

# ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

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

# NEWS LETTER

## Nurturing Well-being: The Power of Introspection and Self-Reflection for Military Families

Let's celebrate **Self-Check Month** - As military families, you navigate a unique set of challenges that can impact your overall well-being. In the pursuit of resilience and positive mental health, it's crucial to incorporate practices that promote self-awareness and personal growth.

**Why Introspection Matters:** Introspection, often referred to as intentional introspection, is a practice recommended by experts in the mental health field. Taking a moment to ask ourselves fundamental questions about our physical, mental, and emotional well-being can lay the foundation for a healthier, more resilient mindset. Here are a few examples to get you started:

- 1. Physical, Mental, and Emotional Health:** How have you been attending to your physical, mental, and emotional health?
- 2. Navigating Challenges:** How are present challenges influencing your life?
- 3. Habits:** What habits can be started, continued, changed, or stopped?
- 4. Positivity Amid Challenges:** What are three positive things happening in your life right now?
- 5. Setting Goals:** What goals do you have for today, this week, or this year?

**Implementing Change:** The beauty of the self-check process lies in its simplicity. By dedicating a few minutes each day to reflect on questions, you can make small, positive changes that contribute to enhanced well-being and resilience.

**Encouraging Youth:** Self-checking is a valuable skill that benefits individuals of all ages, including our youth. Equipping them with the ability to reflect on their thoughts and emotions fosters emotional intelligence and resilience.

Prioritizing introspection and self-reflection is a powerful step towards nurturing the well-being. By incorporating these practices into our daily lives, we can foster positive mental health and build a strong foundation for navigating the unique challenges that come with a military lifestyle.

**Connect with ARNG CYS:** For more information on self-checking, especially regarding how you can help youth develop this valuable skill, go online and explore the many resources available, visit the following website:

<https://positivepsychology.com/introspection-self-reflection/> , or [reach out to your local ARNG CYS Team!](#)

*Disclaimer: The sharing of various resources does not indicate an endorsement of/for these publications, their creators, or originating entities by the Government, contract vendor, or PM Team.*

### IN THIS ISSUE:

- Region 2 Updates
- Training Ops
- Teens on the Move

Do you want to stay up-to-date with the latest info? Be sure to [subscribe here on our website](#)



Virgin Islands CYS  
Trunk O' Treat

"If you can DREAM IT....  
YOU CAN DO IT"  
- Walt Disney

Find out who you are  
and do it on purpose."  
- Dolly Parton

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**New Jersey - CYS:**

Over the Holiday Season, various organizations donated gifts to support our service members, especially now while a huge deployment has commenced. The Child & Youth Program along with the Soldier & Family Readiness Team were able to organize a gift drive/pick up for over 75 families for holidays.



**Puerto Rico CYS: PreDeployment Quilt YRRP.**



**New York - CYS: At their Second Annual Trunk or Treat, the NY CYS teamed up with various community partners, including those focused on suicide prevention, Amazon, and Operation at Ease. The event was made even more special with the presence of service dogs.**

**Virgin Islands CYS:**

**Trunk O' Treat - Family Meal/IDT Festival Event** partnered with 4H



## ANNOUNCEMENTS

Calling ALL KIDS: Check out the latest **February Activity Packet** developed by the: L/CYPCs in CT, MA, ME, & RI!



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

## TEENS ON THE MOVE



The **Wyoming National Guard Youth Advisory and Leadership Team** achieved their FY23 goal of engaging in community volunteering. They collaborated with their local Veterans Affairs (VA) Centers, contributing to a youth initiative aimed at boosting community involvement. Their first project involved cleaning a community garden, followed by the "Produce for a Purpose" program, addressing food insecurity for Veterans. Wyoming's teens accumulated over 25 volunteer hours, distributing produce and assisting Veterans. Encouraged by the experience, they plan to continue supporting the VA by assisting with technology, organizing events, and contributing throughout the spring and summer seasons. Kudos to the WY Youth Advisory and Leadership team for being Teens on the Move!

Read more about this and to check the other posts at: <https://arngcys.com/teens-on-the-move>

## IN THE KNOW



Follow your local CYS social media accounts to see the weekly **In the Know (ITK)** posts, OR reach out to your CYS Program for a copy. #ARNGCYSITK

## TRAINING OPS



MCEC Parent workshops are available via webinar to support parents who are remote or not located near a major military installation. Webinars are presented live usually on Tuesdays and Wednesdays at Noon EST. <https://www.militarychild.org/webinars>

## February Webinars

NEW

**\*\* Participants must register in advance for the live webinar presentation \*\***

- TUE 02/06 - Chart Your Course-The Academic Plan
- WED 02/07 - College-Bound Portfolios for Military-Connected H.S. Students
- TUE 02/13 - Understanding Third Culture Kids
- WED 02/14 - Alternatives to a Four-Year College
- TUE 02/20 - Kids in the Kitchen
- WED 02/21 - Magic of the Family Meal
- TUE 02/27 - Supporting Young Children of Veterans
- WED 02/28 - Creating Strong Military Families

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



WY CYS Community Volunteering

## We're an Awesome TEAM!



Connect with your local CYS team to learn how you can **VOLUNTEER!**

<https://arngcys.com/my-local-cys-program>



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](http://www.surveymonkey.com/r/ShareYourCYSstory)



**We'd love to hear from YOU!**