



National Drug & Alcohol Facts Week ®

Nurturing Mental & Emotional Health

Practicing health-enhancing behaviors can support stress management and reduce the chances of substance use.

The 4-7-8 Breathing Technique or "Relaxing Breath"

Close your mouth and breathe in for a count of 4; hold your breath for a count of 7; exhale completely through your mouth for a count of 8. Repeat the cycle three more times for a total of four breaths. The 4-7-8 breathing technique decreases anxiety, helps sleep better, and can control emotional responses like anger.

(When a person does this for the first time, they should do it seated or lying down and only for a few breaths as it can make some people feel light-headed.)



**IT'S OKAY TO
NOT BE OKAY**

Know that It's Okay to feel Not Okay.

"It is normal, expected and human nature to have times when we are not okay." Hannah Rose, LCPC, Psychology Today, July 5, 2019

Draw . . . Write . . . Exercise . . . Listen to Music

- Draw a picture of a favorite place or memory.
- Write about what's on your mind.
- Write down 10 things you are grateful for.
- Exercise (aerobic, like dancing along with music videos, or stretching, like yoga).
- Listen to music that helps you relax.

For more information, check the NIDA website <https://www.drugabuse.gov/>

Download these Apps:

Calm



Mindshift





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Our brain is the command center for our body and plays a major role in substance use disorders. Challenge yourself to learn at least one new thing by watching one of the videos on NIDA's website.

Videos: Exploring Drug Effects -
<https://teens.drugabuse.gov/teens/video>

Let's work together to prevent drug misuse and abuse.

Adolescence is a critical time in brain development. That means teens are at greater risk of experiencing the harmful effects of drugs and alcohol.

The BRAIN is under construction until around age 25.

For more information, click [Drugs and the Teen Brain](#)



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Know the FACTS!

INHALANTS Misuse and Abuse

Inhalant use among youth in our area is on the rise.

What is an Inhalant? Volatile substances that produce chemical vapors that can be inhaled to induce a psychoactive, or mind-altering, effect. **Solvents, aerosols,** and gases used in household and commercial products such as **spray paints, markers, glues,** and **cleaning fluids.** It is inhaled through the nose or mouth.

Street Names: Air Blast, Oz, Poppers, Whippets, Gas

Common Forms: Paint thinners
Permanent Markers
Butane lighters
Glue
Gasoline
Spray Paint
Cleaning products

Short-term Health Effects - Confusion; nausea; slurred speech; lack of coordination; euphoria; dizziness; drowsiness; hallucinations/delusions

Long-term Health Effects - Liver and kidney damage; bone marrow damage; limb spasms due to nerve damage; brain damage from lack of oxygen that can cause problems with thinking, movement, vision, and hearing.

Sudden sniffing death - due to heart failure, asphyxiation, suffocation, convulsions or seizures, coma, or choking

Emotional Wellness Tips for Young People



You hold the Key!

Making good choices can be hard when the pressures around us seem overwhelming,

BUT

YOU can build skills to live a happy, healthy life – even during overwhelming pressures.

- ❖ Make some tech-free time, even if only 10 minutes a day - journal, go for a walk, meditate, exercise, or do something you love and enjoy.
- ❖ Practice kindness. Kindness increases energy, happiness, pleasure.
- ❖ Practice positive self-talk when you are feeling down:
 - “Feeling sad is ok, because I will be happy again”
 - “I can get through this”
 - “I am an amazing person”
 - “I can do this”.
- ❖ Have fun with your friends - and remember, your true friends never ask you to do something that is harmful.

For 10+ Emotional Activities for Home, click [Pathway2Success](#)



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Be Informed!

Help Stop this Growing Trend

VAPING Nicotine and Marijuana

Research shows:

- Electronic devices heat a liquid and produce an aerosol.
- Electronic devices contain many harmful chemicals and heavy metals like Formaldehyde, Benzene, Diacetyl, Nickle, and Tin.
- Many electronic devices contain Nicotine and/or Marijuana which are addictive drugs.

VAPING can hurt your Lung and Heart Health

- Vaping can lead to chronic lung disease and asthma.
[Vaping and Your Heart, PennMedicine, October 2020](#)
- Secondhand vapor can affect someone else's lungs.
- Vaping can raise blood pressure and heart rate.
- Vaping can change the artery walls so that they become stiffer and less elastic.

Click here to watch: [Video, Dr. Nora Volkow, A Message to Parents](#)

Click here to read: [Risks of E-Cigarettes, CDC, Dec 2020](#)

NOT ALL VAPES ARE ALIKE

- Some contain Nicotine Salts that make the nicotine more readily absorbed into the bloodstream.
- Some contain flavored liquids that contain harmful chemicals.
- Some look like everyday items.



For more information contact Denise Manassa at



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Whether you are 6 or 60, healthy social bonds and connection with other people can reduce depression, reduce drug and alcohol misuse, and can help build resiliency in the face of adversity.

Even in the midst of COVID-19 there are ways to stay connected with family, friends, neighbors, and social groups. Connection and interaction help build resilience during difficult times.

TIPs for Healthy Socialization

- ❖ Offer to run an errand or go grocery shopping for someone who can't. Pay it forward.
- ❖ FaceTime and/or Skype with loved ones or friends. It is always nice to see a smiling face.
- ❖ Hang out in your front yard and interact with neighbors. Pull up your lawn chair and chat. Or host an outdoor social hour with neighbors.
- ❖ Connect with your inner child and play a good old fashion game like croquet, badminton, corn hole, or a water balloon toss.

Substance abuse and addiction has had a devastating impact on our society. Around 60,000 people are dying annually from overdose. **Together we can** bring wellness into our own lives and the lives of others.

Join CDAC's **Virtual Community Discussion on Addiction, Treatment, and Recovery** on March 30th at 6 p.m., Facebook Live.
facebook.com/cdacfl,

Ask expert panelists and learn more.