

# STUDENT ASSISTANCE PROGRAM



**JANUARY 2022**

**HOPE IN 2022!**

Welcome to 2022! Often, we begin the new year with hopes of better days, renewed commitments to do right and healthy things, and a spirit of getting back to business after a restful and glutinous winter break full of sugar and spice, holiday cheer, and perhaps some other unhealthy choices that come with little structure or too much time on our hands.

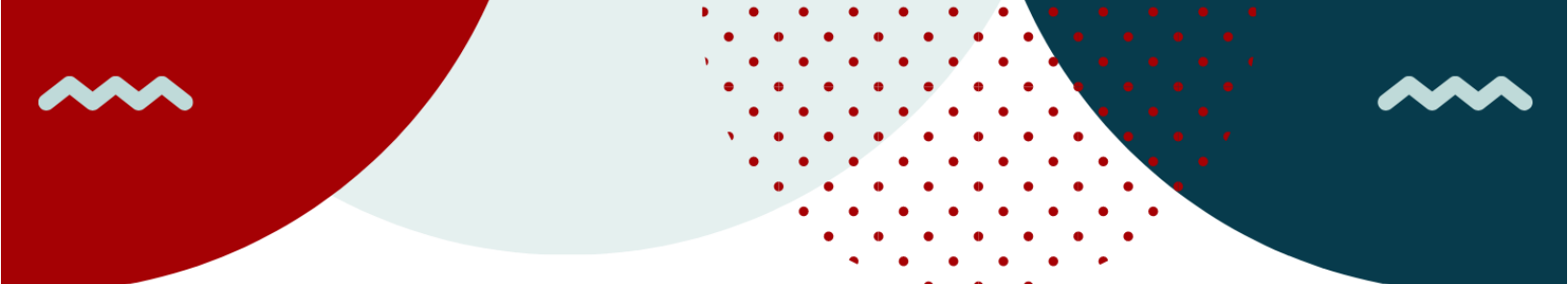
This year, however, is another COVID year. I don't know anyone who isn't burnt out, angry, anxious, or sad about this. Worse, after two years of dealing with Covid, the numbers are increasing rather than diminishing. It's challenging to move into a post-pandemic mindset when we are still knee-deep in it!

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**SUICIDE PREVENTION LIFELINE: 800-273-8255**

**CRISIS TEXT LINE: Text HOME to 741741**



Our traditional healthy coping mechanisms are less accessible, less convenient or we are less motivated to use them. Alcohol use has increased significantly during the Pandemic.

## **FEELING LIKE YOU'RE IN A RUT? A LITTLE STUCK? WANNA SHAKE THINGS UP A LITTLE?**

When I first heard about Dry January, I admit I was a little skeptical. What's the point? Isn't this just a trendy fad?

However, what I learned is that the idea behind Dry January is to take a month off of drinking to reset the body and brain for a different relationship with drinking. Why couldn't we apply this to any area of our lives that we are considering changing?

The strength is in taking a month off rather than simply cutting back. Taking a month off creates an opportunity to be more aware of how, why, when, where, and with whom we are engaging in negative behaviors.

## **WE'RE HERE TO HELP**

### **CRISIS RESPONSE DISPATCH:**

Olympic Health  
& Recovery Services:

Grays Harbor, Lewis  
& Pacific Counties:  
800-803-8833

Thurston & Mason Counties  
360-754-1338

It can compel us to re-imagine areas of our lives that need attention such as our relationships, our activities, and hobbies, and could open up possibilities for other, healthier coping skills. Some people emerge after a month and continue to abstain from negative behaviors while others have a healthier approach to alcohol and life in general.

Dry January certainly has its emphasis on alcohol, but it can be just as relevant to other substances like smoking, vaping, and marijuana use. In addition, Dry January can apply to any negative behaviors a person may want to take a close look at.

So, who's with me? Does anyone want to join me in some post-winter break-outside-the-box self-experimentation? Call, email, or stop by the office to discuss coping, activities, healthy choices, and your New Year's Resolutions. I'll be excited to talk to you.



### **TRUE NORTH ADOLESCENT BEHAVIORAL HEALTH SERVICES:**

360-464-6867  
[esd113.org/behavioral-health](http://esd113.org/behavioral-health)

### **RESOURCES TO SUPPORT CHILDREN'S MENTAL HEALTH**



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