

# TEEN COURT NEWSLETTER

October 2024

## October is Emotional Wellness Month

As we move into the new Fall season, a mix of emotions can occur, for some it's sadness that the summer days are over. For others, it's the hustle bustle of school days, work stress, or the upcoming holidays coming into focus. How does this affect you? How's your emotional wellness? What does emotional wellness mean to you?

Emotional wellness, is your ability to manage emotions, adapt to changes around you, and cope with life's challenges. We can't always help what happens around us or to us, but we can control how we react or respond. If someone says something rude, cuts you off in traffic or picks a fight, how will you choose to react or respond?

A simple technique that we use at OmmWorks is our breath! It's your super power and can calm your body and mind to allow you to make the best response for yourself—anywhere, anytime!

### Let's try it!

### Stop - Breathe - Think

- Still comfortably
- Inhale slowly through your nose for 3 seconds... hold it... hold it...
- Now release slowly through your mouth
- Ahhh! Now you can proceed with kindness and make a clear choice for yourself in a calm state!



You just regulated your emotions and increased your emotional wellness! If you would like to learn more tips to enhance your emotional wellness, check out OmmWorks YouTube Channel, for videos or join one of our upcoming Mother/Daughter classes held through Charles County Sheriffs Office Teen Court.

Continue to develop your emotional wellness—practice relaxation strategies, self-care techniques, and enjoy some time in nature. We will all experience stress, get anxious, or become overwhelmed—it's part of life and our human design. But when we calm our minds, connect to our true self, we feel more secure in our choices and become exceptional choice makers! We can choose to respond in a positive way so that we move in the direction we want to go in life!

At OmmWorks we believe everyone has unique gifts to share with the world. When we share our unique gifts and recognize the gifts in others; we create a world full of empathy and compassion. The use of breathing and self care techniques will help ground you, and allow you to be your OmmAzing self!

Let your light shine!

~ Michelle Gordon, OmmWorks

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## Food Drive Donation Tips

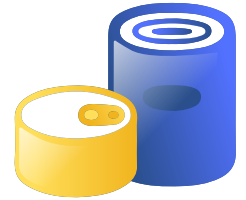
It's getting to be that time of year when many organizations will be holding food drives to stock the shelves of food pantries or for special collections for the holidays. Every organization has different needs, but these general tips will help your donation make a bigger impact.

### General Tips:

- Pop-top cans are preferred
- Bulk items are harder to store
- Choose low-sodium and low-sugar options, when you can, to meet more dietary needs

### Most Needed Items:

- Fruit (cups, cans, dried, applesauce)
- Rice (white or brown)
- Beans (dried or canned)
- Shelf-stable milk
- Canned meats



## UPCOMING CLASSES

### Good Communication Skills- La Plata

Participants will learn about different types of communication and work to improve their skills with different exercises.

Next Class: Tuesday, October 08, 2024

Location: CCSO Headquarters Building

### Alive at 25 - Virtual

Driver improvement course offered through CSM. Limited space is available.

Next Class: Monday, October 21, 2024

Registration Deadline: October 04, 2024

Location: Virtual

For more information on  
Upcoming Classes & Events,  
check out our website:



Teen Court Website

If you would like to subscribe to the Teen Court Newsletter, use the subject 'Teen Court Newsletter' to one of the contacts below:

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