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Learning from the Past and Looking to a New Year

Fareeha Mohammad

2022 has been a year rife with challenges. As a nation, we have witnessed mass shootings, economic struggles, and the aftereffects of a coronavirus-induced pandemic. But for many of us, it has also been a year filled with more personal challenges and growth.



Many of us have experienced significant setbacks or leaps forward in our mental health journey. But unlike most journeys, the journey of mental health is a continuous process. Contrary to popular belief, it has no destination. Instead, it is something that most people will struggle with for a large part of their lives. However, when managed effectively, it makes our character stronger and our experiences sweeter instead of unpleasant.

While you might have your own way of managing your mental health, certain key tips can go a long way towards being more effective. These include taking out time for self-care and practicing gratitude. In addition, a big part of understanding your mental health involves realizing that obstacles are simply obstacles. In other words, a single event will not be as disastrous as we imagine it to be. It is simply a hurdle in life that we will remember and learn from.

As we spend our last few days of the year, it is important to remember both the good and bad events we underwent. We must realize that life is simply a journey, and the way we react to it is what defines us. By learning to manage the way we perceive it, we can manage our mental health better. We hope that you look forward to a better 2023!

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Tis the Season for Family

Chastyne Bacey

It's December, and we're gearing up for more holiday fun! There's Christmas lights and holiday parties. There's the snow and snowball fights, but most importantly, there's family. During this time, it is very important to check on your loved ones. Holidays, although fun, can be a very stressful time for individuals, especially when it comes to family gatherings. Having a strong relationship with your family can set you up for success and support strong mental health. It can decrease feelings of anxiety, depression and anger. It is important to remember that during this time, respecting limitations and being patient is crucial. Also remember, self-care is very important. Getting plenty of sleep, eating a balanced diet and participating in calming activities can help promote a healthy mental state and lessen the stresses of the holidays. Remember, having a strong, supportive relationship with family can make a huge difference. Happy Holidays!



December: Moments of Much Forgetfulness

Nyreonna Myh'Dhanaeh

As families navigate the thoughtfulness and busy month of December, it's easy for the acts of this month's preparations to be only for friends and loved ones. Though it's a time of celebration, it's also Human

Rights Awareness Month. Every year, this month recognizes the day of adopting the Universal Declaration of Human Rights document in 1948—outlining the fundamental rights and freedom every person has, regardless of their race, color, sex, language, religion, and status. This month is a time for us to reflect on the importance of these human rights. As we do so, we should also reflect on the issues in the world where those rights are struggling for protection. Throughout December, consider the ways you can contribute to the fight for equality and justice throughout the month and the many years to come. We should work towards a world where every person has access to fundamental rights as a human being.



PRESIDENT'S NOTE

2022 has been a tough year, and we learned a lot. We faced violence, depression, anxiety, and injustice in society. We also completed our CASE program and have trained over 25 community leaders with solutions to address challenges. We pray that you have a good holiday and spend time with friends and families. This year, we will be blessing over 35 children with our Holiday Blessing, thanks to the help of our supporters and the ZMF Foundation. It's a perfect way to end the year. Remember this can be a tough time for some so always ask if your teenagers are ok. We look forward to a strong 2023.



Activity Page: Christmas Word Search

Chastynee Bacey

Name: _____ Date: _____



CHRISTMAS WORD SEARCH

Circle words in the puzzle below



Santa	stocking	snow	toys
elves	tree	cookies	ornament
Rudolph	star	present	sleigh