



## Newsletter

December 2020

We are celebrating our 10th year since founding Teens Finding Hope. 2020 has been an epic year like no other we have ever experienced, but still we have something to celebrate. There were horrific lows with the impact of the pandemic and incredible highs with extra time at home with immediate family. As a non-profit we had to pivot and were able to offer our first ever virtual conference for teens thanks to our partnership with YouthLine Oregon. There are so many families devastated by this pandemic and mental health has really suffered, specifically for youth and older adults. It's a time to celebrate what we are grateful for. Our newsletter shares information about setting our compass in the right direction, celebrating the holidays amid the pandemic and restrictions and choosing joy in the midst of it all.

**We are so thankful for you. You are worthy and important to us -- as you are.**

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### What Direction is Your Compass Pointing?

By Kristi Barth

Do you feel like 2020 has been a magnet put up against your compass, making it spin out of control? The pandemic, severe weather systems, fires, elections, and shut-downs have made it nearly impossible to set our compass straight and to keep going in the right direction. All of these changes have impacted our routines, jobs,

lifestyles, family and school life. It can cause uncomfortable emotions such as anger, anxiety and stress.

What tools do you use to focus your path? Faith, family, friends, exercise, meditation. It's important to have multiple ways to find a new norm. At the office we have about 6 words that keep us focused they are; calm, prepared, flexible, evolving, factual and grit. When we are prepared, remain calm and flexible we can evolve to what needs to happen next with the facts at hand. Grit was added to the mix because these changes have lasted so long. **G.R.I.T.** is an acronym that stands for **Grace** for ourselves and others, **Resilience**, being **Intentional** and **teamwork** or **together**.

How will you get your compass pointed right? Ask for help, spend time with others (even if only virtually), be kind, caring and grateful for all that is good in your life. Establish routines even if they are new ones. Change routine on the weekends and weekdays so that every day doesn't feel the same. Take time to laugh, this is the best medicine, even dumb Dad jokes work. 😊



Please remember:  
- Your job is the dream of the unemployed  
- Your house is the dream of the homeless  
- Your smile is the dream of the depressed  
- Your health is the dream of those who are sick

Don't let difficult times make you forget your blessings 🙏

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## Can We Celebrate the Holidays with a Pandemic Here?

By Kristi Barth

The pandemic has been stressful and isolating for many people and the holidays are an opportunity to connect.

### How can we connect safely?

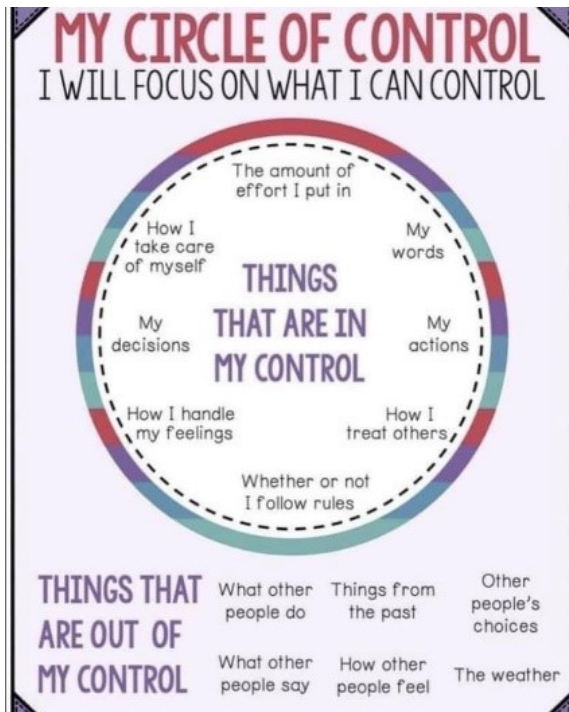
Celebrating virtually or with members of your own household pose the lowest risk for spread. Each of us will make our own decisions of what risk we are comfortable with. Here are some safety tips:

- If you meet in-person, limit the numbers and allow each person to remain at least 6 feet apart at all times.
- Take precautions and monitor guests for symptoms before allowing them into your home.
- No direct physical contact.
- Host your gathering outdoors if possible.
- Open a window or get an air purifier when you can.
- Wash your hands, have hand sanitizer available, wear a mask unless eating.
- The person dishing up food should wear gloves, a mask and wash their hands frequently.

We all have different comfort levels so the best thing we can do is focus on our own thoughtful decision. We can't control others'

choices, only our own well-thought out decision.

*May you have a safe and joyful holiday season.*



Best quote for 2020

This is not the year to get everything you want. This is the year to appreciate everything you have.

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## Choose Happiness at This Time?

By Kristi Barth

*“Most people are about as happy as they make up their minds to be.”*

- Abraham Lincoln

Is happiness a choice? Absolutely! We have this same choice to make every day. Can people be happy in a pandemic? Amid all the struggles? Our circumstances don't have to dictate our happiness. Especially during this time, **we should be intentional in choosing happy.**

**Here's a few action steps that may help:**

1. Pull from your strengths. We each have gifts we bring to the table. List three of your top strengths; \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
2. Count your blessings and keep track of them. Focus on what you are thankful for.
3. Spend time with positive people that make your life better.



4. Set a schedule of work times, sleep times and remember exercise time.
5. Set a goal to complete at least one personal task a day and stick to it.
6. Take care of yourself by developing good sleeping and eating patterns.
7. Remember you don't have to be happy all of the time. It takes time to process life's ups and downs. When you are down, take time to focus on getting re-centered.
8. Let go of others' expectations.
9. You are enough and worth the investment of time.

You're not behind in life. There's no schedule or timetable that we all must follow.

It's all made up. Wherever you are right now is exactly where you need to be.

Seven billion people can't do everything in exactly the same scheduled order.

We are all different with a variety of needs and goals. Your life is not on anyone else's schedule. Don't beat yourself up for where you are right now.

It's YOUR timeline, not anyone else's, and nothing is off schedule.



EMILY MAROUTIAN

We are all broken,  
that's how the light gets in.

AUTHOR UNKNOWN



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# Thank you!

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