

## That Time of Year Again

It's that time of year again, where the kids cannot wait to be out of school and parents are concerned about how the summer is going to go. The change in routine can really throw both parents and kids for a loop. Perhaps keeping in mind, a routine, even a loose routine is better than none. We all need a bit of structure and kids do even more. Being able to look forward to things and have an idea of what to expect each day can make the day and week go much more smoothly. Kids and adults flounder without structure. Kids and adults who struggle with mental health issues, even more so.

May is Mental Health Awareness Month, so, what better time to prepare for the summer months ahead and do some planning of a schedule. Not rigorous like a school schedule but time to spend outdoors away from their screens. Give their brains a rest from the constant flashing and color changes which often come with video games, as well as most computer programs. Get out and take a walk, bike around the neighborhood, try your hand at tennis, golf, or shoot some hoops with friends. Put the phones and tablets away.

Give your brains a break.

At the end of this month, the Behavioral Health Ministry Team will be offering four Lunch and Learn sessions to help support parents and guardians who may have concerns about their children and their summer activities. We hope you can join us starting on Wednesday, May 25 at 12:00pm to learn more about how we can take care of one another over the next few months.

Blessings,  
Rev. Kris Leaman