

The Dinner Table Project

Table Talks

HAPPY HOLIDAYS!

Although the beginning of the season is full of holiday cheer, the dreary winter weather can make people feel slightly “off”. It’s important for you and your teen to take time to focus on your mental health, set goals for the new year, and practice self-care.

Remember that self-care is not selfish!

Mental Health Check-In:

- How am I feeling? (physically and mentally)
- How long have I spent on my phone today?
- What can I celebrate today?
- What is taking up most of my headspace?
- What can I do that will bring me joy?



Self-care Ideas:

- Take a break from electronics
- Journal
- Take a nature walk
- Practice meditation and deep breathing
- Explore creative outlets
- Exercise

How to Teach Goal Setting to Teenagers:

- Model what goal setting looks like in your life
- Make a plan
- Let teens lead the way
- It's OK if the goal changes
- Always celebrate when a goal is achieved

Use this QR code to see more self-care activities for teens!



EASY MEATLOAF



Ingredients:

- 2 pounds lean ground beef
- 2 eggs, beaten
- 1 sleeve saltine crackers, crushed
- 1 medium onion, chopped
- 2 cups salsa

Directions:

- Preheat oven to 350 degrees F.
- In a large bowl, mix the beef, eggs, crackers, onion and 1 cup of salsa.
- Press into greased 2-quart casserole dish or 10-inch iron skillet.
- Top with remaining salsa.
- Bake for 1 hour.



KIP DATA

According to the 2021 Kentucky Incentives for Prevention (KIP) Survey, students who said they had a trusted adult in their life were much less likely to report serious psychological distress and suicidal behavior. A trusted adult can be anyone a child or teen knows they can rely on enough to talk to about what is happening in their life. You don't have to be their parent to be a trusted adult. Be someone who "talks, not tells": Youth identify trusted adults by their willingness to listen and engage, rather than lecture and give orders. Have open conversations about mental health, social media, bullying etc.



Use this QR code for more tips on how to be a trusted adult!



CONVERSATION STARTERS:

- What makes you feel good about yourself?
- What is something that you feel passionately about?
- How do you like to "chill" or de-stress?
- How can students in your school better connect and build trust with one another?
- What is an interest or skill you have now that you would like to carry into your future career?



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