

April

NEWS 2022

A report on events affecting behavioral health and substance abuse providers



FREE Tablet for Your Clients

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Mark Your Calendar

April 1

April Fools Day

April 7

PRSS - Domestic Violence 101

April 17

Easter Day

April 19

WellBody Program Training

April 22

Earth Day

April 26

Teen Addiction Severity Index

NEWSLETTER HIGHLIGHTS

46th Annual Spring Conference
by Ohio Children's Alliance

Mental health experts worldwide
provide support for Ukrainians

Sex and Meditation: How
Mindfulness May Improve Sexual
Health

Need a pep talk? Kindergartners
share encouragement, joy in viral
hotline

Coping when current events bring
up past trauma

Workshops and activities to prioritize your mental and physical wellness, plus house call services too

By Cadence Loh

When Life gets overwhelming, breathe. What's left is taking care of our own needs and practising mindfulness and self-care. The concept of self-care is not new. It is the act of protecting our sanity and mental wellness. Often, it involves carving out some me-time or downtime for reflection or simply enjoying the concept of Il Dolce Far Niente – also known as the Italian art of doing nothing or enjoying the sweetness of doing nothing.



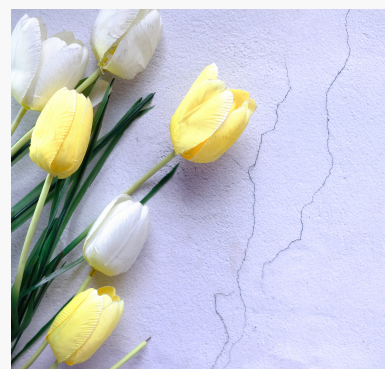
A Timely Book To Encourage Teaching Of Mindfulness To Children

by Kalinga Seneviratne

“At the beginning, I used breathing exercises in my class to help transition the childrens’ mindset from morning to afternoon play sessions. It was difficult at the beginning as the children were very young, but their ability to concentrate and focus on their breathing gradually improved,” recalls Senadeera in the preface to the book.

“I received positive feedback from the children, as well as from their parents, on the benefits of these exercises. I realized that the children were capable of understanding far more than what would normally be expected of young children.”

It is this experience that prompted her to write this book in her retirement. Senadeera says that through her experience with young children, she has observed that developing mindfulness through meditation could assist them to deal with their emotions, mental stress and behavioural problems as well as develop patience and calmness.



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