



Bini'int'áátsoh (September) 2025

Ripening of the late Crops

PROJECT A.W.A.R.E WILDCATS (PAWS) NEWSLETTER

“Advancing Wellness and Resiliency in Education”



How does excessive phone use affect your mental health?

Phones Can Be Addictive

- It may feel like you need your phone all the time. You might feel anxious, bored, or even irritable without it.

Dopamine Hits

- Every time you get a notification, your brain releases a chemical called dopamine. That creates the need to constantly check your phone.

Fear of Missing Out (FOMO)

- Constantly checking your phone can lead to anxiety and depression, and make you miss out on real-life moments.

Feeling Down or Depressed

- A study among teens showed phones contributed to teens who had excessive screentime, felt less happy than those who take screentime breaks to do things they enjoy.

Reduced Attention and Productivity

- Phone use can make it difficult to focus in school.

Sleep Complications

- Excessive phone use at night can be harmful to the brain. The blue light from your phone tricks your brain into thinking it's still daytime, making it harder to fall asleep.

Stress in Relationships

- Phones are great for connecting to long distance friends and family. It can also take from being present in the moment.

Overusing phones can cause negative consequences. Don't let your phone control your life. Take a screen break and engage in an activity that you enjoy!

If you or a loved one is experiencing anxiety or depression contact a professional at your local behavioral health center or call/text the National Crisis line: 988

Source: <https://www.butler.org/blog/phone-affecting-your-mental-health>
<https://www.addictioncenter.com/behavioral-addictions/phone-addiction/>

The Chinle Unified School District (CUSD) has launched Project A.W.A.R.E Wildcats (PAWs), a collaboration with the Johns Hopkins Center for Indigenous Health, and the Chinle community to create a sustainable infrastructure for school-based mental health programs and services.

VISIT OUR WEBSITE

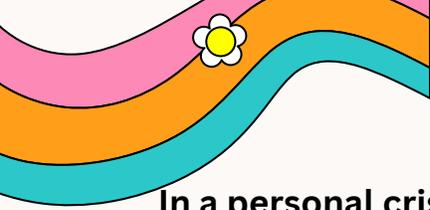
<https://cih.jhu.edu/programs/project-aware-wildcats/>

For more information contact:
Sophie Shorty
srshorty@chinleusd.k12.az.us
(928) 674-9747

SUBSCRIBE TO OUR NEWSLETTER

SCAN ME! >>>





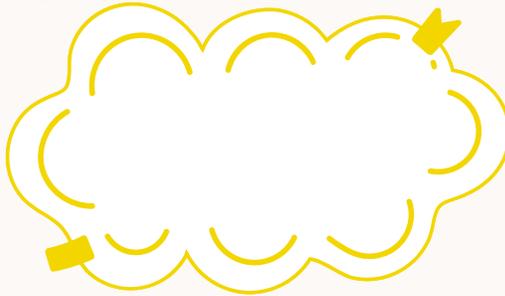
My Calming Plan



In a personal crisis I know I need help when....

Things I do to make myself feel better....

A safe place I can go is....



My happy thoughts....

Someone I can talk to is....

♥ - - - - -
♥ - - - - -
♥ - - - - -



September Suicide Awareness Month

Know the Risk

- Suicide is the second leading cause of death
- Risk Factors include history of depression or mental illness, social isolation, bullying, trauma, loss of family member or loved one.
- Any level of suicidal ideation is concerning.

Protective Factors

- Observing breathing and practicing gratitude
- Access to mental health services
- Family and social connectedness
- Emotional self-regulation
- School engagement
- Healthy coping skills
- Ability to make friends and get along with others

Signs and Symptoms

- Talking about wanting to be unalive
- Having unbearable emotional/physical pains
- Extreme behavioral shifts such as withdrawing from family and friends
- Increase drug and alcohol use
- Eating or sleeping more, or less than usual
- Extreme mood swings
- Prolonged feelings of emptiness, or feeling life has no meaning

Be Part of the Solution

- Let the person know that you care about them and they are not alone.
- Be non-judgemental by trying not to criticize or blame them.
- Make sure someone is with them at all times if they are in immediate danger
- Help the person access professional help
- Get support for yourself.
- Empathize with the person.