



Did you know that about 40% of Americans set resolutions at the start of the year, and less than half are successful after six months?

A study on New Year's resolutions found that about 40% of Americans set resolutions at the start of the year, and less than half are successful after six months. When setting resolutions, it's important to take time to reflect on the change you wish to see and what you realistically can do to achieve that change. By taking smaller, more achievable steps towards your goals, there is a greater chance that you will keep them. This applies to all kinds of resolutions, including mental health. Use these self-care strategies from the

Mental Health First Aid curriculum to set realistic New Year's resolutions for your mental health.

- **Make time for self-care.** Brainstorm a list of self-care activities that make you happy and schedule them as part of your daily routine. This could be structured therapy sessions or daily exercise or simply an outdoor walk or time with loved ones. If you're not sure how to fit self-care into your busy routine, read this article for more tips.
- **Be kind to yourself.** Change can be hard and often takes time. Allow yourself to have feelings and forgive yourself for mistakes. You are here and doing your best, and that's what counts.
- **Make sleep a priority.** Studies have found that sleep and mental health are connected. In fact, approximately 65 to 90% of people with major depression also experience a sleep problem. This year, try to go to sleep a little bit earlier every night and give your body the rest it needs.
- **Limit your screen time.** Spending too much time on your phone or computer can impact your quality of sleep, your relationships and even lead to feelings of depression and anxiety. Be conscious of how much time you're spending online and the impact it has on your mental health and make adjustments, if needed. When it comes to social media, use these tips to use the platforms in a positive way.
- **Learn more about mental health.** One of the best ways to improve your mental health is to understand it. There are online resources available that provide information about common mental health and substance use conditions or you can talk to medical professional to learn more about your specific situation. You can also take a Mental Health First Aid course. MHFA teaches people how to understand, identify and respond to signs and symptoms of common mental health and substance use challenges.

Instead of making sweeping New Year's resolutions to achieve overnight, create a few realistic goals that will have a long-lasting impact on your mental health and happiness. Mental Health First Aid teaches people the signs and symptoms of common mental health challenges and substance use disorders and how to manage them through professional help and self-care. [Take a course today](https://www.mentalhealthfirstaid.org/2020/01/realistic-new-years-resolutions-for-your-mental-health/) and learn more about how you can take care of your mental health in the New Year.

<https://www.mentalhealthfirstaid.org/2020/01/realistic-new-years-resolutions-for-your-mental-health/>



Missouri's adult-use marijuana law takes effect December 8, 2022

JEFFERSON CITY, MO – The new marijuana law approved as “Amendment 3” by Missouri voters took effect December 8, 2022. The language of the Amendment 3 ballot initiative makes changes to Article XIV, Section 1 of the Missouri Constitution regarding the medical use of marijuana and creates Section 2 of Article XIV, which establishes a program for the adult use of marijuana. Per Article XIV, the Department of Health and Senior Services (DHSS) is the agency assigned with regulatory authority over the adult-use marijuana program just as it has led the state’s medical marijuana program since 2018. The parallel programs are now being managed within the department’s Division of Cannabis Regulation. DHSS is continuing to work toward finalizing program rules for facilities and consumers and expect that the final version of these rules will be filed for formal rulemaking in February, prior to the licensing of comprehensive facilities. FAQs for consumers, facilities and existing patients can be found on the Division of Cannabis Regulation website at cannabis.mo.gov. Check out the adult-use timeline here: <https://health.mo.gov/safety/cannabis/pdf/mm-adult-use-timeline.pdf>.



How do I keep track of my activities/work throughout the year so I can easily fill out my progress reports when they are due?

When progress reports are due it can be stressful to try and remember what you have been working on and accomplished the previous months. Some LPHAs add to their progress reports throughout the year to keep track of their activities. However, if you would like a simpler way to keep track of your MCH activities and hours, we have created a tracking sheet you can use. This tracking sheet is not mandatory and we will not ask for you to submit it to us. The tracking sheet is intended to be a tool you can use to keep track of activities throughout the year, so you can easily refer to it when completing progress reports. Please reach out to your DNC if you would like a copy of the tracking sheet and we can email it to you.



REMINDERS

- January, 2023 (FFY 23) Invoicing tool/DH-38 due February 15th
- Mid-Year Progress Report due February 15th



Something to Think On

“Never underestimate the valuable and important difference you make in every life you touch for the impact you make today has a powerful rippling effect on every tomorrow.” – **Leon Brown**