

NLYC NEWSLETTER

November, 2024 | North Liberty, Iowa

North Liberty Youth Council

Website:

<https://northlibertyiowa.org/residents/north-liberty-youth-council/>

Email:

mjames@northlibertyiowa.org.

Instagram:

<https://www.instagram.com/nlyouthcouncil?igsh=MXhmd203eTB1dzF5cA==>

Pizza and Politicians

The Pizza and Politicians program provided the opportunity for people to ask local politicians (including two Youth Councilors!) questions while eating pizza! The two councilors that went to represent the NLYC were Anaya Patil and Olivia Roling.



Mental Health Corner

Having been exacerbated by the untimely onset of the COVID-19 pandemic, the mental health epidemic has quickly become widespread, with concerning levels of anxiety, depression, and suicide among teenagers and young adults. Teenagers are often stressed out about achieving good grades in school, applying for college, working to earn money, making friends and navigating relationships in school, and doing well in sports, among other things. The stress can become overwhelming and oftentimes, teenagers sink into anxiety or depression. Therefore, it is important to address ways that teenagers can overcome these and other mental health problems.



One simple way to alleviate stress and anxiety is journaling. Journaling allows one to process one's feelings and become more self-aware.

Tips:

- Be honest with yourself.
- You don't have to write for a long time (even 5-10 min is beneficial)
- Try to set a routine. For example, you can journal every night before bed.

NLYC NEWSLETTER

November, 2024 | North Liberty, Iowa

Group Volunteer at North Liberty Food Pantry



Recently, a group of 6 youth councilors (one missing from the picture) teamed up to help out at the North Liberty Food Pantry. They provided assistance in restocking and sorting shelves, unloading good, and packing items. The trip was very successful, and we are likely to plan future visits.

Upcoming Events School Supply Drive

The NLYC is hosting a school supply drive to help out students in need. Interested in donating? Collection boxes at the North Liberty Rec Center, Liberty High, Regina, and Clear Creek Amana. The NLYC is thankful for any and all donations!

