

PREVENTION WORKS!



MAY/JUNE 2018

“Mental pain is less dramatic than physical pain, but it is more common and also more hard to bear.” --C.S. Lewis



May is Mental Health Awareness Month	1
FNL Graduates	2
FNL Youth Council	2

Yolo County Health & Human Services Agency

Community Health & Prevention Programs

25 N. Cottonwood St. Woodland, CA 95695

STEVE JENSEN
Prevention Coordinator
(530) 666-8616

ELENA JAIME-PACHECO
Outreach Specialist
(530) 681-2432 Cell

DEBBIE CARRION-CLIFFORD
Outreach Specialist
(530) 681-2428 Cell

Please let others know what your school, community, or organization is doing by submitting an article to this newsletter. Please submit your information by May 25th for the July /Aug 2018 edition of the Prevention Works newsletter! Submit your newsletter contributions to: elena.jaime@yolocounty.org



May is Mental Health Awareness Month

Mental Health (MH) 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 health and your mental health, which can help you achieve overall wellness and set you on a path to recovery.

This *May is Mental Health Awareness Month*, Yolo County Friday Night Live (FNL) is raising awareness about the connection between physical health and mental health, through the theme **Fitness #4Mind4Body**. The campaign is meant to educate and inform individuals 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.

A healthy lifestyle can help to prevent the onset or worsening of mental health conditions like depression and anxiety, as well as heart disease, diabetes, obesity and other chronic health problems. It can also play a big role in helping people recover from these conditions.

Getting 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 and yoga.

Yolo County FNL 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**.

For more information, please visit www.mentalhealthamerica.net/may.

CONGRATULATIONS

**FRIDAY
NIGHT**

Class of
2018

GRADUATES

PIONEER H.S.

Nayeli Hernandez
Maggie Tobin
Andrew White

RIVER CITY H.S.

Morgan Bigney
Elliot Lucero
Jennifer Moreno
Sheridan Ockey
Hannah Spicer
Christian Toribio

WINTERS H.S.

Chloie Bruhn
Fatima Melendez
Ignacio Rios
Andrea Valadez

Congratulations! Every high school diploma is the result of a lot of hard work by both parents and graduates. High school graduation is an exciting chapter in the continuing story of a young person's life. It is also a moment to celebrate accomplishments, share memories and look towards the future. We have had a lot of fun-filled memories this year in Yolo County Friday Night Live and we are so proud of each and every graduate. We appreciate their time and dedication to the Friday Night Live programs. We know



THANK YOU

YOLO COUNTY
FRIDAY NIGHT LIVE
YOUTH COUNCIL

*For making a difference
in Yolo County. We
appreciate your time
and dedication to
meetings, events and
activities!
Have an AWESOME
Summer!*

**IF YOU HAVE A 9th -12th GRADE
STUDENT WHO WOULD LIKE TO BE
PART OF THIS FANTASTIC TEAM,
PLEASE CALL THE FNL OFFICE AT
530-666-8747!**

TAKING APPLICATIONS NOW!