



Pennington & Red Lake Counties Wellness Newsletter

March 2024

Self-Compassion

Do you feel shame and guilt when you make a mistake or when life fails? We are all hard on ourselves and that is reality. However, no one has shamed and guilted their way to better mental health.



Here are some self affirmations from Positive Psychology, 'How to Practice Self-Compassion'. to help lead to better mental health.

1. I accept the best and worst aspects of who I am.
2. Changing is never simple but it's easier if I stop being hard on myself.
3. My mistakes just show that I'm growing and learning.
4. It's okay to make mistakes and forgive myself.
5. I am free to let go of others' judgments.
6. It's safe for me to show kindness to myself.
7. I deserve compassion, tenderness, and empathy from myself.
8. I release myself with forgiveness from today and move forward with self-love to tomorrow.
9. Every day is a new opportunity. I won't let self-doubt or judgment hold me back from the future.
10. I forgive myself and accept my flaws because nobody is perfect.
11. I'm not the first person to have felt this way, and I won't be the last, but I'm growing.

<https://positivepsychology.com>

Colorectal Cancer Awareness

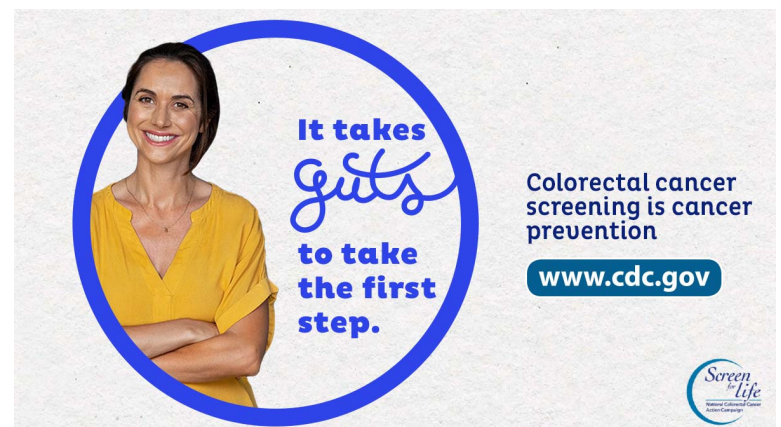
Cancer is a disease in which cells in the body grow out of control. When cancer starts in the colon or rectum, it is called *colorectal cancer*, or sometimes just referred to as *colon cancer*. Colorectal cancer affects men and women of all races and ethnicities, and is most often found after the age of 50.

Of cancers that affect both men and women, colorectal cancer is the second leading cancer killer in the United States, but it doesn't have to be.

Colorectal screening saves lives. Screening can find pre-cancerous polyps - abnormal growths in the colon or rectum - which can be removed before turning into cancer or in the early stage, when treatment often leads to a cure.

If you are aged 45 or older, talk to your health care provider and get screened now.

If you think you may be at higher risk than the average person, speak to your health care provider about getting screened early.



Follow Along Program

The Minnesota Department of Health's Follow Along program helps parents and caregivers track their child's development and lets them know if their child is playing, talking, growing, moving, and behaving like other children the same age.



How it works:

The Follow Along program is free to families, regardless of income, immigration status, or residency. Children from birth to three years of age (up to kindergarten entrance in some counties) are eligible. Questionnaires are sent to families when their child reaches different age intervals and developmental resources are also provided.

The results of the questionnaires are then shared with families. If there are any concerns, a nurse or other professional from the program reaches out to the family. Together, they talk about choices for further evaluation or early help services, including mental health resources.

All families, parents, and caregivers in Minnesota can benefit from the Follow Along Program and can access these resources to ensure your children are growing up healthy and happy. Resources to better understand developmental milestones for children are important for the health and wellbeing for all family members.

For more information, contact our office at 218-681-0876 or visit the MDH Follow Along program webpage to enroll.

<https://www.health.state.mn.us/people/childrenyouth/fap>



218-681-0876 TRF
or 218-253-4378 RLF

www.pennredlakecopublichealth.com

Parenting



Minnesota Hands & Voices is a community of families with children who are deaf and hard of hearing. Our staff are themselves parents of diverse and wonderful children who are deaf and hard of hearing. Together, we share the same emotions, decisions, and questions as the families we serve across the state. And, we know this – there are no limits to your child's potential.

You, as parents, know what is best for your child. We're here alongside you to provide information and share resources, helping you explore the full range of choices to find those that work best for your family.

Our Mission:

Minnesota Hands & Voices is dedicated to supporting families with children who are deaf or hard of hearing without a bias around communication modes or methodology. We're a parent-driven, non-profit organization providing families with the resources, networks, and information they need to improve communication access and educational outcomes for their children. Our outreach activities, parent/professional collaboration, and advocacy efforts are focused on enabling deaf or hard of hearing children to reach their highest potential.

Our Values:

- We all want the best for our children who are deaf or hard of hearing.
- We deserve respect and honor for our role as parents/families.
- We require a beneficial, successful educational experience for our kids.
- We need information from a wide variety of sources.
- We want to know about opportunities and resources.
- We need training and support to become effective advocates for our kids.
- We are stronger united by our common interests than divided by differing communication choices.

www.MNHandsAndVoices.org
651-265-2435