



Youth Newsletter

TAKE CARE OF
YOURSELF

The importance of self-care during this time of year

By Gabrielle Kampson, MARE Youth Specialist

Because of winter's shorter days and longer nights, it can bring on the blues.

This is the perfect time to focus on self-care to relax and refresh.

Self-care is whatever you intentionally do to take care of yourself, and it looks different for everyone. For some, it means reading their favorite book; for others, it means cooking their favorite meal or going for a walk.

Why should you practice self-care?

It helps to balance your life, and it is necessary for your mental health. Everyone has busy schedules and things demanding their attention. It is easy to forget to take some time for yourself, and this can sometimes create a lot of stress and anxiety.

Taking time for yourself is beneficial for you to regroup, refocus and relieve

pressure that may be building up. Take time for yourself because you matter.

Here are some ideas that you can use to take care of yourself:

Rest. Take a nap, watch tv, read a book, listen to music.

Play in the snow! Build a snowman or a fort, go sledding, roll around. Laugh and let yourself have fun.

Relax in a warm bath. Read more on the next page for a DIY body scrub.

Stretch or workout. Remember, it doesn't have to be perfect.

Play your favorite video game. What better way to relieve stress than battling evil forces or winning a strategy game?

Go for a walk. Take time to enjoy being outside.

Winter 2022

In this issue:

Page 1 - Always take time for yourself



Page 2 - Fun activities for a drab winter's day

Page 3 - Enjoy a winter word puzzle



Page 4 - Calendar of events

Fun facts

True or false

1. Russia is just two miles from the border with Alaska.
2. Horses and cows sleep standing up.
3. Alligators and crocodiles are the only animals that can't jump.
4. Seventy-five percent of your brain is water.
5. Men's hearts beat faster than women's.

See answers on last page

To learn about resources available to youth living in foster care, visit Mare.org > For Youth or contact your worker.

Bake. Decorate yummy treats for yourself or to share.

Start a new hobby. Get to that thing you've been wanting to do

for a long time.

Journal. This helps to get some thoughts out of your head.

Clean and declutter your space.

Having a clean space to live and work in can help you focus on what you need to.

Fun diversions for a dull winter's day!



Floating Stick Figure Experiment

This experiment is really easy to do. According to British YouTuber Steve Mould, the ink in dry erase markers cannot be dissolved by liquid and it is less dense than water. Because of these qualities, the ink then becomes buoyant, or light enough to float on the surface of the water. Watch the video by Steve Mould to see how it works by searching for "Floating stick man explained" on YouTube.com.

What you need:

Water

Dry erase marker

Glass or ceramic plate

Directions:

1. Using your dry erase marker, draw your stick figure on the plate
2. Carefully pour water onto the plate
3. Watch your drawing float and move around the plate. You can use your finger or you can carefully lift the sides of the plate to make it move.

Brown Sugar Body Scrub DIY

Take care of yourself with this do-it-yourself brown sugar body scrub. This scrub is used as an exfoliator. An exfoliator helps to remove dead skin cells and keep your skin healthy and it is recommended to use 2-3 times a week depending on how sensitive your skin is. You will get sticky with this scrub, so make sure to wash it off completely when you are done.

What you need:

½ cup of brown sugar

½ cup of oil (some examples are coconut, jojoba, olive, almond, grapeseed)

Essential oils (optional)

Mixing bowl

Spoon

Sealed container to store it

Directions:

1. Combine brown sugar and oil into a mixing bowl
2. Mix together thoroughly. You can add more sugar or oil to get the consistency you want. Tip: too much oil will make it too soupy, and too much sugar will make it crumbly and hard to use.
3. Add one or two drops of essential oil if you want and mix again
4. When you are happy with the consistency and smell, put it into a container to store it



Winter Word Search

f m m d k o s s b v p h k n s
e e i x e e y n o s j o i b n
b a o c t c i o o l c t c i o
r s r j e g e w t e o c i c w
u s l m a s l m s d l h c e b
a c n e u n k o b b d o l f a
r a s o i f u a v e w c e i l
y r c k w g f a t e r o b s l
s f o x q f h s r e s l l h w
n a a r y z l b b y u a i i i
o q t y h y g a e y m t z n n
w m i t t e n s k l z e z g t
m f i r e p l a c e l v a f e
a j n k s h o v e l f s r z r
n s r q f p a v j k k t d t z

hot chocolate

snowflake

ice skate

gloves

cold

february

sleigh bells

december

snowman

january

coat

mittens

ice fishing

earmuffs

icicle

shovel

sled

boots

fireplace

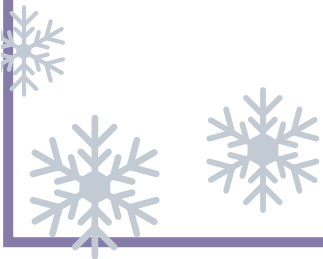
snowball

winter

scarf

blizzard

snow

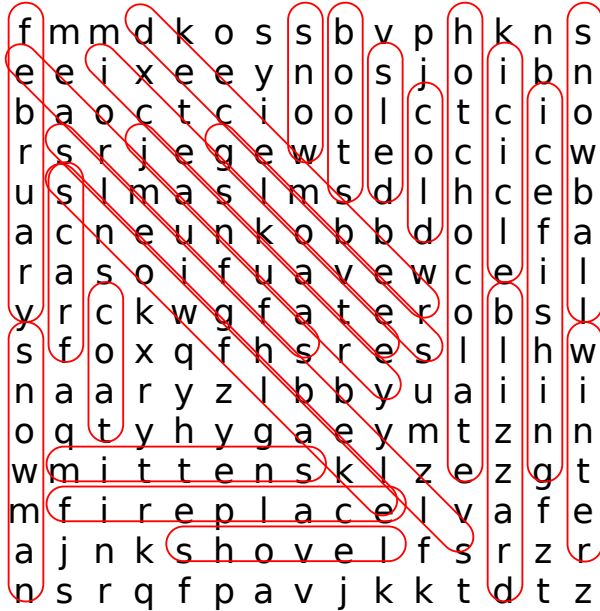


Answers appear on next page





Winter Word Search Answers



- | | | | |
|---------------|--------------|-------------|-----------|
| hot chocolate | sleigh bells | ice fishing | fireplace |
| snowflake | december | earmuffs | snowball |
| ice skate | snowman | icicle | winter |
| gloves | january | shovel | scarf |
| cold | coat | sled | blizzard |
| february | mittens | boots | snow |



Foster Youth in Transition is an MDHHS website geared towards older youth who are experiencing foster care. It's a comprehensive, youth-oriented site with advice, interactive features, a useful glossary of foster care terms, and information on a variety of issues important to current and former foster youth. The site provides links on how to develop supports, find services, get answers to important questions and just keep you posted on what's new. Find the website at Michigan.gov/FYIT

Calendar

January 15
Virtual MARE
Meet & Greet
 10:45 a.m.-12:30 p.m.

February 17
Virtual MARE
Meet & Greet
 10:45 a.m.-12:30 p.m.

May 21
In-Person MARE
Meet & Greet
Stevensville
 10 a.m.-3 p.m.

May 21
In-Person MARE
Meet & Greet
Holland
 Time TBA

If you are interested in participating in one of these events, contact your worker.

Fun facts

1. Although it seems crazy, it's true.
2. They can sleep standing up or lying down.
3. Elephants are the only animal that can't jump.
4. It's strange ... but true.
5. False. Actually, just the opposite is true.

Source: *Great Wolf Lodge Fun Facts For Kids*