ARMY NATIONAL GUARD CHILD & YOUTH SERVICES More Than A Program...lt's A Promise!



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 wellbeing. 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.

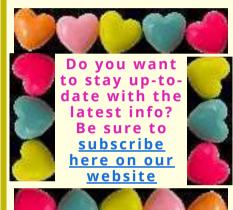
Connect with ARNG CYS: For more information on self-checking, especially regarding how you can help youth develop this valuable skill, go online and explore the many resources available, visit the following website:

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, ators, or originating entities by the Government, contract vendor, or PM Team.



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





Virgin Islands CYS Trunk O' Treat



- Walt Disney

If you can DREAM IT.... Find out who you are and do it on purpose." - Dolly Parton

WW.ARNGCYS.C

#GUARDFAMILIES #ARNGCYS

NEW JERSEY - NEW YORK - PUERTO RICO - VIRGIN ISLANDS



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.



rto Rico CYS: PreDeployment Quilt YRRP.

virgin Islands CYS:

Trunk O' Treat - Family Meal/IDT Festival Event partnered with 44



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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.

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.

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

TEENS ON THE MOVE



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

TRAINING OPS

February Webinars



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

- ** 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
is made an impact on you
and your family?
Let us know at:

www.surveymonkey.com /r/ShareYourCYSstory



We'd love to hear from YOU!

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