



HEALTHY HEARTS & MINDS

CCYSB YOUTH SUICIDE PREVENTION

JANUARY 2026



NEW YEAR, SAME ME (AND THAT'S OKAY)

January often comes with a lot of pressure. Everywhere you look, there are messages about setting goals, fixing habits, and becoming a “better” version of yourself. It can feel like you’re supposed to flip a switch just because the year changed—suddenly more motivated, more confident, or less stressed.

But real life doesn’t work that way. You don’t have to reinvent yourself just because the calendar says it’s a new year.

It’s okay to bring parts of last year with you, especially the parts that are still healing or figuring things out. Maybe you’re still dealing with anxiety, feeling overwhelmed by school, or unsure about friendships or the future. That doesn’t mean you failed at last year or that you’re behind. It means you’re human, and growth doesn’t follow a neat timeline.

Instead of big resolutions, try something more realistic and kind. Ask yourself:

- What do I need more of this year—rest, support, honesty, balance?
- What’s one small change that could make my days feel a little easier?
- How can I talk to myself more like I would talk to a friend?

Progress doesn’t always look impressive from the outside. Sometimes it looks like showing up on a hard day, setting a boundary, asking for help, or choosing not to be so hard on yourself. Those moments matter, even if no one else sees them.

If you’re starting this year feeling tired, stressed, or uncertain, you are not broken and you are not behind. You’re allowed to move at your own pace. You’re allowed to grow slowly, pause when needed, and take things one step at a time.

So as this new year begins, remember this: you don’t have to become someone new to be worthy or successful. New year, same you—and that is more than enough.

Reflection Corner

Take a minute to think or write about these—there are no right or wrong answers.

- What’s one thing from last year that I’m still carrying, and what do I need from myself about it?
- What helps me feel even a little calmer or more like myself?
- If I didn’t pressure myself to change, what would I want more of this year?
- What’s one small, kind promise I can make to myself this month?

You don’t have to have everything figured out. Noticing where you are right now is a powerful place to start.

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CARROLL COUNTY FARM MUSEUM

FREE ADMISSION TO THE FARM MUSEUM

January 2nd through February 28th.

Hours: Mon-Fri: 9am to 4pm. Sat/Sun: 12pm to 4pm.



JAN 17 Taneytown Large Meeting Room

2026

SAT

Saturday, January 17, 2026
1:00pm–2:00pm



SETTING INTENTIONS VS. RESOLUTIONS

At the start of a new year, a lot of people talk about New Year's resolutions—things you should change or fix about yourself. Resolutions often sound like strict rules: Do this every day. Stop doing that. Be better.

But for many kids and teens, resolutions can quickly turn into pressure, guilt, or feeling like you've failed if you don't stick to them perfectly.

That's where intentions come in.

A resolution is usually focused on an outcome.

An intention is focused on how you want to show up.

For example:

- A resolution might sound like: "I will never procrastinate."
- An intention might sound like: "I want to be more patient with myself when school feels overwhelming."

Intentions are flexible. They leave room for real life, bad days, and changing needs. They don't expect you to be perfect—they just give you a direction to gently move toward.

Setting an intention can sound like:

- "I want to take better care of my mental health."
- "I want to be kinder to myself when I make mistakes."
- "I want to ask for help when things feel too heavy."

You don't have to follow your intention perfectly for it to matter.

Even noticing when you drift away from it is part of growth.

Intentions remind you what's important, not what you're doing wrong.

So if resolutions feel stressful or unrealistic, try choosing one intention instead. Something small, meaningful, and kind. Growth doesn't have to be strict or painful. Sometimes the most powerful change starts with simply deciding how you want to treat yourself.

STAYING ACTIVE WHEN IT'S COLD

When it's cold outside, it's easy to want to stay wrapped up indoors—and that makes a lot of sense. Shorter days, colder weather, and less sunlight can make energy and motivation drop. But staying at least a little active during the winter can help boost mood, reduce stress, and improve focus.

Being active doesn't mean you have to play a sport, go to the gym, or work out every day. Movement counts when it's realistic and works for you. Even small amounts can make a difference.

Here are some winter-friendly ways to stay active:

- Stretching while watching a show or listening to music
- Dancing around your room for a few songs
- Doing a short workout or yoga video at home
- Taking a quick walk when the weather allows, even for 10 minutes
- Helping with chores like cleaning, organizing, or shoveling

Movement can also be a way to support your mental health. It can help release stress, burn off anxious energy, and give your brain a break from constant thinking. On days when everything feels heavy, moving your body—even a little—can help shift your mood.

It's also okay if some days you need rest instead. Resting is not being lazy—it's listening to your body. The goal isn't to push yourself, but to find a balance between movement and rest that helps you feel more like yourself.

This winter, try thinking less about "exercising" and more about moving in ways that feel doable and supportive. Your body doesn't need perfection—it just needs care.

NAME IT TO TAME IT

Sometimes emotions show up fast and strong, and it can be hard to tell what's actually going on inside. You might feel overwhelmed, irritated, shut down, or just "off" without knowing why. When feelings stay unnamed, they can feel bigger and harder to manage—like everything is happening at once.

That's where the idea "Name it to tame it" comes in. When you put words to your emotions, you help your brain organize what you're experiencing. Instead of one huge wave of feeling, you begin to notice different parts: I'm anxious. I'm disappointed. I'm embarrassed. I'm exhausted. Naming emotions helps calm your nervous system and can make intense feelings feel more manageable.

Being specific can really help. For example, instead of just saying "I'm stressed," you might notice:

- "I'm anxious about schoolwork."
- "I'm frustrated because I feel misunderstood."
- "I'm sad and also really tired."

You can even notice more than one feeling at the same time. Mixed emotions are normal, especially during stressful situations or big life changes.

Naming feelings doesn't mean you have to fix them right away or make them go away. Feelings aren't problems to solve—they're signals. They're your mind and body trying to tell you something about what you need. Once you understand the feeling, you can decide what might help, like taking a break, talking to someone you trust, using a coping skill, or simply giving yourself some compassion.

It's also okay if you don't have the exact word. You might say, "I don't know what this feeling is, but something feels heavy," or "I'm feeling a lot right now." That still counts as naming it. Even trying to notice is progress.

Learning to name emotions takes practice, especially when feelings are intense. You won't get it right every time—and that's okay. Each time you pause to check in with yourself, you're building emotional awareness and resilience.

When you name what you're feeling, you give yourself more choices. And having more choices can make hard moments feel just a little easier to handle.

CALM-DOWN CORNER IDEAS FOR HOME

A calm-down corner is a cozy, safe space where kids and teens can take a break when emotions feel big. It's not a punishment—it's a place to pause, reset, and calm their bodies.

You don't need anything fancy. Simple and comfortable works best.

What to Include

- Soft items like pillows, blankets, or a favorite hoodie
- Sensory tools such as fidgets, putty, or stress balls
- Breathing cards, coloring pages, or a journal
- Calming music, headphones, or soft lighting

Helpful Tips

- Let kids or teens help set it up
- Keep it optional, not forced
- Use it early, before emotions escalate

For Teens

A calm-down corner can be as simple as a bedroom chair, headphones, and a few grounding tools.

Big feelings aren't bad—they're signals. A calm-down corner helps kids and teens learn how to take care of themselves when emotions run high.

Safety Plans Work*There is hope.*

1. Write 3 warning signs that a crisis may be developing.

2. Write 3 internal coping strategies that can take your mind off your problems.

3. Who/What are 3 people or places that provide distraction?
(Write name/place and phone numbers)

Phone _____

Phone _____

Phone _____

4. Who can you ask for help? (Write names and phone numbers)

Phone _____

Phone _____

Phone _____

5. Professionals or agencies you can contact during a crisis:

Clinician: _____ Phone _____

Local Urgent Care or Emergency Department:

Address _____ Phone _____

Call or text 988 or chat 988lifeline.org

6. Write out a plan to make your environment safer.
(Write 2 things)



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Modified from Stanley & Brown (2021)

Talking to Someone Helps**988** SUICIDE & CRISIS LIFELINE**Crisis Resources***National Suicide & Crisis Lifeline:*

9-8-8 (Call or Text)

Chat: <https://988lifeline.org/chat>**The Trevor Project**
thetrevorproject.org

1-866-488-7386

text 678-678

Carroll County Mobile Crisis:

410-952-9552

To access assessment and treatment services at CCYSB call

410-848-2500 x 1

or

Walk-in Assessment Hours:

Tuesday: 8:30am-11 am & 2-5pm

Wednesday: 11:30am-2pm

(We have a limited number of assessment slots available each day. See our website for arrival and check-in details)

**CARROLL COUNTY YOUTH SERVICE BUREAU***"It Starts With the Heart."***WE ALL
NEED
MENTAL
HEALTH
SUPPORT.**MDYoungMinds
to 898-211

Teens, get supportive text messages.

Maryland
Information Network
INFORMING 222 MARYLANDMaryland
DEPARTMENT OF HEALTH

Scan to learn more



The Governor's Office of Crime Prevention, Youth, and Victim Services, on behalf of the Children's Cabinet, funded this project under award number CCIF-2023-0005. All points of view in this document are those of the author and do not necessarily represent the official position of any State or Federal agency.

feelings wheel

Identifying how you are feeling is the first step in emotional regulation. Sometimes it can be difficult to articulate those feelings. Use this wheel to help guide you to accurately label how you are feeling.

