentcare](http://lahey.org/urgentcare)**