

Empowering Youth and Families Program

SERVING MITCHELL AND YANCEY COUNTIES

strong families • resilient people • powerful communities

PROGRAM UPDATES

See what we've been up to over the last month and what changes are coming for EYFP

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CURRICULUM SPOTLIGHT

Check out how the lessons were formed and why they're relevant to today's families

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EYFP AND AWARENESS

Don't miss out on monthly causes and educational tips related to the Empowering Youth and Families Program

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Mitchell and Yancey prep for Spring 2022 - page 1



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To get involved with EYFP or to learn more about the program, email me or give me a call!

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Mitchell | (828) 688-4811



NC STATE

EXTENSION

Family & Consumer Sciences Program

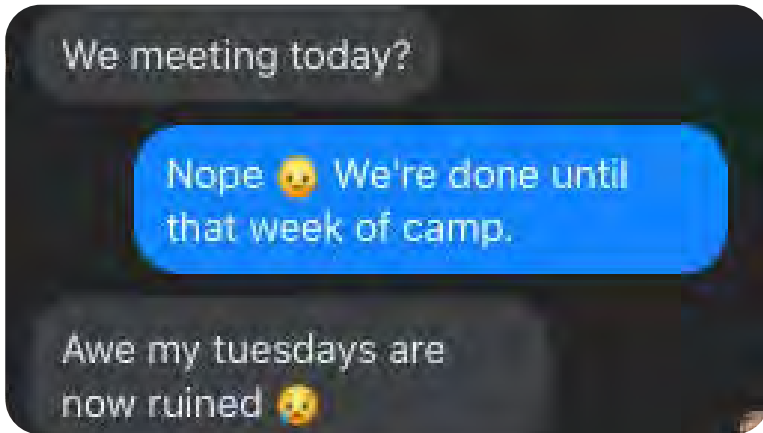


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PROGRAM UPDATES

WHAT'S NEW WITH EYFP?

YANCEY COUNTY UPDATES



Conversation between a Yancey caregiver and myself regarding classes

After what feels like forever with the weather delays, we were finally able to finish our Fall 2021 sessions on Tuesday, February 14. On February 22 I received the message to the left from one of our caregivers. It made me smile to know how much they looked forward to meeting with us on Tuesdays!

We're currently planning for Spring 2022 classes to begin on Tuesday, March 15th at the Yancey Senior Center.



PLANT THE PROMISE UPDATE

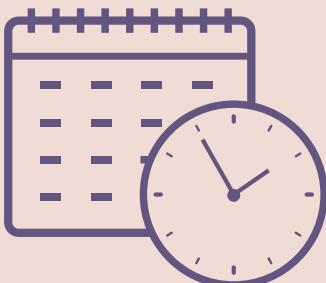
In February, I visited the East Yancey Middle School campus. While walking to the front entrance, our 4-H agent noticed several plants sprouting up. She said, "are those the bulbs you planted in the fall?" Sure enough, those were our daffodils! Over the next few weeks, the front entrance should be a bit brighter - all thanks to the students who worked so hard to make it happen.

MITCHELL COUNTY UPDATES

We've been looking forward to March! We'll begin the first set of EYFP classes in Mitchell County. I'm most excited about our partnership with the Spruce Pine Housing Authority. In addition to sharing their facility, they are assisting by recruiting families on the property. Due to the limited space in the community room on the property, we will also be utilizing space at the Spruce Pine Public Library. Classes will begin at 5:30 pm on Thursday, March 3.



UPCOMING EVENTS



Family Camp Weekend for Fall 2021 and Spring 2022 EYFP families: April 22-24th, 2022 at the Clyde Austin 4-H Camp in Greeneville, TN

Mitchell County Spring Classes begin on 3/3/22 at 5:30 pm at the Spruce Pine Housing Authority

Yancey County Spring Classes begin on 3/15/22 at 5:30 pm at the Yancey Senior Center

HEALTHY HABITS

BREAK THE CYCLE



Every person has at least one habit, but most of us probably have several. Most times, we refer to them as bad habits. It can be something as simple as cracking your knuckles when bored or something as serious as an addiction to a substance. William James, a famous Harvard psychologist and philosopher, referred to humans as "bundles of habits." Our daily lives are a consistent loop of various habits - both good and bad.

In our Powerful Communities curriculum, one of the lessons discusses brain science and harmless habits. Youth and adult participants discuss the subjects in individual classes but come together in the family session to extend the conversation. The lesson ends with families participating in a 21-day pledge. Each family member comes up with a habit they'd like to change and they sign a paper committing to hold one another accountable. By identifying habits and classifying them as healthy and bad, participants are more self-aware about their behaviors.

ACCORDING TO ANN GRAYBIEL, A PHD AND PROFESSOR FOR THE DEPARTMENT OF BRAIN AND COGNITIVE SCIENCES AT M.I.T., HABITS ARE FORMED IN FOUR STEPS.

1

we acquire a habit by experience(s)

2

our habit behavior is repeated over time so it can become fixed

3

the habit is fully acquired and is able to be performed automatically

4

the habit becomes a sequence of actions occurring in response to a cue

These four steps are from ceceiliahealth.com, and the article: Understanding Habits and Why They are Important to our Health

FUN FACTS ABOUT HABITS

- You spend 1 out of every 2 minutes doing something that you're not even aware of. 40% of your daily activity is habitual!
- Habits are a way for your brain to save energy
- It takes, on average, around 66 days to change a habit (the range is 18-250 days)
- Repetitive behavior changes the physicality of the brain
- Habits never really truly die. They are just overpowered by competing habits. That is why old habits sometimes creep back into our lives.
- It is easier to create a new habit rather than try to overcome an old one

NATIONAL NUTRITION MONTH



What do you think of when you hear the word nutrition?

For most, our mind goes straight to food, and that's not wrong. However, National Nutrition Month incorporates physical fitness along with eating healthy. Since many New Year's resolutions don't last through January, National Nutrition Month is positioned in March as a reboot for those goals surrounding diet and exercise.

All of this relates to habits, which is an important focus of EYFP - especially when it comes to our discussion surrounding healthy habits and addictions. Although the program goal is to delay the onset of experiences with substances, we emphasize healthy living and decision-making as a whole.

From an EYFP point of view, there's another benefit to focusing on nutrition. When a family focuses on nutrition, it opens the door to so many interactions between family members.



Here are some fun ways to blend nutrition into your family's routine while increasing quality time together:

- Encourage children to eat healthier by allowing them to help choose meal components from a variety of fruits, veggies, and grains
- Plan and execute a weekly meal plan
- Cook together - let the younger members set the table and grab things from the fridge. Older kids can help prep and do some of the cooking.
- Shop at local farmers' markets
- Grow a garden when seasonally appropriate
- Take a hike and forage for natural ingredients to use in recipes
- Work as a team - encourage family members that are a bit more apprehensive with trying new foods and eating certain things
- Prepare healthy snacks and keep them within reach
- Use time at the table as an open, relaxed time to have conversations with one another
- Take a walk in the neighborhood after meals
- Find simple yoga moves to do together

Click the icons below to explore additional resources related to family health and nutrition



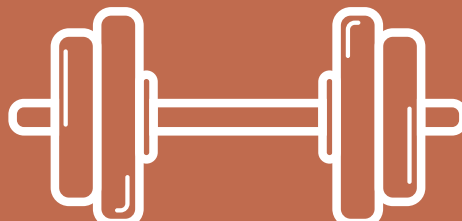
Kids in the Kitchen



Recipes



Family Health



Healthier Generations