



The NOODLE

Open up and say AHHHH!!!



Volume 16, Issue 5

May 2023

Welcome to the May 2023 edition of *The Noodle*, written and published by members of The Florida Youth Council! For this issue of *The Noodle*, members of the FYC wrote about prioritizing mental health. This allowed members to share, express and explore their personal insights, experiences and memories. We hope you enjoy learning about our experiences and our thoughts and opinions in this edition of *The Noodle*!

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**MENTAL
HEALTH
AWARENESS
MONTH**

You are not Alone

Mental health is a topic that is very important for me, because I cope with anxiety/depression daily. Something like 20 percent of adults in the United States experience clinical depression each year, and it is probably even higher than that. Because of the extra challenges that we face, people with disabilities are more likely to suffer from depression, so it is even more important for us to recognize and acknowledge that reality and take care of ourselves.

Anyone suffering from any type of mental disorder should make sure they talk to someone about it. This could be a family member, a trusted friend, a member of the clergy, or a family doctor. They can help you to decide what would be helpful for you. Sometimes that could be as simple as making more time for yourself, getting more sleep, or getting more exercise. It also might mean consulting with a mental health professional for counseling or medication if needed. It is not something to be embarrassed about or ashamed of. It's just an illness like any other illness and as important to address.

Some strategies that can be helpful for managing depression: do not overstress your schedule (know your limits), keep the people you love in the loop on how you are doing, find a support group, follow your doctor's advice, find activities you enjoy which enrich your life, and above all else realize that other people are dealing with similar situations; you are not alone. Remember that every individual is important, so always take care of yourself.

By Serena Wetmore





How do I prioritize my mental health?

I prioritize my mental health in so many ways. There are a few methods I use that help with my mental health. For example, yoga works well to help me relax and calm down after a long stressful week. This helps with the stresses of work and other stressful events going on around me. You don't always have control over where your career takes you, so all can do is make the best of it.

Sometimes it is necessary to just take some time off and enjoy yourself with a vacation. This can also provide the necessary respite to keep your mental health in check.

Mental health is an important aspect of life. Keeping everything properly balanced and under control can be difficult. It is important to not brush it off. You are responsible for your personal health and happiness. Always remember to take time for yourself throughout your life to relax and enjoy yourself without the stress of being somewhere that stresses you out. You deserve a break from whatever is going on that makes you stressed out.

By Morgan Griffin





How do you prioritize your mental health?

The month of May is mental health awareness month. I have a few methods that I use to prioritize my mental health. I am going to share six of them with you.

Method one is to practice self-care, I do this through meditation.

Method two is, learn to say no. It is all too easy to overexert yourself by agreeing to do too much and becoming overwhelmed. It is also important to exercise self-control and intentionally say no to negative self-destructive behaviors.

Method three is to work on mindfulness, this one is closely tied to meditation because meditation has been found to decrease anxiety and stress significantly.

Method four is to connect with others, personal connection helps you to be happier and less irritated and irritable.

Method five is to transform your self-talk, don't use negative self-talk.

Six is get help because if you want to prioritize your mental health, you can start by being willing to get help.

By Leah Gorman





Good Mental Health

My Mental health is good. I am not sad or mixed up over anything in my life. I am lucky because some people struggle with depression and anxiety and other mental health problems. I am Healthy and I eat healthy foods and I try to do some exercise in my neighborhood. I walked two laps in my neighborhood with my dad.

How do you define mental health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. 1. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

How do you prioritize your mental health and why is it important?

It is important to prioritize your mental health because you have to take care of yourself like exercising and eating healthily and not eating too much.

I exercise and I try not to eat too much unhealthy food.

Why is it good to have Mental Health?

Mental health is good because it includes our emotional, psychological, and social well-being. It also helps with how we handle stress.

Why is Mental Health important?

Mental health is important because it affects everything.

Can your mental health change over time?

Yes, it can change over time.

Why is it good to check your mental Health?

Because it helps determine on how we handle stress and our feelings

By John Howard Baldino





Mental Health Awareness

It's easy to maintain and take care of things that are seen. One can watch their weight. Eat healthy foods. Exercise one's body. But mental health is just as important as physical body. It needs to be a subject that can be discussed openly and honestly. Because it touches every aspect of our lives.

The way one thinks can change the way you act. Mindset is important. How you see a situation and respond to it are important.

There is a stigma surrounding mental health, and those stigmas and stereotypes need to be broken down. People need to be able to reach out and get help when they need it. But they especially need to know signs of needing help.

It's ok for one to admit that they aren't ok, and to seek the help needed.

By J.J. Humphrey



What is Mental health?

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.

If I work to prioritize my mental health, it allows for building positive life experiences and strengthening resiliency. Life often presents difficult circumstances and having that resiliency allows me to bounce back and live in a way that creates more joy and helps me to achieve my goals.

This is what I do, and you can do it too:

You can possibly prevent a mental break by taking care of yourself like calming your mind by listening to soft music, being more social, setting realistic goals for yourself, and taking care of your body. Surround yourself with individuals who understand your circumstances and respect you as the unique individual that you are.

Mental health is often not given enough attention. People often overlook mental health problems because they cannot see the person visibly suffering from them. Mental health awareness is vital for society's mental and physical health, so educating people on mental health will ensure a happier and healthier population.

By Catalina Andonie



Prioritizing My Mental Health

There are many ways one can prioritize their mental health. It includes anything you do that supports your own physical, mental, and emotional well-being. It is important, especially these days because you must do whatever you got to do to stay sane so you can function and survive in this crazy world. This includes all areas of your life. One way you might say I prioritize my own while I'm at work is while I'm on my lunch break. During this time, I close my computer and completely step away for the hour. That break allows me to refuel and recharge and I feel helps my mental health. This is an example of how I prioritize my own mental health and why it's important.

By Derek Carraway



Mental Health
Awareness Month



How Do I Become Part of The Florida Youth Council?

The Florida Youth Council is a group of youth (between the ages of 15 and 17) and emerging leaders (between the ages of 18 and 30) with disabilities or special health care needs that live in Florida.

The Florida Youth Council is all about getting youth and emerging leaders involved in self-advocacy, peer mentoring and other activities that will improve the quality of life for youth and emerging leaders with disabilities in Florida. The program empowers youth and emerging leaders to decide what issues are important to their generation, to discuss those issues in their state and local communities, and to develop strategies to address them.

We are seeking a group of enthusiastic, motivated youth and emerging leaders to participate. If you would like to take a leadership role in advocating for youth and emerging leaders in Florida, please visit The Florida Youth Council website at www.floridayouthcouncil.com. The program is open to application year round.

We hope to hear from you soon!



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