

IDEAS TO

Fend Off Burnout



take mini breaks to center yourself



reach out to someone to talk about it



engage in something that brings you joy



identify personal needs to meet



let some things go



be gentle with yourself

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SIGNS YOU'RE STRUGGLING WITH

Parental Burnout

overwhelming EXHAUSTION

easily irritated

physical symptoms like pain and indigestion

emotional DISTANCING

not responding to emotional needs

doing the bare minimum

feeling INEFFECTIVE

comparing yourself to other parents

overwhelmed by guilt

loss of FULFILLMENT

dreading getting up in the morning

not the parent you want to be

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4 Ways To Help A Loved One With PTSD

Learn about PTSD and how to identify symptoms

Anticipate triggers and manage triggering events

Encourage them to seek professional help

Be a safe, non-judgmental person to confide in

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STAGES OF

Trauma Recovery

STAGE 1

Focuses on establishing safety.

STAGE 2

Involves remembering the trauma and grieving what happened.

STAGE 3

Requires a person to reconnect to their core values and what brings joy.

STAGE 4

Is about using the skills one has developed to focus on living life to the fullest.

YOUR DIRECTION IS MORE IMPORTANT THAN YOUR SPEED.

FOUR TYPES OF

Boundaries

EMOTIONAL

Acceptable behaviors; how one expects to be treated.

MATERIAL

Expectation of how possessions should be treated.

PHYSICAL

Personal space preference; degree of privacy and closeness.

TIME

Limits set on how one spends & shares their time.

Signs of Unhealthy Family Boundaries

1) Lack of privacy and personal space

2) Feeling responsible for others' emotions

3) Difficulty saying no to requests

4) Ignoring your own needs in order to fulfill others' demands

5) Constantly seeking approval from family members.

SMALL

PROGRESS

ADDS

UP

TO

BIG

RESULTS

A SIMPLE "HOW CAN I BEST SUPPORT YOU?" YOU DON'T NEED TO SOLVE SOMEONE'S PROBLEMS OR RESCUE THEM. JUST BE THERE.

DR. SARA KUBURIC

If you want your child to choose kindness in their moments of anger, show them kindness in your moments of anger.

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Our capacity to destroy one another is matched by our capacity to heal one another. Restoring relationships and community is central to restoring well-being.

BESSEL VAN DER KOLK

Instead of asking, Have I worked hard enough to deserve rest? I've started asking, Have I rested enough to do my most loving and meaningful work?

NICOLA JANE HOBBS

Social Media & YOUTH MENTAL HEALTH

PROS

CONNECTION

Staying connected to friends and family. Making new friends online.

LEARNING NEW THINGS

It's a great way to stumble upon new hobbies, interests, trends, tutorials, books, etc.

IDENTITY EXPLORATION

For many young people, especially those in less populated areas, it can help them figure out who they are and learn from others like them.

TAKING ACTION

It can connect teens to others for social change and help them get involved with issues they care about.

CONS

FOMO

Being tuned in at all times can lead to feeling left out.

COMPARISON

The things they see may make them feel boring or ugly. They also compare the number of likes/comments their posts get.

CYBERBULLYING

It's easier to be mean to people from behind a screen, so online bullying happens frequently.

INFORMATION OVERLOAD

The news can make them feel down, on top of that, it can be hard to know which sources to trust.

UNSAFE PEOPLE

It's easy to create fake profiles and lie about reasons predator are interacting with teens,

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LITTLE THINGS WORTH SMILING ABOUT

Your emotional support water bottle

Running into an old friend

cozy socks

The sun sparkling on the ocean

The sun setting

Writing down your thoughts

Inside jokes

NEW BLOG POST: How Family Voice & Choice Drive Wraparound Success

How Family Voice and Choice Drive Wraparound Success

High-fidelity Wraparound is a strengths-based, family-driven and team-based approach that provides care services for youth and their families. Central to Wraparound practice is the involvement of families in goal setting, decision-making, service planning and implementation. Family members are involved and prioritized during all phases of the Wraparound process. The other team members partner with the family to create options that reflect the values, beliefs, and preferences of the family.

Key Principles of Family Voice and Choice in Wraparound

Collaborative Decisionmaking in Wraparound: Families work collaboratively with service providers, professionals, and other team members to make decisions for their child's life. This collaborative approach ensures that families' perspectives, insights, and preferences are valued and integrated into the planning process.

Individualized Planning: Wraparound plans are individualized to meet the unique needs and goals of each family. Key activity involving families in the planning process, practitioners can tailor services and supports to align with families' strengths, values, and cultural backgrounds.

Strength-Based Approach: Family voice and choice align with the strength-based philosophy of Wraparound, which emphasizes building and utilizing a family's strengths and resources. By recognizing families' abilities and empowering them to play an active role in decision-making, practitioners can promote resilience, self-efficacy, and positive outcomes.

Benefits of Family Voice and Choice in High-Fidelity Wraparound

Improved Family Functioning: Increased family involvement leads to better understanding of the child's needs and preferences, resulting in more effective and personalized care plans.

Enhanced Family Support: Families receive the necessary resources and information to effectively support their child's well-being and recovery.

Increased Family Empowerment: Families gain confidence in their ability to make decisions and advocate for their child's needs, leading to a more active role in the child's life.