



# Our Journey

Meaningful, relevant information for our community, published monthly.

Volume 6 • Issue 5

Northern Lakes  
Community  
Mental Health  
northernlakescmh.org

May 2018



Welcome to *Our Journey*. We hope you will find the articles informative and helpful. Your ideas and submissions are welcome! Please also take time to check out the Northern Lakes Community Mental Health (NLCMH) website, the flat screen monitor, information tower, and monthly calendar (in the tower) for more information on topics in this newsletter and more. Join us in the ongoing creation of this newsletter to best serve you!

## Children's Mental Health Awareness Day



### **Screen time and children: How to guide your child, by Mayo Clinic Staff**

Screens are everywhere. As a result, controlling a child's screen time has become much harder for parents. To complicate matters, some screen time can be educational for children as well as support their social development. So how do you manage your child's screen time? Here's a primer on guiding your child's use of screens and media.

### **Screen time guidelines**

The American Academy of Pediatrics discourages media use, except for video-chatting, by children younger than 18 to 24 months. If you want to introduce digital media to children ages 18 to 24 months, make sure it's high quality and **avoid solo media use**. For children ages 2 to 5, **limit screen time to one hour** a day of high-quality programming. As your child grows, a one-size-fits-all approach doesn't work as well. You'll need to decide how much media to let your child use each day and what types of media are appropriate.

### **The problems with screen time**

Unstructured playtime is more valuable for a young child's developing brain than is electronic media. Despite the fact that many digital media programs claim to be educational, children younger than age 2 are more likely to learn and remember information from a live presentation than they are from a video. As your child grows, keep in mind that too much or poor quality screen time has been linked to: Obesity, Irregular sleep schedules and shorter duration of sleep, Behavioral problems, Loss of social skills, Violence and less time for play. In recognition of how ever-present screens have become, the American Academy of Pediatrics recently held a symposium to share practical advice for parents. Experts noted that children are still doing the same things that they've always done — only now they are often doing them virtually. As a result, it makes sense for parents to apply the same rules to children's real and virtual environments. This means playing with your child, teaching kindness, being involved, and knowing your child's friends and what your child does with them. The experts also suggested that the quality of the media your child is exposed to is more important than the platform or amount of time spent.

For the complete article go to : <https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952>



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to receive  
*Our Journey*  
electronically.

Submissions may also  
be accepted, space  
permitting.

This newsletter is  
funded by Northern  
Lakes CMH.



**Community  
Connects** will  
be May 23 from  
10 am-2 pm.  
This will be  
held at **New  
Connections  
Drop-in  
Center in  
Houghton  
Lake.**

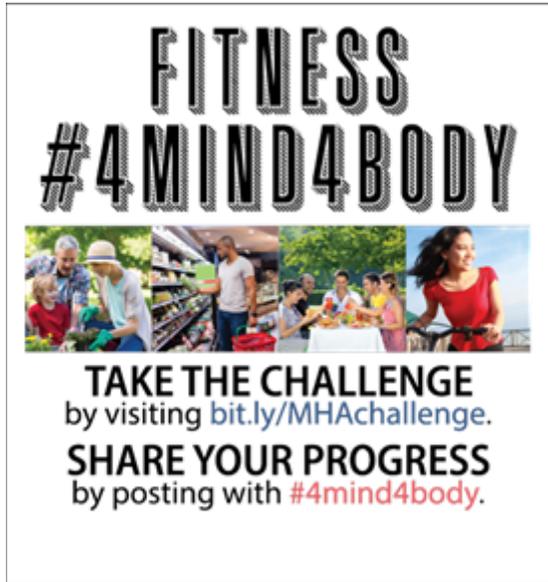
There will be a  
movie 'Pets'  
and discussion  
about  
entertainment  
at home, and  
socializing with  
friends. There  
will be a  
myStrength  
presentation  
too! Hope to  
see you!

## May Mental Health Month

Do You Focus on Fitness #4Mind4Body? Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. So much of what we do

physically impacts us mentally – it's important to pay attention to both your physical and your mental health, which can help you achieve overall wellness and set you on a path to recovery.

This May is Mental Health Month, Mental Health America is raising awareness about the connection between physical health and mental health, through the theme, *Fitness #4Mind4Body*. The campaign aims to educate people about how eating healthy foods, gut health, managing stress, exercising, and getting enough sleep can go a long way in making you healthy all around. Getting the appropriate amount of exercise can help control weight, improve mental health, and help you live longer and healthier. Recent research is also connecting your nutrition and gut health with your mental health. Sleep plays a critical role in all aspects of our life and overall health. Getting a good night's sleep is



important to having enough physical and mental energy to take on daily responsibilities. And we all know that stress can have a huge impact on all aspects of our health, so it's important to take time to focus on stress-reducing activities like meditation or yoga. Northern Lakes wants everyone to know that mental illnesses are real, and recovery is always the goal. Living a healthy lifestyle may not be easy, but by looking at your overall health every day – both physically and mentally – you can go a long way in ensuring that you focus on your Fitness #4Mind4Body.

## Local Artist Selected for Statewide Traveling Art Show

**Michael Allan Meyer's** mixed media painting, *Lonesome Heart Falls*, has been selected to represent our six counties in the next statewide traveling art show, *Creative Minds, Changing Minds*, sponsored by the Community Mental Health Association of Michigan.



Meyer's piece has colored pastels, colored pencils, paint, and even house paint which, together, provide a gorgeous fall waterfall scene with a lot of color, texture and depth. If you look carefully at the waterfall, you may see a lonely heart among the cascade of water. Meyer is an extremely talented artist whose love for art goes beyond painting and sculpture to involve music, dance, acting, theater, photography, and more.



The new art show debuts in May and will travel around the state for the next two years. Meyer receives a \$100 prize for winning this contest.