

Let's Talk About It!

February 2019

Wellness Radio



With **Scott Dudley**
 & **Maria Wyatt**



Thursdays at 8:00 a.m.



Sundays at 7:00 a.m.



Sundays at 7:00 p.m.

Visit www.kxoradio.com
 for podcasts on demand

SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of January 28 th	Teen Challenge: Stress, Anger Management & Mindfulness (Originally aired on December 2017) Youth and young adults face an emerging world of cellphones, social media, academics, relationships, and parents, all while experiencing the biological changes and challenges of adolescence. Debilitating stress or anger, internalized or externalized can result. Mindfulness techniques, framed towards youth, can help.	Dalia Pesqueira, LMFT Licensed Marriage and Family Therapist Program Supervisor Youth and Young Adults Services
Week of February 4 th	Relationships: Am I in a Healthy Relationship? Adolescence contains a number of life challenges, including the beginnings of romantic relationships. With youth and young adults therapist Andrea Platero, we examine the modern context of young love, including social media, consider common concerns and share helpful strategies in supporting the young ones through their first romantic relationships.	Andrea Platero Registered Associate Professional Clinical Counselor Mental Health Counselor Youth and Young Adults El Centro MHSA FSP
Week of February 11 th	Smartphones: Have They Taken Over Your Youth's Life? According to the Pew Institute 75% of teens and 95% of young adults send text messages, with the average being 60 text messages per day. Smartphone ownership in teenagers is over 95%. 45% of U.S. teens describe their online time through smartphones as nearly constant. Most subscribe to a variety of social media platforms. Join us as we discuss possible mental health consequences of smartphone use.	Jonathan Fonseca Registered Associate Clinical Social Worker Psychiatric Social Worker Youth and Young Adults Brawley Anxiety and Depression/MHSA FSP
Week of February 18 th	Healthy People Win Based on the philosophy that every person deserves to be happy at home and at work, Jean Steel brings Imperial County an hour of lived experience, evidence-based tips, laughter, appreciation, gratitude, and a well-rounded self-management strategy for cultivating and then enjoying the happiness we all deserve.	Jean Steel, MS <i>President of "happypeoplewin"</i> Wellness Mind/Body Health Author & Presenter
Week of February 25 th	Identifying and Treating Eating Disorders (Originally aired on December 2015) When you become so preoccupied with food and weight issues that you find it harder and harder to focus on other aspects of your life, it may be an early sign of an eating disorder. Studies suggest that 1 in 20 people will be affected at some point in their lives. Ultimately without treatment, eating disorders can take over a person's life and lead to serious, potentially fatal medical complications.	Dr. Aalamgeer Ibrahim Psychiatrist

