



CASA

Court Appointed Special Advocates
FOR CHILDREN



March 2022 Newsletter

Adams, Brown, Cass, Hancock, Morgan, Pike, Schuyler

Friendly Reminder's!

* 12 hours of Continue Ed hours are to be completed by the end of the year for each volunteer.

* Things that can count towards continue ed hours: Books, movies, documentaries, webinars, ted-talks, articles.

* Mandated reporter training is now only needed to be completed every other year.
mr.dcfstraining.org

* RSVP to your coordinator if you will be attending your monthly networking.

New CASA Volunteer Trainings

Adams County:
March 4th, 5th, 6th

Morgan County :
March 11th, 12th, 13th

Hancock County:
Every Tuesday and Thursday in March
Starting March 1st

Birthdays!

5- Donna McVeigh
9-Kiara Wiemelt
12- Christina Butler
13-Jen Wiemelt
17-Pat Manker
18-Chris Brierton
19 Vickie Mims
19- Brooke Hunsaker
20- Jeanne Smith

Enjoy
your day!

Pike County

Learn & Grow

Topic: The Meth Epidemic

When: March 10th, 2022

Time: 5:30pm

Location: Pike County office & via zoom (222 N. Monroe St. Pittsfield IL 62363)

Brown, Cass, Schyler County

Learn&Grow

Topic: The Impact of Opioid Use

When: March 10th, 2022

Time: 5:15-6:15pm

Location: First Evangelical Lutheran Church (301 W 4th St, Beardstown, IL 62618)



Adams County Noon Networking

Topic: A Day In The Life Of A Foster and Adoption Therapist with Kim Wheelock

When: March 10th, 2022

Time: 12:00p.m

Location: Zoom & Hope Lutheran Church

Morgan County

Volunteer Meeting

Topic: How every Child can thrive by five

When: March 15th, 2022

Time: 10:00am-11:00am

Location: Presbyterian Church Library

Hancock County

Networking

When: March 11th, 2022

Topic: PREVENTING UNWANTED ONLINE SOLICITATION AND WHAT YOU NEED TO KNOW ABOUT SEXTING

Time: 12:00pm

Location: Carthage CASA Office

The health benefits of positive thinking

Researchers continue to explore the effects of positive thinking and optimism on health. Health benefits that positive thinking may provide include:

- Increased life span
- Lower rates of depression
- Lower levels of distress and pain
- Greater resistance to illnesses
- Better psychological and physical well-being
- Better cardiovascular health and reduced risk of death from cardiovascular disease and stroke
- Reduced risk of death from cancer
- Reduced risk of death from respiratory conditions
- Reduced risk of death from infections
- Better coping skills during hardships and times of stress

It's unclear why people who engage in positive thinking experience these health benefits. One theory is that having a positive outlook enables you to cope better with stressful situations, which reduces the harmful health effects of stress on your body.

It's also thought that positive and optimistic people tend to live healthier lifestyles — they get more physical activity, follow a healthier diet, and don't smoke or drink alcohol in excess.

Identifying negative thinking

Not sure if your self-talk is positive or negative? Some common forms of negative self-talk include:

- **Filtering.** You magnify the negative aspects of a situation and filter out all the positive ones. For example, you had a great day at work. You completed your tasks ahead of time and were complimented for doing a speedy and thorough job. That evening, you focus only on your plan to do even more tasks and forget about the compliments you received.
- **Personalizing.** When something bad occurs, you automatically blame yourself. For example, you hear that an evening out with friends is canceled, and you assume that the change in plans is because no one wanted to be around you.
- **Catastrophizing.** You automatically anticipate the worst without facts that the worse will happen. The drive-through coffee shop gets your order wrong, and then you think that the rest of your day will be a disaster.
- **Blaming.** You try to say someone else is responsible for what happened to you instead of yourself. You avoid being responsible for your thoughts and feelings.
- **Saying you "should" do something.** You think of all the things you think you should do and blame yourself for not doing them.
- **Magnifying.** You make a big deal out of minor problems.
- **Perfectionism.** Keeping impossible standards and trying to be more perfect sets yourself up for failure.
- **Polarizing.** You see things only as either good or bad. There is no middle ground.

