

ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

More Than A Program...It's A Promise!

NEWS LETTER

HAPPINESS HAPPENS MONTH - AUG 2022

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We'd
love to
hear
from
YOU!



Would you like
to share how the
CYS program
has made an
impact on you
and your family?
Let us know at:

www.surveymonkey.com/r/ShareYourCYSstory

DREAM BIG,
WORK HARD,
- MAKE IT -
happen.

One of the greatest feelings in life is that of being happy. Pause for a moment and think about a recent time or two when you experienced feelings of happiness. How did those moments or experiences impact your day or week? The truth is, even the smallest moments of happiness can have great and positive impacts on how we view the world around us and engage with others. So, how does one increase their chances of experiencing more happy moments in life?

In 2000, an organization known as the Secret Society of Happy People established August as Happiness Happens Month. Prior to this, there was Admit You're Happy Day; however, the Society wanted to encourage people to find happiness more than just on one day a year. As a result, they designated the entire month of August to encourage

Alabama – Youth are all smiles as they Hunt the Good Stuff, make connections and increase their resilience during the 2022 Challenger Sports Camp.

people to find what makes them happy or brings them happiness in life. The Society also worked to identify strategies anyone can utilize to infuse more happy moments into everyday life.

One of the strategies recommended is dedicated to cultivating meaningful relationships and connections with others. These connections being people who are genuine, inspiring and themselves working to increase feelings of happiness in life. Another recommended strategy for increasing personal happiness is the act of showing gratitude for what one has versus what one does not have. If one's attention is regularly focused on what they perceive to be missing in life, it prevents them from celebrating all they have and what that means to them. Experts also note that people wishing to increase personal happiness may benefit from doing something for someone else, noting even the smallest act of kindness and generosity towards others can positively increase our outlook on life and our emotional well-being.

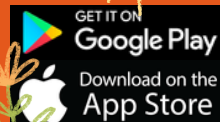
Within the Army National Guard (ARNG) Child and Youth Services (CYS) Program, we teach youth to regularly utilize the skill of Hunting the Good Stuff (HTGS). This skill is one part of the Master Resilience Training (MRT) available through the ARNG CYSP Program. Research has proven that momentarily pausing to recognize something positive in each moment or each day increases overall mental health and resiliency – simultaneously creating more moments of happiness. The best part about HTGS is that the skill can be utilized by anyone at any time. All it requires is hitting the 'pause button' and identifying something positive – or something that brought you happiness - in that moment or day. Great or small, HTGS reminds us that good things happen all the time, we just have to pause to recognize them.

The ARNG CYSP Program invites you to join us as we celebrate National Happiness Happens month! If you would like to learn more about the Master Resilience Training program, please reach out to your local ARNG CYSP Team: <https://arngcys.com/my-local-cys-program>. Together, we can all put a little more happiness out in the world!



WWW.ARNGCYS.COM
#GUARDFAMILIES #ARNGCYS

Download the
"ARNG CYS" App





This July, **Oklahoma Child & Youth Program** had the hottest Kids Camp in the history of our program, reaching 112 degrees on the heat index! Thankfully, our campers stayed safe and had a blast. We had 175 total participants, including campers and volunteers. Most of our volunteers are seasoned Kids Camp Veterans, the longest of which has served as a Kids Camp group leader for 13 years! We appreciate all who come to serve and invest in our youth as their leadership has made a lasting impact on our program. We'd like to spotlight our Teen Panel's leadership! They operated in several leadership capacities throughout camp; their favorite of which involved choosing seven campers who embodied one of the seven core values of the Army. At the Awards Ceremony on the final night of camp, our Teen Panel took the stage and awarded the seven campers with a gold t-shirt that has each of the core values. They explained to each camper why they were selected for that core value and encouraged them to keep working toward a life lived in loyalty, duty, respect, selfless service, honor, integrity, and personal courage.



Texas Child & Youth Program hosted our first in-person State Youth Symposium, after two years of virtual training. Teens from around the state traveled to Houston for a full day of MRT, Leadership, and Self Care training. The youth were given challenges to test their team building and communication skills throughout the day, all while making lasting connections with one another.



New Mexico Army National Guard Child and Youth Program had its first Teen Symposium since 2019! From June 13th to June 16th teens participated in resiliency, STEAM, and leadership workshops. They put their skills to the test and worked together to become leaders in their communities.

REGION 6 SPOTLIGHT

[Continued]



Arkansas Child and Youth Program has devoted the last five years to developing and building a consistent statewide Resilient & Fierce Drill Weekend Military Youth Training. The focus of this training is MRT, Leadership Skills, Communication Skills, Physical, Mental, Social, Family and Emotional Resilience along with STEAM Activities. Our successful partnerships with key community partners has helped us stay dedicated to building resilience and confidence through service for all Military kids in the state.



TRAINING OPS

Youth Development Institute (YDI) offers 4 FREE Courses:

- Adolescent Development
- Age Appropriate Discipline
- Child Development
- Overview of Positive Youth Development

<https://www.partnershipuniversity.org/youth-development-institute-ydi-courses-descriptions-and-information>

**This does not indicate an endorsement of resources, programs and/or services by National Guard Bureau, DysTech, staff or contractors.*



Check it out:

ANNOUNCEMENTS

Did you get a copy of the ARNG CYS "Virtual" Travel The World Packet?

Explore the world, Food, Art, Science + much more!



Ask your State ARNG CYS I/CYPC for a copy.

